



# Senior Meals

## Brewster-Bridgeport-Pateros

### December 2020



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	2 Pork Chops Mashed Potatoes Roasted Carrots Garden Salad Applesauce Biscuit Dessert	3 Clam Chowder 1/2 Turkey Sandwich Green Salad Tropical Fruit Whole Grain Crackers Dessert	4 
7 	8 Chicken Cordon Bleu Garden Rice Buttered Peas Spinach Salad Cherries & Pineapple WW Roll Dessert	9 Beef Enchiladas Spanish Rice Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert	10 Baked Ham Scalloped Potatoes Glazed Carrots Spiced Salad Waldorf Salad Bread & Raisin Pudding	11
14	15 Salisbury Steak Mashed Potatoes Carrot Raisin Salad Trio Vegetables WW Roll Cherry Cobbler	16 Chicken Florentine Tossed Green Salad Cherries & Pineapple WW Roll Dessert	17 Lemon Pepper Fish Garden Rice Normandy Veggies Coleslaw Chilled Peaches Garlic Bread Dessert	18 
21	22 Grilled Chicken Breast Sandwich Deluxe Sweet Potato Fries Chilled Peaches Dessert	23 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert	24 CLOSED 	25 CLOSED
28	29 French Dip Sandwich Jo Jo's Garden Salad Peaches Dessert	30 Chicken & Dumplings Spring Salad Mixed Berries WW Roll Dessert	31 Stuffed Cabbage Rolls Caesar Salad Chilled Pears WW Roll Dessert	

**Seniors Age 60 & over—suggested donation \$4.00**

**Under age 60—\$8.50 FEE**






Please call the Site Director for more information about the Home  
Delivered Meal program at 689-2815



# Chelan Senior Meals

## December 2020



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
	1 Mac & Cheese with Ham Peas Tossed Green Salad Muffin Mixed Berries over Angel Food Cake	2 Bacon Cheeseburger Sweet Potato Fries Southwest Salad Sliced Pears Oatmeal Cookies	3 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail WW Roll Dessert	4 French Dip Potato Salad Garden Salad Orange Quarters Dessert
7 Beef Enchiladas Baja Vegetables Fresh Salsa Mandarin Oranges Dessert	8 Chicken Florentine Wild Rice Tossed Green Salad Cherries & Pineapple WW Roll Dessert	9 Harvest Stew Cottage Cheese Coleslaw Peaches Cornbread Oatmeal Cookies	10 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert 	11 Salisbury Steak Mashed Potatoes Trio Vegetables Carrot Raisin Salad WW Roll Berry Cobbler
14 Chicken Cordon Bleu Casserole Rice Pilaf Normandy Veggies Spinach Salad Chilled Peaches WW Roll Dessert 	15 Baked Chicken Mashed Potatoes Roasted Squash Chopped Kale Salad Waldorf Salad Roll Dessert	16 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Citrus Salad Focaccia Bread Dessert	17 Spaghetti & Meat Sauce Caesar Salad Tropical Fruit Garlic Bread Dessert	18 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert
21 Chicken & Dumplings Garden Salad Mixed Berries WW Roll Dessert	22 Meatloaf Potatoes & Gravy Green Beans Garden Salad WW Roll Fruited Jell-O	23 Baked Ham Scalloped Potatoes Brussels Sprouts Tossed Salad Pineapple & Cherries Bread & Raisin Pudding	24 CLOSED 	25 CLOSED
28 Chicken Cacciatore Shell pasta Italian Vegetables Grapes WW Roll Dessert	29 Beef Taco Pie Cottage Cheese Mexi Corn Garden Salad Spiced Apples Dessert	30 Country Fried Steak Potatoes & Gravy Green Beans Tossed Salad Fruit Cocktail WW Roll Dessert	31 <i>Special Menu</i>	

**Seniors Age 60 & over—suggested donation \$4.00**







**Under age 60—\$8.50 FEE**

Please call 509-470-0522 for more information about the Home Delivered Meal program.



# Davenport Senior Meals December 2020



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Florentine Over Pasta Tossed Green Salad Fruit Salad Garlic Bread Dessert	2	3 Beef Enchiladas Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert	4 Stuffed Cabbage Rolls Trio Vegetables 7 Layer Salad WW Roll Cherry Crisp
7	8 Chicken Cordon Bleu Garden Rice Peas & Carrots Spinach Salad Cherries & Pineapple WW Roll Dessert	9 	10 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	11 Quiche Steamed Broccoli Garden Salad Orange Quarters Muffin
14 	15 Chicken & Dumplings Garden Salad Mixed Berries WW Roll Dessert	16	17 Clam Chowder 1/2 Turkey Sandwich Green Salad Tropical Fruit Whole Grain Crackers Dessert	18 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert
21	22 Holiday Ham with Pineapple Glaze Roasted New Potatoes Brussels Sprouts Tossed Salad Cranberry Salad Onion Bread Dessert	23	24 CLOSED 	25 CLOSED
28 	29 Chef's Salad Cream of Potato Soup Cinnamon Applesauce Whole Grain Crackers Bread Pudding	30	31 Country Fried Steak Mashed Potatoes Green Beans Tossed Veggie Salad Fruit Cocktail WW Roll Dessert	

**Seniors Age 60 & over—suggested donation \$4.00**







**Under age 60—\$8.50 FEE**

Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979



# Entiat Senior Meals December 2020



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail WW Roll	4 French Dip Potato Salad Garden Salad Orange Quarters Dessert
7 Beef Enchiladas Baja Vegetables Fresh Salsa Mandarin Oranges Dessert	8 	9	10 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	
14 Chicken Cordon Bleu Casserole Rice Pilaf Normandy Veggies Spinach Salad Chilled Peaches WW Roll	15	16	17 Spaghetti & Meat Sauce Caesar Salad Tropical Fruit Garlic Bread Dessert	
21 Chicken & Dumplings Garden Salad Mixed Berries WW Roll Dessert	22 	23	24 CLOSED 	25 CLOSED
28 Chicken Cacciatore Shell pasta Italian Vegetables Grapes WW Roll Dessert	29	30	31 <i>Special Menu</i> 	

**24 HOURS IN ADVANCE TO RESERVE OR CANCEL**

It is very costly to the senior meal program when you do not cancel your reservations. If you know you can't make it—Please call and cancel!  
For Chelan 888-4440 between 8am & 2 pm  
For Entiat 888-0952

**Seniors Age 60 & over—suggested donation  
\$4.00**

**Under age 60—\$8.50 FEE**



Please call 509-470-0522 for more information about the Home Delivered Meal program.



# Harrington Senior Meals

## December 2020

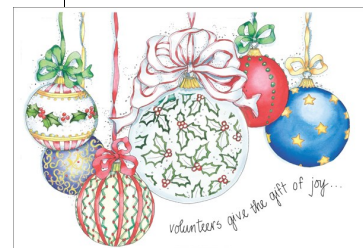


Monday	Tuesday	Wednes-	Thursday	Friday
	1 Chicken Florentine Over Pasta Tossed Green Salad Fruit Salad Garlic Bread Dessert	2 	3 Beef Enchiladas Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert	4 Stuffed Cabbage Rolls Trio Vegetables 7 Layer Salad WW Roll Cherry Crisp
7 	8 Chicken Cordon Bleu Garden Rice Peas & Carrots Spinach Salad Cherries & Pineapple WW Roll Dessert	9	10 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	11 Quiche Steamed Broccoli Garden Salad Orange Quarters Muffin
14	15 Chicken & Dumplings Garden Salad Mixed Berries WW Roll Dessert	16	17 Clam Chowder 1/2 Turkey Sandwich Green Salad Tropical Fruit Whole Grain Crackers Dessert	18 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert
21	22 Holiday Ham with Pineapple Glaze Roasted New Potatoes Brussels Sprouts Tossed Salad Cranberry Salad Onion Bread Dessert	23	24 CLOSED 	25 CLOSED
28	29 Chef's Salad Cream of Potato Soup Cinnamon Applesauce Whole Grain Crackers Bread Pudding	30	31 Country Fried Steak Mashed Potatoes Green Beans Tossed Veggie Salad Fruit Cocktail WW Roll Dessert	

**Seniors Age 60 & over—suggested donation \$4.00**

**Under age 60—\$8.50 FEE**

Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979













# Leavenworth Senior Meals December 2020



	1	2 Bacon Cheeseburger Sweet Potato Fries Southwest Salad Sliced Pears Oatmeal Cookies	3 	4 French Dip Potato Salad Garden Salad Orange Quarters Dessert
7 Beef Enchiladas Baja Vegetables Fresh Salsa Mandarin Oranges Dessert	8 	9 Harvest Stew Cottage Cheese Coleslaw Peaches Cornbread Oatmeal Cookies	10	11 Salisbury Steak Mashed Potatoes Trio Vegetables Carrot Raisin Salad WW Roll Berry Cobbler
14 Chicken Cordon Bleu Casserole Rice Pilaf Normandy Veggies Spinach Salad Chilled Peaches WW Roll Dessert	15	16 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Citrus Salad Focaccia Bread Dessert	17	18 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert
21 Chicken & Dumplings Garden Salad Mixed Berries WW Roll Dessert	22 	23 Baked Ham Scalloped Potatoes Brussels Sprouts Tossed Salad Pineapple & Cherries Bread & Raisin Pudding	24 CLOSED 	25 CLOSED
28 Chicken Cacciatore Shell pasta Italian Vegetables Grapes WW Roll Dessert	29	30 Country Fried Steak Potatoes & Gravy Green Beans Tossed Salad Fruit Cocktail WW Roll Dessert	31 	

**Seniors Age 60 & over—suggested donation \$4.00**

**Under age 60—\$8.50 FEE**



# Odessa Senior Meals December 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p>	1	2 Stuffed Cabbage Rolls Carrots 7 Layer Salad Apricots WW Bread or Roll Dessert	3 Mac & Cheese with Ham Peas Tossed Salad Mixed Berries Muffin Angel Food Cake	4
				
7 Harvest Stew Cottage Cheese Coleslaw Peaches Cornbread Oatmeal Cookies	8	9 Pork Chops Potatoes & Gravy Stewed Tomatoes Garden Salad Applesauce Biscuit Dessert	10 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert	11 
				
14 Clam Chowder 1/2 Turkey Sandwich Green Salad Tropical Fruit Whole Grain Crackers Dessert	15	16 Chicken & Dumplings Garden Salad Mixed Berries WW Roll Dessert	17 Garden Chili Cottage Cheese Cucumber Salad Tortilla Chips Cheesy Biscuit Apple Crisp	18 
				<small>shutterstock - 111538691</small>
21 1/2 Ham & Cheese Sandwich Corn Chowder Fresh Fruit Tray Dessert	22 	23 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread Pudding	24 CLOSED	25 CLOSED
				
28 French Dip Sandwich Vegetable Tray Garden Salad Peaches Dessert	29 	30 Orange Glazed Chicken Garden Rice Stir Fry Vegetables Asian Style Slaw Chilled Pineapple WW Roll Dessert	31 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	



# Omak-Okanogan Senior Meals December 2020



Okanogan	Omak	Okanogan	Okanogan	Omak
Monday	Tuesday	Wednesday	Thursday-9am	Friday
	1 Salisbury Steak Mashed Potatoes Trio Vegetables Carrot Raisin Salad WW Roll Cherry Cobbler	2 Chef's Salad Potato Soup Cinnamon Applesauce WW Roll Cereal Bars	3	4 Lemon Pepper Fish Garden Rice Brussels Sprouts Coleslaw Chilled Peaches Garlic Bread Dessert
7 Lasagna Italian Vegetables Caesar Salad Pears Garlic Bread Dessert	8 Chicken & Dumplings Spinach Salad Mixed Berries WW Roll Dessert	9 Country Fried Steak Potatoes & Gravy Green Beans Tossed Salad Fruit Cocktail WW Roll Dessert	10 	11 Orange Glazed Chicken Garden Rice Stir Fry Veggies Asian Style Slaw Pineapple WW Roll Dessert
14 Chicken Paprika Egg Noodles Broccoli Mixed Greens Salad Citrus Salad WW Roll Dessert	15 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Chilled Peaches Dessert	16 Pork Chops Mashed Potatoes Roasted Carrots Garden Salad Applesauce Biscuit Dessert	17	18 Clam Chowder 1/2 Turkey Sandwich Tossed Salad Tropical Fruit Whole Grain Crackers Dessert
21 Meatloaf Potatoes & Gravy Green Beans Garden Salad WW Roll Fruited Jell-O	22 French Dip Sandwich Jo Jo's 49'er Chopped Salad Peaches Dessert	23 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread & Raisin Pudding	24 CLOSED 	25 CLOSED
28 Mac & Cheese with Bacon Peas Tossed Green Salad Mixed Berries Muffin Dessert	29 Pork Chow Mein Stir Fry Veggies Asian Slaw Mandarin Oranges WW Roll Dessert	30 BBQ Meatballs Rice Pilaf Italian Veggies Caesar Salad Fruit Cocktail WW Roll Dessert	31 	






Seniors Age 60 & over suggested  
donation \$4.00  
Under age 60—\$8.50 FEE  
For Home Delivered Meals please call 509-826-7979





# Oroville Senior Meals December 2020



Tonasket	Oroville	Tonasket	Both	Oroville
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Chops Potatoes & Gravy Roasted Squash Garden Salad Applesauce Cheesy Biscuit Dessert	2	3 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert 	4 French Dip Sandwich Green Beans Garden Salad Orange Quarters Dessert
7	8 Chicken & Dumplings Garden Salad Mixed Berries WW Roll Dessert 	9	10 Beef Enchiladas Southwest Salad Grapes Cornbread Dessert	11 Clam Chowder 1/2 Turkey Sandwich Tossed Salad Waldorf Salad Whole Grain Crackers Dessert
14	15 Lemon Pepper Fish Wild Rice Broccoli Coleslaw Chilled Peaches Garlic Bread Dessert	16	17 Harvest Stew Caesar Salad Mandarin Oranges Cornbread Oatmeal Cookies	18 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread & Raisin Pudding
21	22 Roast Beef Baked Potato Green Beans Garden Salad Fruit Ambrosia WW Bread or Roll Special Dessert	23	24 CLOSED 	25 CLOSED
28	29 Chicken Cordon Bleu Pesto Pasta Normandy Vegetables Spinach Salad Chilled Peaches WW Roll Dessert	30	31 Hearty Turkey Noodle Soup Tossed Salad Fresh Fruit Tray WW Roll Dessert	

**Seniors Age 60 & over—suggested donation \$4.00**






**Under age 60—\$8.50 FEE**

Please call the Site Director for more information about the Home  
Delivered Meal program at 486-2483



# Tonasket Senior Meals December 2020



Tonasket	Oroville	Tonasket	Both	Oroville
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Chef's Salad Pickled Beets Fruit Salad Breadstick Cereal Bars	3 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	4
7 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail Cornbread Dessert	8 	9 Lemon Pepper Fish Wild Rice Broccoli Coleslaw Chilled Peaches Garlic Bread Dessert	10  Beef Enchiladas Southwest Salad Grapes Cornbread Dessert	11
14 Chicken Cordon Bleu Pesto Pasta Normandy Veggies Spinach Salad Chilled Peaches WW Roll Dessert	15	16 French Dip Sandwich Green Beans Garden Salad Waldorf Salad Dessert	17 Harvest Stew Caesar Salad Mandarin Oranges Cornbread Oatmeal Cookies	18
21 Clam Chowder 1/2 Turkey Sandwich Tossed Salad Waldorf Salad Whole Grain Crackers Dessert	22	23 Roast Beef Twice Bake Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert	24 CLOSED 	25 CLOSED
28 Chicken Burger Deluxe Sweet Potato Fries Orange Quarters Dessert	29	30 Sloppy Joe Sandwich Jo Jo's Frito's Salad Fruit Salad Dessert	31 Hearty Turkey Noodle Soup Tossed Salad Fresh Fruit Tray WW Roll Dessert	

**Seniors Age 60 & over—suggested donation \$4.00**

**Under age 60—\$8.50 FEE**






Please call the Site Director for more information about the Home  
Delivered Meal program at 486-2483



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# Twisp Senior Meals December 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>Seniors Age 60 &amp; over—suggested donation \$4.00</div> <div>Under age 60—\$8.50 FEE</div> <div>Please call the Site Director for more information about the Home Delivered Meal program at 997-7722</div> </div>				
	1	2	3	4
			Chicken Enchiladas Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert	Tuna Noodle Casserole Peas & Carrots Garden Salad Tropical Fruit WW Roll Dessert
7	8	9	10	11
Chicken Florentine Over Pasta Tossed Green Salad Fruit Salad Garlic Bread Dessert			Scalloped Potatoes with Ham Buttered Corn Mixed Greens Salad Biscuit Mixed Berries over Angel Food Cake	Clam Chowder 1/2 Tuna or Egg Salad Sandwich Carrot Raisin Salad Waldorf Salad Whole Grain Crackers Dessert
14	15	16	17	18
Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert			Chicken Cordon Bleu Garden Rice Peas & Carrots Spinach Salad Cherries & Pineapple WW Roll Dessert	Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
				
21	22	23	24	25
Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert			CLOSED	CLOSED
				
28	29	30	31	
Chicken Cacciatore Shell Pasta Italian Vegetables Grapes WW Roll Dessert			Country Fried Steak Mashed Potatoes Green Beans Tossed Veggie Salad Fruit Cocktail WW Roll Dessert	



# Wilbur Senior Meals

## December 2020



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Cordon Bleu Casserole Normandy Vegetables Spinach Salad Chilled Peaches WW Roll Dessert	2 Pork Chops Mashed Potatoes Roasted Carrots Garden Salad Applesauce Biscuit with Chives Dessert	3 Clam Chowder 1/2 Turkey Sandwich Green Salad Tropical Fruit Whole Grain Crackers Dessert	4 
7 	8 BBQ Meatballs Rice Pilaf Italian Vegetables Greek Salad Fruit Cocktail WW Roll Dessert	9 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	10 Pork Chow Mein Stir Fry Vegetables Asian Slaw Mandarin Oranges WW Roll Dessert	11 
14	15 Ham & Au Gratin Potato Casserole Peas & Carrots Garden Salad Waldorf Salad WW Roll Dessert	16 Country Fried Steak Mashed Potatoes Green Beans Tossed Salad Fruit Cocktail WW Roll Dessert 	17 Chicken Fettuccine Italian Vegetables Caesar Salad Mandarin Oranges Bread Sticks Dessert	18 
21	22 Bacon Cheeseburger Sweet Potato Fries Southwest Salad Sliced Pears Dessert	23 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread & Raisin Pudding	24 CLOSED 	25 CLOSED
28	29 Hearty Turkey Noodle Soup Tossed Salad Fresh Fruit Tray WW Roll Dessert	30 Orange Glazed Chicken Garden Rice Stir Fry Vegetables Asian Style Slaw Chilled Pineapple Tidbits WW Roll Dessert	31 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert	

**Seniors Age 60 & over—suggested  
donation \$4.00**

**Under age 60—\$8.50 FEE**

Please call the Nutrition Director for more information about the  
Home Delivered Meal program toll-free 844-826-7979