



# Senior Meals

## Brewster-Bridgeport-Pateros

### January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 Chicken Fettuccine Broccoli Carrot Raisin Salad Garlic Bread Berry Crisp	3
6	7 Chicken Strips Jo Jo's Pea Salad Coleslaw Oregon Berries WW Roll Dessert	8 Salisbury Steak Potatoes & Gravy Mixed Vegetables Spinach Salad WW Roll Peach Cobbler	9 Chili 1/2 Baked Potato Tossed Green Salad Apple Celery Salad Cornbread Dessert	10
13	14 Baked Fish Roasted Potatoes & Carrots Coleslaw Tropical Fruit Cheesy Biscuit Dessert	15 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Peaches WW Roll Dessert	16 Chicken Cordon Bleu Casserole Wild Rice Peas & Carrots Garden Salad Mandarin Oranges Bread Pudding	17 
20 	21 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert	22 Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches Garlic Bread Dessert	23 French Dip Pickled Beets Three Bean Salad Waldorf Salad Dessert	24
27	28 Oven Fried Chicken Twice Bake Potato Corn Spiced Salad Chilled Pears Biscuit Dessert	29 Italian Meatballs in Marinara Sauce Pasta Italian Vegetables Caesar Salad Fruit Cocktail Cheesy Garlic Bread Dessert	30 Cabbage Patch Stew Mediterranean Salad Waldorf Salad Whole Grain Crackers WW Roll Dessert	31 

**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

## January 2020








Monday	Tuesday	Wednesday	Thursday	Friday-Manson
<div> <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 509-888-4440 for more information about the Home Delivered Meal program.</p> </div>		<p>1 CLOSED</p> 	<p>2</p> <p>Beef Tacos Spanish Rice Mexi Corn Cinnamon Applesauce Dessert</p>	<p>3</p> <p>Salisbury Steak Potatoes &amp; Gravy Mixed Vegetables Spinach Salad WW Roll Peach Cobbler</p>
<p>6</p> <p>Chicken Cordon Bleu Casserole Wild Rice Peas &amp; Carrots Mixed Greens Salad Orange Quarters Bread Pudding</p>	<p>7</p> <p>Ham &amp; Cheese Sandwich Tomato Basil Soup Carrot Raisin Salad Waldorf Salad Dessert</p> 	<p>8</p> <p>Hamburger Stroganoff Green Beans Garden Salad Banana French Bread Dessert</p>	<p>9</p> <p>Ham &amp; Cheese Quiche Steamed Broccoli Caesar Salad Fresh Fruit English Muffin Dessert</p>	<p>10</p> <p>Chicken Strips Jo Jo's Pea Salad Coleslaw Apple Slices Dessert</p>
<p>13</p> <p>Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert</p>	<p>14</p> <p>Lasagna Green Beans Caesar Salad Fruit Cocktail Garlic Bread Dessert</p>	<p>15</p> <p>Chili 1/2 Baked Potato Tossed Green Salad Apple Celery Salad Cornbread Dessert</p> 	<p>16</p> <p>Ham Scalloped Potatoes Roasted Brussels Sprouts Garden Salad Peaches WW Roll Dessert</p>	<p>17</p> <p>Spaghetti &amp; Meat Sauce Caesar Salad Pears Garlic Bread Dessert</p>
<p>20</p> 	<p>21</p> <p>Cabbage Patch Stew Mediterranean Salad Waldorf Salad Whole Grain Crackers WW Roll Dessert</p>	<p>22</p> <p>Chuckwagon Steak Sandwich Pea Salad Pineapple Dessert</p>	<p>23</p> <p>Chicken Paprika Egg Noodles Roasted Winter Veggies Green Salad Bananas WW Roll Dessert</p> 	<p>24</p> <p>Beef Barley Soup Cottage Cheese Spinach Salad Oranges WW Roll Dessert</p>
<p>27</p> <p>Salisbury Steak Potatoes &amp; Gravy Mixed Vegetables Spinach Salad WW Roll Peach Cobbler</p>	<p>28</p> <p>Chicken &amp; Rice Bake Roasted Vegetables Kale Chopped Salad Tropical Fruit WW Roll Dessert</p>	<p>29</p> <p>Minestrone Soup Cottage cheese Caesar Salad Peaches Dessert</p>	<p>30</p> <p>Oven Fried Chicken Twice Bake Potato Corn Spiced Salad Orange Quarters Biscuit Dessert</p>	<p>31</p> <p>BBQ Country Ribs Sweet Potato Fries Pasta Salad Carrot Raisin Salad Pineapple Tidbits Cornbread Dessert</p>



# Davenport Senior Meals January 2020

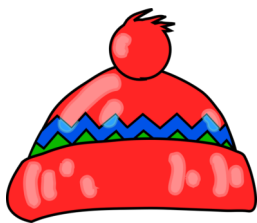


Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 Stuffed Peppers Soup 1/2 Turkey Sandwich Tossed Salad Fruit Salad Dessert	3 Lemon Pepper Fish Garden Rice Asian Vegetables Spinach Salad Waldorf Salad Onion Bread Dessert
6	7 French Dip Sandwich Lentil Soup Pea Salad Tropical Fruit Salad Apple Crisp	8 	9 Baked Chicken Au Gratin Potatoes Glazed Carrots Chilled Peaches Bread Pudding	10 Pork Roast with BBQ Sauce Rice Pilaf Green Beans Almondine 7 Layer Salad Pineapple Garlic Bread Dessert
13 	14 Hamburger Stroganoff Buttered Peas Garden Salad Apple Slices WW Roll Dessert	15	16 Chicken & Rice Bake Roasted Vegetables Kale Slaw Tropical Fruit WW Bread or Roll Dessert	17 Chili with Cheese Broccoli Salad Caesar Salad Chilled Peaches Cornbread Dessert 
20	21 Chicken Fettuccine Buttered Peas Carrot Raisin Salad Garlic Bread Berry Crisp	22	23 Baked Pork Chops Stuffing & Gravy Steamed Broccoli Garden Salad Citrus Salad Dessert	24 Fish Sandwich Potato Soup Cabbage Apple Slaw Fresh Fruit Tray Dessert
27	28 Chicken Fried Steak Mashed Potatoes Buttered Corn Lettuce & Tomato Salad Orange Quarters WW Roll Dessert	29 	30 Broccoli/Cheddar Soup 1/2 Tuna Salad Sandwich Potato Salad Tropical Fruit Whole Grain Crackers Dessert	31 Yankee Pot Roast Scalloped Potatoes Broccoli Salad Waldorf Salad Biscuit Oatmeal Cookies

**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 January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Beef Tacos Spanish Rice Mexi Corn Cinnamon Applesauce Dessert	3
6 Chicken Cordon Bleu Casserole Wild Rice Peas & Carrots Mixed Greens Salad Orange Quarters Bread Pudding	7 	8	9 Ham & Cheese Quiche Steamed Broccoli Caesar Salad Fresh Fruit English Muffin Dessert	10 
13 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert	14	15	16 Ham Scalloped Potatoes Roasted Brussels Sprouts Garden Salad Peaches WW Roll Dessert	17
20 	21	22	23 Chicken Paprika Egg Noodles Roasted Winter Veggies Green Salad Bananas WW Roll Dessert	24
27 Salisbury Steak Potatoes & Gravy Mixed Vegetables Spinach Salad WW Roll Peach Cobbler	28	29 	30 Oven Fried Chicken Twice Bake Potato Corn Spiced Salad Orange Quarters Biscuit Dessert	31

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

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

**Under age 60—\$8.50 FEE**

Please call 509-888-4440 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 509-421-1593



# Harrington Senior Meals January 2020



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<div data-bbox="77 394 747 619" data-label="Text"> <p><b>CALL 509-725-7055 24 HOURS IN ADVANCE TO RESERVE OR CANCEL</b></p> </div>		<div data-bbox="698 373 722 405" data-label="Text"> <p>1</p> </div> <div data-bbox="763 420 1006 598" data-label="Image"> </div>	<div data-bbox="1026 373 1050 405" data-label="Text"> <p>2</p> </div> <div data-bbox="1039 405 1307 556" data-label="Text"> <p>Stuffed Peppers Soup 1/2 Turkey Sandwich Tossed Salad Fruit Salad Dessert</p> </div>	<div data-bbox="1323 373 1347 405" data-label="Text"> <p>3</p> </div> <div data-bbox="1336 405 1546 615" data-label="Text"> <p>Lemon Pepper Fish Garden Rice Asian Vegetables Spinach Salad Waldorf Salad Onion Bread</p> </div>
<div data-bbox="69 646 94 678" data-label="Text"> <p>6</p> </div>	<div data-bbox="378 646 402 678" data-label="Text"> <p>7</p> </div> <div data-bbox="378 678 638 829" data-label="Text"> <p>French Dip Sandwich Lentil Soup Pea Salad Tropical Fruit Salad Apple Crisp</p> </div>	<div data-bbox="711 646 735 678" data-label="Text"> <p>8</p> </div>	<div data-bbox="1039 646 1063 678" data-label="Text"> <p>9</p> </div> <div data-bbox="1039 678 1271 829" data-label="Text"> <p>Baked Chicken Au Gratin Potatoes Glazed Carrots Chilled Peaches Bread Pudding</p> </div>	<div data-bbox="1336 646 1360 678" data-label="Text"> <p>10</p> </div> <div data-bbox="1336 678 1526 882" data-label="Text"> <p>Pork Roast with BBQ Sauce Rice Pilaf Green Beans Almondine 7 Layer Salad Pineapple</p> </div>
<div data-bbox="69 924 94 955" data-label="Text"> <p>13</p> </div>	<div data-bbox="378 924 402 955" data-label="Text"> <p>14</p> </div> <div data-bbox="378 955 646 1134" data-label="Text"> <p>Hamburger Stroganoff Buttered Peas Garden Salad Apple Slices WW Roll Dessert</p> </div>	<div data-bbox="711 924 735 955" data-label="Text"> <p>15</p> </div> <div data-bbox="803 1029 950 1155" data-label="Image"> </div>	<div data-bbox="1039 924 1063 955" data-label="Text"> <p>16</p> </div> <div data-bbox="1039 955 1295 1134" data-label="Text"> <p>Chicken &amp; Rice Bake Roasted Vegetables Kale Slaw Tropical Fruit WW Bread or Roll Dessert</p> </div>	<div data-bbox="1336 924 1360 955" data-label="Text"> <p>17</p> </div> <div data-bbox="1336 955 1546 1134" data-label="Text"> <p>Chili with Cheese Broccoli Salad Caesar Salad Chilled Peaches Cornbread Dessert</p> </div>
<div data-bbox="69 1192 94 1224" data-label="Text"> <p>20</p> </div> <div data-bbox="113 1270 341 1459" data-label="Image"> </div>	<div data-bbox="378 1192 402 1224" data-label="Text"> <p>21</p> </div> <div data-bbox="378 1224 613 1375" data-label="Text"> <p>Chicken Fettuccine Buttered Peas Carrot Raisin Salad Garlic Bread Berry Crisp</p> </div>	<div data-bbox="711 1192 735 1224" data-label="Text"> <p>22</p> </div>	<div data-bbox="1039 1192 1063 1224" data-label="Text"> <p>23</p> </div> <div data-bbox="1039 1224 1266 1402" data-label="Text"> <p>Baked Pork Chops Stuffing &amp; Gravy Steamed Broccoli Garden Salad Citrus Salad Dessert</p> </div>	<div data-bbox="1336 1192 1360 1224" data-label="Text"> <p>24</p> </div> <div data-bbox="1336 1224 1529 1402" data-label="Text"> <p>Fish Sandwich Potato Soup Cabbage Apple Slaw Fresh Fruit Tray Dessert</p> </div>
<div data-bbox="69 1486 94 1518" data-label="Text"> <p>27</p> </div>	<div data-bbox="378 1486 402 1518" data-label="Text"> <p>28</p> </div> <div data-bbox="378 1518 669 1728" data-label="Text"> <p>Chicken Fried Steak Mashed Potatoes Buttered Corn Lettuce &amp; Tomato Salad Orange Quarters WW Roll Dessert</p> </div>	<div data-bbox="711 1486 735 1518" data-label="Text"> <p>29</p> </div> <div data-bbox="820 1606 982 1753" data-label="Image"> </div>	<div data-bbox="1039 1486 1063 1518" data-label="Text"> <p>30</p> </div> <div data-bbox="1039 1518 1307 1759" data-label="Text"> <p>Broccoli/Cheddar Soup 1/2 Tuna Salad Sandwich Potato Salad Tropical Fruit Whole Grain Crackers Dessert</p> </div>	<div data-bbox="1336 1486 1360 1518" data-label="Text"> <p>31</p> </div> <div data-bbox="1336 1518 1554 1728" data-label="Text"> <p>Yankee Pot Roast Scalloped Potatoes Broccoli Salad Waldorf Salad Biscuit Oatmeal Cookies</p> </div>

**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

## January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 French Dip Pickled Beets Pea Salad Waldorf Salad Dessert	3 Italian Meatballs in Marinara Sauce Pasta Caesar Salad Fruit Cocktail Garlic Bread Dessert
6 Baked Fish Wild Rice Glazed Carrots Spinach Salad Citrus Salad Cheesy Biscuit Dessert	7 Chicken Strips Jo Jo's Pea Salad Coleslaw Apple Slices WW Bread Dessert 	8 Meatloaf Mashed Potatoes Green Beans Tossed Salad Peaches WW Bread Dessert	9 Biscuits & Country Gravy Sausage Patty Hash Browns Juice Fresh Fruit Blueberry Parfait	10 Chicken Cordon Bleu Casserole Rice Pilaf Peas & Carrots Garden Salad Orange Quarters Bread Pudding
13 Beef Barley Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert	14 Ham Scalloped Potatoes Roasted Brussels Sprouts Spiced Salad Applesauce WW Roll Dessert	15 Hamburger Stroganoff Green Beans Greek Salad Banana French Bread Dessert	16 Ham & Cheese Quiche Steamed Broccoli Garden Salad Fresh Fruit English Muffin Dessert	17 Chicken & Rice Bake Roasted Vegetables Kale Salad Tropical Fruit WW Roll Dessert 
20 	21 Chili 1/2 Baked Potato Tossed Green Salad Apple Celery Salad Cornbread Dessert	22 BBQ Country Ribs Mac & Cheese Mixed Vegetables Carrot Raisin Salad Pineapple Tidbits Cornbread Dessert	23 Chuckwagon Steak Sandwich Pasta Veggie Salad Pea Salad Fruit Cocktail Dessert	24 Oven Fried Chicken Twice Bake Potato Corn Spiced Salad Orange Quarters Biscuit Dessert 
27 Beef Tacos Spanish Rice Glazed Carrots Cinnamon Applesauce Dessert	28 Country Fried Steak Mashed Potatoes Buttered Corn Lettuce Tomato Salad Orange quarters Biscuit Dessert	29 Minestrone Soup 1/2 Ham Sandwich Garden Salad Peaches Dessert	30 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Apple Slices Dessert	31 Lasagna Caesar Salad Green Beans Fruit Cocktail Garlic Bread Dessert

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

**Under age 60—\$8.50 FEE**

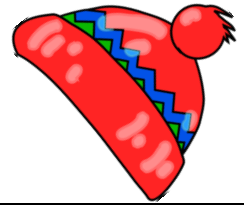
Please call 509-548-6666 for more information about the Home Delivered Meal program.








# Manson Senior Meals

## January 2020



Monday	Tuesday	Wednesday	Thursday	Friday-MANSON
<b>Seniors Age 60 &amp; over—suggested donation \$4.00</b> <b>Under age 60—\$8.50 FEE</b>  Please call 509-888-4440 for more information about the Home Delivered Meal program.		CLOSED  	2 Beef Tacos Spanish Rice Mexi Corn Cinnamon Applesauce Dessert	3 Salisbury Steak Potatoes & Gravy Mixed Vegetables Spinach Salad WW Roll Peach Cobbler
6 Chicken Cordon Bleu Casserole Wild Rice Peas & Carrots Mixed Greens Salad Orange Quarters Bread Pudding	7 Ham & Cheese Sandwich Tomato Basil Soup Carrot Raisin Salad Waldorf Salad Dessert	8 Hamburger Stroganoff Green Beans Garden Salad Banana French Bread Dessert	9 Ham & Cheese Quiche Steamed Broccoli Caesar Salad Fresh Fruit English Muffin Dessert	10 Chicken Strips Jo Jo's Pea Salad Coleslaw Apple Slices Dessert
13 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert	14 Lasagna Green Beans Caesar Salad Fruit Cocktail Garlic Bread Dessert	15 Chili 1/2 Baked Potato Tossed Green Salad Apple Celery Salad Cornbread Dessert	16 Ham Scalloped Potatoes Roasted Brussels Sprouts Garden Salad Peaches WW Roll	17 Spaghetti & Meat Sauce Caesar Salad Pears Garlic Bread Dessert
20  	21 Cabbage Patch Stew Mediterranean Salad Waldorf Salad Whole Grain Crackers WW Roll Dessert	22 Chuckwagon Steak Sandwich Pea Salad Pineapple Dessert	23 Chicken Paprika Egg Noodles Roasted Winter Veggies Green Salad Bananas WW Roll Dessert	24 Beef Barley Soup Cottage Cheese Spinach Salad Oranges WW Roll Dessert 
27 Salisbury Steak Potatoes & Gravy Mixed Vegetables Spinach Salad WW Roll Peach Cobbler	28 Chicken & Rice Bake Roasted Vegetables Kale Chopped Salad Tropical Fruit WW Roll Dessert	29 Minestrone Soup Cottage cheese Caesar Salad Peaches Dessert	30 Oven Fried Chicken Twice Bake Potato Corn Spiced Salad Orange Quarters Biscuit Dessert	31 BBQ Country Ribs Sweet Potato Fries Pasta Salad Carrot Raisin Salad Pineapple Tidbits Cornbread Dessert

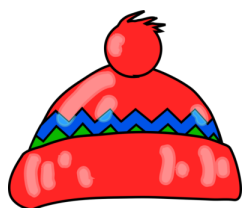


# Odessa Senior Meals January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED 	2 Clam Chowder 1/2 Tuna Sandwich Mixed Greens Salad Tropical Fruit Dessert	3
6 French Dip Pickled Beets Pea Salad Waldorf Salad Dessert	7	8 Red Beans & Rice Smoked Sausage Baked Squash Coleslaw Pineapple WW Roll Dessert	9 Meatloaf Mashed Potatoes Peas Garden Salad Peaches WW Bread or Roll Dessert	10 
13 Chicken & Rice Bake Roasted Vegetables Chopped Salad Tropical Fruit WW Roll Dessert	14	15 Salisbury Steak Mashed Potatoes Mixed Vegetables Spinach Salad Roll Peach Cobbler	16 Pork Chops Stuffing & Gravy Zucchini Tomato Bake Garden Salad Pineapple Dessert	17
20 	21	22 Lasagna Cottage Cheese Green Beans Caesar Salad Fruit Cocktail Garlic Bread Dessert	23 Biscuits & Country Gravy Sausage Patty Hash Browns Juice Fresh Fruit Blueberry Parfait	24
27 Spaghetti & Meat Sauce Caesar Salad Pears Garlic Bread Dessert	28 	29 Pot Roast Roasted Potatoes & Carrots Tossed Green Salad Peaches WW Roll Dessert	30 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert	<div> <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> </div>





# Omak-Okanogan Senior Meals January 2020







Okanogan	Omak	Okanogan	Okanogan	Omak
Monday	Tuesday	Wednesday	Thursday-9am	Friday
<div> <p>Seniors Age 60 &amp; over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979</p> </div>		<p>1 CLOSED</p>	<p>2 Biscuits &amp; Gravy Sausage Patty Hash Browns Juice Fresh Fruit Blueberry Parfait</p>	<p>3 Chicken Paprika Egg Noodles Roasted Winter Veggies Green Salad Banana WW Roll Dessert</p>
<p>6 Chili with Cheese 1/2 Baked Potato 7 Layer Salad Apple Celery Salad Cornbread Dessert</p>	<p>7 Pork Chops Mac &amp; Cheese Zucchini Tomato Bake Garden Salad Pineapple Dessert</p>	<p>8 Chicken Strips Jo Jo's Pea Salad Grapes WW Roll Cereal Bars</p>	<p>9 Quiche Oven Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin</p>	<p>10 Hamburger Stroganoff Green Beans Greek Salad Banana French Bread Dessert</p>
<p>13 Cabbage Patch Stew Caesar Salad Pineapple tidbits Whole Grain Crackers WW Roll Dessert</p>	<p>14 Ham &amp; Cheese Sandwich Tomato Basil Soup Three Bean Salad Waldorf Salad Dessert</p>	<p>15 Cheeseburger Deluxe Sweet Potato Fries Spiced Salad Orange Quarters Dessert</p>	<p>16 Scrambled Eggs Bacon Oven Brown Potatoes V-8 Juice Fresh Fruit Blueberry Buckle</p>	<p>17 Baked Fish Wild Rice Glazed Carrots Coleslaw Citrus Salad WW Bread or Roll Dessert</p>
<p>20 CLOSED</p>	<p>21 Beef Barley Soup Cottage Cheese Spinach Salad Oranges Biscuit Dessert</p>	<p>22 BBQ Country Ribs Sweet Potato Fries Carrot Raisin Salad Pineapple Tidbits Pasta Salad Cornbread Dessert</p>	<p>23 Scrambled Eggs Sausage Patty Hash Browns Stewed Tomatoes Fresh Fruit Pancakes</p>	<p>24 Pork Roast Stuffing &amp; Gravy Zucchini Tomato Bake Garden Salad Applesauce Dessert</p>
<p>27 Ham &amp; White Beans Fried Potatoes Peas &amp; Carrots Fresh Fruit Cornbread Oatmeal Cookies</p>	<p>28 Cordon Blue Casserole Wild Rice Glazed Carrots Garden Salad Orange Quarter Bread Pudding</p>	<p>29 Meatloaf Mashed Potatoes Trio Vegetables Green Salad Peaches WW Bread or roll Dessert</p>	<p>30 Scrambled Eggs Ham Oven Brown Potatoes V-8 Juice Fresh Fruit Cinnamon Roll</p>	<p>31 Clam Chowder 1/2 Egg or Tuna Salad Sandwich Kale Slaw Tropical Fruit Dessert</p>



# Oroville Senior Meals January 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 Site Director for more information about the Home Delivered Meal program at 476-2412</p>		<p>1</p> 	<p>2</p> <p>Pork Roast Stuffing &amp; Gravy Glazed Carrots Spinach Salad Applesauce WW Roll Dessert</p>	<p>3</p> <p>Clam Chowder 1/2 Tuna Melt Mixed Greens Salad Tropical Fruit Whole Grain Crackers WW Roll Dessert</p>
<p>6</p>	<p>7</p> <p>Chicken Strips Jo Jo Potatoes Pea Salad Apple Slices WW Bread Oatmeal Cookies</p>	<p>8</p>	<p>9</p> <p>Chili 1/2 Baked Potato Tossed Green Salad Mandarin Oranges Cornbread Dessert</p>	<p>10</p> <p>Baked Fish Wild rice Glazed Carrots Coleslaw Citrus Salad Cheese Biscuit Dessert</p>
<p>13</p>	<p>14</p> <p>BBQ Country Ribs Potato Salad Carrot Raisin Salad Pineapple Tidbits Cornbread Dessert</p>	<p>15</p> 	<p>16</p> <p>Meatloaf Potatoes &amp; Gravy Green Beans Caesar Salad Waldorf Salad WW Roll Dessert</p>	<p>17</p> <p>Tuna Noodle Casserole Peas &amp; Carrots Tossed Salad Peaches Garlic Bread Dessert</p>
<p>20</p> 	<p>21</p> <p>Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert</p>	<p>22</p>	<p>23</p> <p>Chicken Cordon Bleu Casserole Rice Pilaf Peas &amp; Carrots Garden Salad Tropical Fruit Salad Bread Pudding</p>	<p>24</p> <p>Salisbury Steak Potatoes &amp; Gravy Mixed Vegetables Spinach Salad Roll Peach Cobbler</p>
<p>27</p>	<p>28</p> <p>Bacon &amp; Cheese Quiche Steamed Broccoli Garden Salad Fresh Fruit English Muffin Dessert</p>	<p>29</p> 	<p>30</p> <p>Beef Tacos Spanish Rice Mexi Corn Cinnamon Applesauce Dessert</p>	<p>31</p> <p>Ham &amp; Cheese Sandwich Tomato Basil Soup Coleslaw Waldorf Salad Dessert</p>



# Tonasket Senior Meals January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Seniors Age 60 &amp; over— suggested donation \$4.00</b>  <b>Under age 60—\$8.50 FEE</b> Please call the Site Director for more information about the Home Delivered Meal program at 486-2483		1 CLOSED  	2 Hamburger Stroganoff Green Beans Garden Salad Strawberries & Bananas French Bread Dessert	3
6 Chicken & Rice Bake Cucumber Salad Tropical Fruit Cheesy Biscuit Dessert	7	8 Pot Roast Roasted Potatoes & Carrots Tossed Green Salad WW Roll Oatmeal	9 Beef Barley Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert	10  
13 Cheeseburger Deluxe Sweet Potato Fries Three Bean Salad Grapes Dessert	14  	15 Ham Au Gratin Potatoes Mixed Vegetables Garden Salad Waldorf Salad WW Bread or Roll Dessert	16 Meatloaf Potatoes & Gravy Green Beans Green Salad Peaches WW Bread or Roll Dessert	17
20  	21	22 Chicken Fettuccine Peas Caesar Salad Garlic Bread Berry Crisp	23 Pork Chops Stuffing & Gravy Glazed Carrots Garden Salad Applesauce WW Roll Dessert	24  
27 Biscuits & Gravy Sausage Patty Hash Browns Juice Fresh Fruit Blueberry Parfait	28  	29 French Dip Pickled Beets Pea Salad Fruit Salad Dessert	30 Baked Fish Wild Rice Glazed Carrots Coleslaw Citrus Salad Cheesy Biscuit Dessert	31



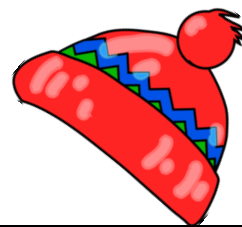
# Twisp Senior Meals January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Seniors Age 60 &amp; over—suggested donation \$4.00</b>  <b>Under age 60—\$8.50 FEE</b> Please call the Site Director for more information about the Home Delivered Meal program at 997-7722		1  	2 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Peaches WW Roll Dessert	3 Shrimp Fettuccine Broccoli Carrot Raisin Salad Garlic Bread Berry Crisp
6 Chicken Cordon Bleu Casserole Wild Rice Peas & Carrots Garden Salad Orange Quarters Bread Pudding	7	8	9 Chili with Cheese 1/2 Baked Potato Tossed Green Salad Apple Celery Salad Cornbread Dessert	10 Baked Fish Herbed Fettuccine Glazed Carrots Coleslaw Citrus Salad WW Roll Dessert
13 Pork Chops Stuffing & Gravy Zucchini Tomato Bake Garden Salad Pineapple WW Roll Dessert	14	15  	16 Oven Fried Chicken Twice Bake Potato Corn Spiced Salad Orange Quarters WW Roll Dessert	17 Lasagna with Meat Sauce Green Beans Caesar Salad Fruit Cocktail Garlic Bread Dessert
20  	21	22	23 Ham Scalloped Potatoes Roasted Brussels Sprouts Garden Salad Applesauce WW Bread or Roll Dessert	24 Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches Garlic Bread Dessert
27 Hamburger Stroganoff Green Beans Garden Salad Banana French Bread Dessert	28  	29	30 Beef Tacos Spanish Rice Mexi Corn Cinnamon Applesauce Dessert	31 BBQ Country Ribs Sweet Potato Fries Carrot Raisin Salad Pasta Salad Pineapple Tidbits Cornbread Dessert



# Wilbur Senior Meals January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 Clam Chowder 1/2 Tuna Sandwich Mixed Greens Salad Tropical Fruit Dessert	3
6	7 Baked Fish Wild Rice Glazed Carrots Coleslaw Citrus Salad Cheese Biscuit Dessert	8 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Peaches WW Bread or Roll Dessert	9 Chicken & Rice Bake Roasted Vegetables Kale Salad Tropical Fruit WW Roll Dessert	10 
13 	14 Beef Barley Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert	15 Chili 1/2 Baked Potato Tossed Green Salad Apple Celery Salad Cornbread Dessert	16 Oven Fried Chicken Twice Bake Potatoes Corn Spiced Salad Fruit Cocktail Biscuit Dessert	17
20 	21 Salisbury Steak Mashed Potatoes Mixed Vegetables Spinach Salad Roll Peach Cobbler	22 Pork Roast Stuffing & Gravy Zucchini Tomato Bake Garden Salad Pineapple Dessert	23 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange quarters Dessert	24
27	28 Biscuits & Country Gravy Sausage Patty Hash Browns Juice Fresh Fruit Blueberry Parfait	29 Cabbage Patch Stew Mediterranean Salad Waldorf Salad Whole Grain Crackers Dessert	30 Country Fried Steak Mashed Potatoes Buttered Corn Lettuce Tomato Salad Orange Quarters Biscuit Dessert	31 

**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