



Chelan Senior Meals

October 2019



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
	1 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Bread or Roll Pear Crisp 	2 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Apple Wedges Dessert	3 Chicken Paprika Rice Broccoli Mixed Greens Salad Pineapple WW Roll Dessert	4 Beef Stroganoff Green Beans Tossed Green Salad Mixed Berries WW Roll Dessert
7 Beef Stew Tossed Green Salad Peaches WW Roll Cereal Bars	8 Pork Roast Stuffing & Gravy Glazed Carrots Spinach Salad Applesauce WW Roll Dessert	9 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Bread or Roll Dessert 	10 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	11 California Chicken Casserole Lettuce Tomato Salad Mandarin Oranges Cheesy Biscuit Dessert
14 Meatloaf & Gravy Mashed Potatoes Brussels Sprouts Green Salad Chilled Pears Biscuit Dessert	15 Corn Chowder 1/2 Ham & Cheese Sandwich Tossed Salad Grapes Dessert	16 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	17 Yankee Pot Roast Roasted Red Potatoes and Carrots Mixed Greens Salad Baked Apples WW Bread or Roll Cereal Bars 	18 Lemon Baked Fish Garden Rice Caribbean Veggies Coleslaw Citrus Salad Cornbread Dessert
21 Baked Chicken Au Gratin Potatoes Brussels Sprouts Tossed Green Salad Pineapple WW Roll Dessert	22 Cheese Ravioli with Meat Sauce Italian Vegetables Peaches Bread Sticks Vegetables 	23 Bacon Cheeseburger Wellington (in pastry) Glazed Carrots Southwest Salad Sliced Pears Oatmeal Cookies	24 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Spinach Salad Tropical Fruit WW Roll Dessert	25 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Waldorf Salad Dessert
28 Chicken Lo Mein over Noodles Asian Style Slaw Mandarin Oranges Egg Roll Dessert	29 Spinach & Mushroom Quiche Steamed Broccoli Tossed Salad Apricots Blueberry Muffin	30 Tater Tot Casserole Carrot Raisin Salad Waldorf Salad WW Bread or roll Dessert	31 Honey Mustard Chicken Wild Rice Baked Squash Coleslaw WW Roll Fruited Jell-O 	<div> <p>Seniors Age 60 & over— suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-470-0522 for more information about the Home Delivered Meal program.</p> </div>







Entiat

Senior Meals

October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 Chicken Paprika Rice Broccoli Mixed Greens Salad Pineapple WW Roll	4
7 Beef Stew Tossed Green Salad Peaches WW Roll Cereal Bars	8 	9	10 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	11 
14 Meatloaf & Gravy Mashed Potatoes Brussels Sprouts Green Salad Chilled Pears Biscuit Dessert	15	16	17 Yankee Pot Roast Roasted Red Potatoes and Carrots Mixed Greens Salad Baked Apples WW Bread or Roll Cereal Bars	18
21 Baked Chicken Au Gratin Potatoes Brussels Sprouts Tossed Green Salad Pineapple WW Roll Dessert	22 	23	24 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Spinach Salad Tropical Fruit WW Roll Dessert	25
28 Chicken Lo Mein over Noodles Asian Style Slaw Mandarin Oranges Egg Roll Dessert	29	30 	31 Honey Mustard Chicken Wild Rice Baked Squash Coleslaw WW Roll Fruited Jell-O	

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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.





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



Manson Senior Meals October 2019



Monday	Tuesday	Wednesday	Thursday	Friday-MANSON
	1 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Bread or Roll Pear Crisp	2 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Apple Wedges Dessert	3 Chicken Paprika Rice Broccoli Mixed Greens Salad Pineapple WW Roll Dessert	4 Beef Stroganoff Green Beans Tossed Green Salad Mixed Berries WW Roll Dessert
	7 Beef Stew Tossed Green Salad Peaches WW Roll Cereal Bars	8 Pork Roast Stuffing & Gravy Glazed Carrots Spinach Salad Applesauce WW Roll Dessert	9 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Bread or Roll Dessert	10 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert
14 Meatloaf & Gravy Mashed Potatoes Brussels Sprouts Green Salad Chilled P Biscuit Dessert	15 Corn Chowder 1/2 Ham & Cheese Sandwich Tossed Salad Grapes Dessert	 16 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	17 Yankee Pot Roast Roasted Red Potatoes and Carrots Mixed Greens Salad Baked Apples WW Bread or Roll Cereal Bars	18 Lemon Baked Fish Garden Rice Caribbean Veggies Coleslaw Citrus Salad Cornbread Dessert
 21 Baked Chicken Au Gratin Potatoes Brussels Sprouts Tossed Green Salad Pineapple WW Roll Dessert	22 Cheese Ravioli with Meat Sauce Italian Vegetables Peaches Bread Sticks Vegetables	23 Bacon Cheeseburger Wellington (in pastry) Glazed Carrots Southwest Salad Sliced Pears Oatmeal Cookies	24 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Spinach Salad Tropical Fruit WW Roll Dessert	25 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Waldorf Salad Dessert
28 Chicken Lo Mein over Noodles Asian Style Slaw Mandarin Oranges Egg Roll Dessert	29 Spinach & Mushroom Quiche Steamed Broccoli Tossed Salad Apricots Blueberry Muffin	30 Tater Tot Casserole Carrot Raisin Salad Waldorf Salad WW Bread or roll Dessert	31 Honey Mustard Chicken Wild Rice Baked Squash Coleslaw WW Roll Fruited Jell-O	

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.

24 HOURS IN ADVANCE TO RESERVE OR CANCEL




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 If you know you can't make it—Please call and cancel!
 For Chelan 888-4440 between 8am & 2 pm For Manson 687-3377



Leavenworth Senior Meals

October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Clam Chowder Cottage Cheese Spinach Salad Peaches Cornbread Oatmeal Cookies	2 Bacon Cheeseburger Sweet Potato Fries Southwest Salad Sliced Pears Dessert 	3 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	4 Baked Ham Roasted Squash Macaroni Salad Tossed Green Salad Apple Celery Salad WW Roll Dessert 
7 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	8 Quiche Steamed Broccoli Tossed Salad Pears Muffin	9 Beef Stew Kale Slaw Grapes WW Bread Cereal Bars	10 Chicken Fettuccine Zucchini Tomato Bake Spinach Salad Mixed Berries Garlic Bread Dessert	11 Stuffed Peppers 49'er Chopped Salad Apple Salad WW Bread or Roll Dessert
14 Grilled Chicken Breast Parmesan Bowties With Sugar Snap Peas Garden Salad Grapes WW Roll Dessert	15 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Salad WW Bread or Roll Apple Crisp 	16 Lemon Baked Fish Garden Rice Caribbean Vegetables Coleslaw Tropical Fruit Cornbread Dessert	17 Chicken Fajitas Southwest Salad Mandarin Oranges Snickerdoodles	18 Tater Tot Casserole Carrot Raisin Salad Chilled Peaches WW Bread or Roll Dessert
21 Hearty Veggie Beef Soup Pasta Salad Pea Salad Orange Quarters Biscuit Dessert	22 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Asian Coleslaw Tropical Fruit WW Roll Dessert	23 Cheese Ravioli with Meat Sauce Italian Vegetables Waldorf Salad Bread Sticks Dessert	24 Meatloaf Potatoes & Gravy Brussels Sprouts Green Salad Chilled Peaches WW Roll Dessert	25 Chicken Florentine Rice Pilaf Tossed Green Salad Cherries & Pineapple WW Roll Dessert
28 Breakfast Burrito Egg, Sausage, Cheese Hash Browns Spinach Salad Pudding & Berry Parfait	29 Beef Stroganoff Green Beans Tossed Green Salad Mixed Fruit WW Bread or Roll Dessert	30 Broccoli Chicken Bake Wild Rice Garden Salad Pineapple WW Roll Dessert	31 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Apricots Dessert	<div> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-470-0522 for more information about the Home Delivered Meal program.</p> </div>

