





Chelan Senior Meals

July 2019



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
<p>1 Hungarian Goulash Green Beans Caesar Salad Pears WW Bread Dessert</p>	<p>2 Baked Ham Scalloped Potatoes Snap Peas Tossed Veggie Salad Pineapple Rings WW Bread or Roll Dessert</p>	<p>3 Fish Fillet Sandwich Sweet Potato Fries Coleslaw Watermelon Dessert</p>	<p>4  Happy 4th of July!</p>	<p>5 Deluxe Cheeseburger Potato Salad Melon Dessert</p> 
<p>8 Beef Stew Garden Salad Peaches Biscuit Dessert</p>	<p>9 SALAD BAR Chef's Salad - Turkey, Ham, Eggs and Cheese Cottage Cheese Mixed Melons WW Roll Cereal Bars</p> 	<p>10 Burger Dip Sandwich Pea Salad Beets Fruit Salad Dessert</p>	<p>11 Chicken Fettuccine Trio Vegetables Caesar Salad Fresh Fruit Roll Dessert</p>	<p>12 Chicken Enchiladas Spanish Rice Cucumber and Water- melon Salad Coleslaw Mandarin Oranges Dessert</p>
<p>15 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Mixed Berries Garlic Bread Dessert</p>	<p>16 PIZZA Sausage, Peppers and Mushrooms 7 Layer Salad Chilled Pears Bread Sticks Dessert</p> 	<p>17 Pepper Steak Wild Rice Sour Cream & Cukes Grapes WW Bread or Roll Dessert</p>	<p>18 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie</p>	<p>19 Hot Dog Baked Beans Pea Salad Garden Salad Strawberry & Rhubarb Crisp</p> 
<p>22 Spaghetti Caesar Salad Peaches Garlic Bread Dessert</p>	<p>23 Bacon & Swiss Cheese Quiche with Mushrooms Spinach Salad Pea Salad Pineapple & Cherries Muffin</p>	<p>24 BLT Sandwich String Cheese Vegetable Soup Fresh Fruit Tray Dessert</p> 	<p>25 Tater Tot Casserole Cottage Cheese Garden Salad Apricots WW Bread or Roll Dessert</p>	<p>26 SALAD BAR Chef's Salad - Turkey, Ham, Eggs and Cheese Cottage Cheese Mixed Melons WW Roll Cereal Bars</p>
<p>29 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert</p>	<p>30 Deluxe Cheeseburger Coleslaw Melon Dessert</p> 	<p>31 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert</p>	<div style="border: 2px solid black; padding: 5px;"> <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>	

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!
Chelan 888-4440
Manson 687-3377

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Entiat Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 Hungarian Goulash Green Beans Caesar Salad Pears WW Bread Dessert	2	3	4 	5
8 Beef Stew Garden Salad Peaches Biscuit Dessert	9 	10	11 Chicken Fettuccine Trio Vegetables Caesar Salad Fresh Fruit Roll Dessert	12
15 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Mixed Berries Garlic Bread Dessert	16	17	18 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	19 
22 Spaghetti Caesar Salad Peaches Garlic Bread Dessert	23 	24	25 Tater Tot Casserole Cottage Cheese Garden Salad Apricots WW Bread or Roll Dessert	26
29 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert	30	31		

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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

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Home Delivered Meal program.







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and cancel!

For Chelan 888-4440 between 8am & 2 pm
For Entiat 509-421-1593



Manson Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
1 Hungarian Goulash Green Beans Caesar Salad Pears WW Bread Dessert	2 Baked Ham Scalloped Potatoes Snap Peas Tossed Veggie Salad Pineapple Rings WW Bread or Roll Dessert	3 Fish Fillet Sandwich Sweet Potato Fries Coleslaw Watermelon Dessert	4  Happy 4th of July!	5 Deluxe Cheeseburger Potato Salad Melon Dessert 
8 Beef Stew Garden Salad Peaches Biscuit Dessert	9 SALAD BAR Chef's Salad - Turkey, Ham, Eggs and Cheese Cottage Cheese Mixed Melons WW Roll Cereal Bars	10 Burger Dip Sandwich Pea Salad Beets Fruit Salad Dessert 	11 Chicken Fettuccine Trio Vegetables Caesar Salad Fresh Fruit Roll Dessert	12 Chicken Enchiladas Spanish Rice Cucumber and Water- melon Salad Coleslaw Mandarin Oranges Dessert
15 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Mixed Berries Garlic Bread Dessert	16 PIZZA Sausage, Peppers and Mushrooms 7 Layer Salad Chilled Pears Bread Sticks Dessert	17 Pepper Steak Wild Rice Sour Cream & Cukes Grapes WW Bread or Roll Dessert	18 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	19 Hot Dog Baked Beans Pea Salad Garden Salad Strawberry & Rhubarb Crisp 
22 Spaghetti Caesar Salad Peaches Garlic Bread Dessert	23 Bacon & Swiss Cheese Quiche with Mushrooms Spinach Salad Pea Salad Pineapple & Cherries Muffin	24 BLT Sandwich String Cheese Vegetable Soup Fresh Fruit Tray Dessert	25 Tater Tot Casserole Cottage Cheese Garden Salad Apricots WW Bread or Roll Dessert	26 SALAD BAR Chef's Salad - Turkey, Ham, Eggs and Cheese Cottage Cheese Mixed Melons WW Roll Cereal Bars 
29 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert	30 Deluxe Cheeseburger Coleslaw Melon Dessert 	31 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert	<p style="text-align: center;">Seniors Age 60 & over—suggested donation \$4.00</p> <p style="text-align: center;">Under age 60—\$8.50 FEE</p> <p style="text-align: center;">Please call 509-470-0522 for more information about the Home Delivered Meal program.</p>	

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 For Chelan 888-4440 between 8am & 2 pm For Manson 687-3377



Leavenworth Senior Meals

July 2019



24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Beef Stroganoff Green Beans Greek Salad WW Bread or Roll Dessert</p>	<p>2 Chicken Chop Suey Rice Tossed Veggie Salad Tropical Fruit Egg Roll Dessert</p>	<p>3 Hot Dog Baked Beans Pea Salad Garden Salad Strawberry Rhubarb Crisp</p>	<p>4  Happy 4th of July!</p>	<p>5 Spaghetti Caesar Salad Peaches Garlic Bread Dessert</p>
<p>8 Hungarian Goulash Peas Spinach Salad Pears WW Bread Dessert</p> 	<p>9 Country Fried Steak Potatoes & Gravy Trio Veggies Mixed Greens Salad Peaches WW Bread or Roll Dessert</p>	<p>10 Baked Ham Scalloped Potatoes Glazed Carrots Tossed Veggie Salad Pineapple WW Bread or Roll Dessert</p>	<p>11 Tater Tot Casserole Garden Salad Cinnamon Pears WW Bread or Roll Dessert</p>	<p>12 Chicken Enchiladas Spanish Rice Coleslaw Cucumber & Watermelon Salad Mandarin Oranges Dessert</p>
<p>15 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert</p>	<p>16 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread or Roll Fruit Crisp</p>	<p>17 Baked Fish Herbed Fettuccine Broccoli Cuke & Tomato Salad Mixed Berries Garlic Bread Angel Food Cake</p>	<p>18 Chef's Salad Macaroni Salad Pea Salad Mixed Melons WW Roll Dessert</p> 	<p>19 PIZZA! Ham & Pineapple OR Supreme Style Pizza 7 Layer Salad Waldorf Salad Bread Sticks Dessert</p>
<p>22 Bacon, Swiss Cheese & Mushroom Quiche Pea Salad Spinach Salad Pea Salad Pineapple & Cherries Muffin</p>	<p>23 Tacos & Refried Beans Spanish Rice Southwest Salad Sliced peaches Dessert</p>	<p>24 Turkey & Cheese Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie</p>	<p>25 Teriyaki Beef Stir Fry Vegetables Garden Salad WW Roll Fruit Cobbler</p>	<p>26 Deluxe Cheeseburger Coleslaw Melons Dessert</p> 
<p>29 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit Mix Roll Dessert</p>	<p>30 Shepherd's Pie Garden Salad Fresh Fruit Tray WW Bread or Roll Dessert</p>	<p>31 Chicken Caesar Wrap Pasta Salad Marinated Vegetables Melon Slice Dessert</p> 		<div style="border: 1px solid black; padding: 5px;"> <p>It is very costly to the senior meal program when you do not cancel your reservations. If you know you can't make it 509-548-6666</p> </div>

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.