

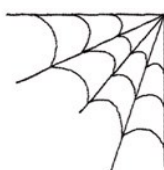


Senior Meals

Brewster-Bridgeport-Pateros

October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Closed Thursdays until further notice.	2 
5 	6 Chicken Fettuccine Zucchini / Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	7 Corn Chowder 1/2 Ham & Cheese Sand. Pea Salad Chilled Apricots Dessert	8	9
12	13 Lemon Baked Fish Garden Rice Glazed Carrots Caesar Salad Peaches Focaccia Bread Dessert	14 Quiche—Bacon, Swiss and Mushroom Steamed Broccoli Tossed Salad Apricots Muffin 	15	16
19 	20 Cheeseburger Deluxe Jo Jo's Southwest Salad Sliced Pears Dessert	21 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit Dessert	22	23
26	27 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	28 Baked Fish Fillet Garlic & Parmesan Pasta Green Beans Garden Salad Grapes WW Roll Dessert	29	30 

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

October 2020



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
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.			1 Tater Tot Casserole Carrot Raisin Salad Chilled Peaches WW Roll Dessert	2 Garden Chili Cottage Cheese Spinach Salad Pears Cornbread Oatmeal Cookies
5 Cabbage Patch Stew Spiced Salad Oregon Berries Corn Bread Cereal Bars	6 Chicken Paprika Egg Noodles Broccoli Mixed Greens Salad Apple Wedges WW Roll Dessert	7 Pork Roast Stuffing & Gravy Roasted Fall Veggies Cabbage Apple Slaw Mandarin Oranges Dessert	8 Cheese Ravioli with Meat Sauce Italian Vegetables Caesar Salad Spiced Pears Bread Sticks Dessert	9 Broccoli Chicken Bake Rice Pilaf Garden Salad Fruit Salad WW Roll Dessert
12 Sweet & Sour Chicken over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit WW Roll Dessert	13 Stuffed Pepper Casserole 49'er Chopped Salad Pears WW Roll Dessert	14 Crunchy Chicken Salad Sandwich Vegetable Soup Pickled Beets Chilled Peaches Dessert	15 Baked Ham Scalloped Potatoes Trio Vegetables Spinach Salad Pineapple Tidbits WW Roll Dessert	16 Beef Stroganoff Brussels Sprouts Tossed Green Salad Mixed Berries WW Roll Dessert
19 Chicken Fajitas Baja Veggies Fresh Salsa Mandarin Oranges Dessert	20 Lemon Baked Fish Garden Rice Glazed Carrots Broccoli Salad Peaches Focaccia Bread Dessert	21 Meatloaf Potatoes & Gravy Green Beans Green Salad Chilled Pears Biscuit Dessert	22 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	23 Hearty Vegetable Beef Soup Cottage cheese Cucumber Salad WW Roll Apple Crisp
26 Yankee Pot Roast Roasted Potatoes & Fall Veggies Garden Salad Mixed Fruit WW Roll Cereal Bars	27 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Roll Cherry Crisp	28 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Tropical Fruit Dessert	29 Honey Mustard Chicken Wild Rice Roasted Cauliflower Kale Salad Waldorf Salad WW Roll Dessert	30 Spaghetti and Meat Sauce Caesar Salad Apricots Garlic Bread Dessert





Davenport Senior Meals October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
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			1 California Chicken Casserole Lettuce & Tomato Salad- Greek Salad Apple Celery Salad Cheesy Biscuit Dessert	2 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Roll Pear Crisp
5	6 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	7 	8 Pork Roast Stuffing & Gravy Roast Fall Vegetables Cabbage & Apple Slaw Fruited Jell-O	9 Crunchy Chicken Salad Sandwich Vegetable Soup Pickled Beets Chilled Peaches Dessert
12	13 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches Herb Bread Dessert	14	15 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	16 Lemon Baked Cod Garden Rice Glazed Carrots Spinach Salad Tropical Fruit Focaccia Bread Dessert
19 	20 Wild Rice & Ham Casserole Stewed Tomatoes Greek Salad Orange Quarters Onion Bread Dessert	21	22 Hearty Vegetable Beef Soup Cottage Cheese Pea & Cheese Salad Whole Grain Crackers Peach Crisp	23 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert
26	27 Meatloaf Mashed Potatoes & Gravy Green Beans Green Salad Chilled Peaches Biscuit Dessert	28 	29 Honey Mustard Chicken Wild Rice Normandy Veggies Coleslaw Tropical Fruit Onion Bread Dessert	30 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert



Entiat Senior Meals October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tater Tot Casserole Carrot Raisin Salad Chilled Peaches WW Roll Dessert	2
5 Cabbage Patch Stew Spiced Salad Oregon Berries Corn Bread Cereal Bars	6 	7	8 Cheese Ravioli with Meat Sauce Italian Vegetables Caesar Salad Spiced Pears Bread Sticks Dessert	9 
12 Sweet & Sour Chicken over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit WW Roll Dessert	13	14	15 Baked Ham Scalloped Potatoes Trio Vegetables Spinach Salad Pineapple Tidbits WW Roll Dessert	16
19 Chicken Fajitas Baja Veggies Fresh Salsa Mandarin Oranges Dessert	20 	21	22 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	23
26 Yankee Pot Roast Roasted Potatoes & Fall Veggies Garden Salad Mixed Fruit WW Roll Cereal Bars	27	28 	29 Honey Mustard Chicken Wild Rice Roasted Cauliflower Kale Salad Waldorf Salad WW Roll Dessert	30

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



Harrington Senior Meals October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
			1 California Chicken Casserole Lettuce & Tomato Salad- Greek Salad Apple Celery Salad Cheesy Biscuit Dessert	2 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Roll Pear Crisp
5	6 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	7 	8 Pork Roast Stuffing & Gravy Roast Fall Vegetables Cabbage & Apple Slaw Fruited Jell-O	9 Crunchy Chicken Salad Sandwich Vegetable Soup Pickled Beets Chilled Peaches Dessert
12	13 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches Herb Bread Dessert	14	15 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	16 Lemon Baked Cod Garden Rice Glazed Carrots Spinach Salad Tropical Fruit Focaccia Bread Dessert
19	20 Wild Rice & Ham Casserole Stewed Tomatoes Greek Salad Orange Quarters Onion Bread Dessert	21	22 Hearty Vegetable Beef Soup Cottage Cheese Pea & Cheese Salad Whole Grain Crackers Peach Crisp	23 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert
26	27 Meatloaf Mashed Potatoes & Gravy Green Beans Green Salad Chilled Peaches Biscuit Dessert	28 	29 Honey Mustard Chicken Wild Rice Normandy Veggies Coleslaw Tropical Fruit Onion Bread Dessert	30 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks 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

October 2020



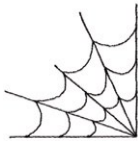
Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call 509-470-0522 for more information about the Home Delivered Meal program.			1	2 Garden Chili Cottage Cheese Spinach Salad Pears Cornbread Oatmeal Cookies
5 Cabbage Patch Stew Spiced Salad Oregon Berries Corn Bread Cereal Bars	6	7 Pork Roast Stuffing & Gravy Roasted Fall Veggies Cabbage Apple Slaw Mandarin Oranges Dessert	8	9 Broccoli Chicken Bake Rice Pilaf Garden Salad Fruit Salad WW Roll Dessert
12 Sweet & Sour Chicken over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit WW Roll Dessert	13	14 Crunchy Chicken Salad Sandwich Vegetable Soup Pickled Beets Chilled Peaches Dessert	15	16 Beef Stroganoff Brussels Sprouts Tossed Green Salad Mixed Berries WW Roll Dessert
19 Chicken Fajitas Baja Veggies Fresh Salsa Mandarin Oranges Dessert	20	21 Meatloaf Potatoes & Gravy Green Beans Green Salad Chilled Pears Biscuit Dessert	22	23 Hearty Vegetable Beef Soup Cottage cheese Cucumber Salad WW Roll Apple Crisp
26 Yankee Pot Roast Roasted Potatoes & Fall Veggies Garden Salad Mixed Fruit WW Roll Cereal Bars	27	28 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Tropical Fruit Dessert	29	30 Spaghetti and Meat Sauce Caesar Salad Apricots Garlic Bread Dessert





Odessa Senior Meals October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
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			1 Country Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Roll Apple Crisp	2
5 Cabbage Patch Stew Spiced Salad Oregon Berries Corn Bread Oatmeal Cookies	6 	7 Stuffed Pepper Casserole 49'er Chopped Salad Pears WW Roll Dessert	8 Baked Ham Mac & Cheese Peas & Carrots Tossed Green Salad Pineapple WW Roll Dessert	9 
12 Crunchy Chicken Salad Sandwich Vegetable Soup Pickled Beets Chilled Peaches Dessert	13	14 Pork Roast Stuffing & Gravy Roasted Fall Veggies Cabbage & Apple Slaw Applesauce WW Roll Dessert	15 Wild Rice & Ham Casserole Mixed Vegetables Spinach Salad Orange Quarters WW Roll Dessert	16
19 Meatloaf Potatoes & Gravy Green Beans Green Salad Chilled Pears Biscuit Dessert	20	21 Sweet & Sour Pork over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit WW Roll Dessert	22 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert	23
26 Hearty Vegetable Beef Soup Cottage Cheese Chopped Kale Salad WW Roll Apple Crisp	27 	28 Chicken Curry Rice Cucumber Salad Grapes WW Roll Dessert 	29 Cheeseburger Casserole Green Beans Tossed Salad Sliced Pears Oatmeal Cookies	30



Omak-Okanogan Senior Meals October 2020



Okanogan	Omak	Okanogan	Okanogan-9am	Omak
Monday	Tuesday	Wednesday	Thursday	Friday
	Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979		1	2 Cheese Ravioli with Meat Sauce Italian Vegetables Caesar Salad Spiced Pears Breadsticks Dessert
5 Chicken Fajitas Baja Veggies Fresh Salsa Mandarin Oranges Dessert	6 Pork Curry Rice Cucumber Salad Grapes WW Roll Dessert	7 Tater Tot Casserole Carrot Raisin Salad Chilled Peaches WW Roll Dessert	8 	9 Bacon, Mushroom & Swiss Quiche Steamed Broccoli Tossed Salad Apricots Muffin
12 Beef Stroganoff Zucchini Tomato Bake Tossed Green Salad Mixed Berries WW Roll Dessert 	13 Honey Mustard Chicken Wild Rice Normandy Vegetables Coleslaw Tropical Fruit WW Roll Dessert	14 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit Dessert	15	16 Tuna Salad Croissant Clam Chowder 49'er Chopped Salad Fruit Tray Dessert
19 Sweet & Sour Pork Rice Stir Fry Vegetables Asian Style Slaw Tropical Fruit WW Roll Dessert	20 Cheeseburger Deluxe Jo Jo's Southwest Salad Sliced Pears Oatmeal Cookies	21 Chicken Florentine Egg Noodles Tossed Green Salad Cherries & Pineapple WW Roll Dessert	22	23 Baked Ham Mac & Cheese Peas & Carrots Spinach Salad Waldorf Salad WW Roll Dessert
26 Lemon Baked Fish Garden Rice Glazed Carrots Caesar Salad Peaches Focaccia Bread Dessert	27 Chicken Paprika Egg Noodles Broccoli Mixed Greens Salad Apple Wedges WW Roll Dessert	28 Yankee Pot Roast Roasted Red Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	29 	30 Stuffed Pepper Casserole 49'er Chopped Salad Pears WW Roll Dessert

WE  VOLUNTEERS!



Oroville Senior Meals October 2020



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Monday	Tuesday	Wednesday	Thursday	Friday
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 476-2412			1 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert	2 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert
5 	6 Chicken Fajitas Spanish Rice Fresh Avocado Mandarin Oranges Dessert	7	8 Hearty Vegetable Beef Soup Cottage Cheese Pea & Cheese Salad WW Roll Apple Crisp	9 Beef Stroganoff Zucchini Tomato Bake Tossed Green Salad Mixed Berries WW Roll Dessert
12	13 Baked Ham Roasted Sweet Potato Peas & Carrots Tossed Green Salad Pineapple WW Roll Dessert	14 	15 Tuna Noodle Casserole Peas Greek Salad WW Roll Berry Cobbler	16 Pork Lo Mein Asian Style Slaw Mandarin oranges Egg Roll Dessert
19	20 Lemon Baked Fish Garden Rice Glazed Carrots Caesar Salad Peaches Focaccia Bread Dessert	21	22 Garden Chili Cottage Cheese Spinach Salad Peaches Cornbread Oatmeal Cookies	23 Chicken Florentine Wild Rice Greek Salad WW Roll Peach Cobbler
26 	27 Meatloaf Potatoes & Gravy Green Beans Green Salad Chilled Pears Biscuit Dessert	28 	29 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	30 Yankee Pot Roast Roasted Potatoes & Carrots Broccoli Salad Mixed Fruit WW Bread or Roll Cereal Bars



Tonasket Senior Meals October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
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			1 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert	2
5 Baked Fish Fillet Garlic & Parmesan Pasta Green Beans Garden Salad Grapes Roll Dessert	6	7 Yankee Pot Roast Roasted Red Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	8 Hearty Vegetable Beef Soup Cottage Cheese Pea & Cheese Salad WW Roll Apple Crisp	9 
12 Chicken Curry Rice Cucumber Salad Na'an Bread Strawberry Shortcake	13 	14 Meatloaf Potatoes & Gravy Green Beans Tossed Salad Chilled Pears Biscuit Dessert	15 Tuna Noodle Casserole Peas Greek Salad WW Roll Berry Cobbler	16
19 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit & Chives Dessert	20 	21 Cheeseburger Jo Jo's Southwest Salad Sliced Pears Dessert	22 Garden Chili Cottage Cheese Spinach Salad Peaches Cornbread Oatmeal Cookies	23 
26 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert	27 	28 Pork Lo Mein Asian Style Slaw Mandarin Oranges Egg Roll Cookies	29 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert 	30 



Twisp Senior Meals October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
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 997-7722			1 Pot Roast Roasted Potatoes & Carrots Green Salad Mixed Fruit WW Roll Oatmeal Cookies	2 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert
5 Pork Roast Stuffing & Gravy Roasted Fall Veggies Cabbage & Apple Slaw Applesauce Dessert	6	7	8 Crunchy Chicken Salad Sandwich Vegetable Soup Pickled Beets Chilled Peaches Dessert	9 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Sliced Pears WW Roll Dessert
12 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Garlic Bread Apple Crisp	13 	14	15 Stuffed Pepper Casserole 49'er Chopped Salad Apricots WW Roll Dessert	16 Meatloaf Potatoes & Gravy Green Beans Tossed Salad Chilled Pears Biscuit Dessert
19 Beef Stroganoff Glazed Carrots Tossed Green Salad Waldorf Salad WW Bread or Roll Dessert	20	21	22 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	23 Baked Fish Fillet Garlic Parmesan Pasta Green Beans Garden Salad Grapes WW Roll Dessert
26 Quiche Steamed Broccoli Tossed Salad Apricots Muffin	27	28 	29 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Tropical Fruit Egg Roll Dessert	30 Baked Ham Mac & Cheese Peas & Carrots Green Salad Pineapple Tidbits WW Roll Dessert



Wilbur Senior Meals

October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cabbage Patch Stew Spiced Salad Oregon Berries Corn Bread Oatmeal Cookies	2
5	6 Garden Chili Cottage Cheese Spinach Salad Peaches Cheesy Biscuit Cereal Bars	7 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Roll Apple Crisp	8 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	9 
12	13 Crunchy Chicken Salad Sandwich Vegetable Soup Pickled Beets Chilled Peaches Dessert	14 Stuffed Pepper Casserole 49'er Chopped Salad Pears WW Roll Dessert	15 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges WW Roll Dessert	16
19	20 Baked Ham Mac & Cheese Peas & Carrots Tossed Green Salad Pineapple WW Roll Dessert	21 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	22 Lemon Baked Fish Garden Rice Brussels Sprouts Greek Salad Peaches Focaccia Bread Dessert	23
26 	27 Hearty Vegetable Beef Soup Cottage Cheese Pea & Cheese Salad WW Roll Pear Crisp	28 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit Dessert	29 Tuna Salad on Croissant Clam Chowder 49'er Chopped Salad Fruit Tray Dessert 	30

**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