









Senior Meals

Brewster-Bridgeport-Pateros

February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
				
3 	4 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Muffin Apple Crisp	5 Salmon with Dill Sauce Garden Rice Mediterranean Veggies Garden Salad Citrus Salad WW Bread Dessert	6 Vegetable Lasagna Cottage Cheese Caesar Salad Cinnamon Pears Garlic Bread Sticks Dessert	7 
10	11 Biscuits & Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	12 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit WW Roll Dessert	13 Sweet & Sour Pork Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert	14 
17 	18 Stuffed Peppers Green Beans Orange Quarters WW Roll Dessert	19 Scalloped Potatoes & Ham Casserole Buttered Peas Carrot Raisin Salad Fruit Cocktail Bread Pudding	20 Roast Beef Potatoes & Gravy Broccoli Cuts Tossed Veggie Salad Waldorf Salad WW Roll Dessert	21 
24	25 Baked Fish Rice Pilaf Mixed Vegetables Tossed Salad Apple Celery Salad WW Roll Dessert	26 French Dip Pickled Beets Three Bean Salad Tropical Fruit Dessert	27 Chicken Fettuccine Crunchy Pea Salad Spring Salad Mandarin Oranges Garlic Bread 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



Omak-Okanogan Senior Meals February 2020



Okanogan

Omak

Okanogan

Okanogan





Omak

Monday	Tuesday	Wednesday	Thursday-9am	Friday
<div data-bbox="110 436 706 667" style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979</p> </div> <div data-bbox="846 520 1230 667" style="text-align: center; margin: 10px auto;"> </div>				
<p>3 Cheeseburger Pie Corn Tossed Veggie Salad Fruit Cocktail French Bread Dessert</p>	<p>4 Chicken Burger Deluxe Sweet Potato Fries Pea Salad Waldorf Salad Dessert</p>	<p>5 Honey Dijon Chicken Garden Rice Mixed Greens Salad Citrus Salad WW Bread Dessert</p>	<p>6 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Juice Fresh Fruit Blueberry Muffin</p> <div data-bbox="1182 919 1273 1003" style="text-align: right;"> </div>	<p>7 Cheese Ravioli in Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>
<p>10 Fish & Chips Cabbage Apple Slaw Fruit Cocktail WW Roll Cereal Bars</p>	<p>11 Chicken Salad Croissant Vegetable Soup Grapes Dessert</p>	<p>12 Pizza Supreme Style Caesar Salad Fruit Salad Garlic Knots Dessert</p>	<p>13 Scrambled Eggs Bacon Hash Browns Juice Fresh Fruit French Toast</p>	<p>14 Stuffed Cabbage Rolls Roasted Red Potatoes Green Beans Strawberries & Bananas WW Roll Dessert</p> <div data-bbox="1495 1178 1602 1276" style="text-align: right;"> </div>
<p>17</p> <div data-bbox="82 1339 342 1535" style="text-align: center;"> </div>	<p>18 Chicken Spaghetti Casserole California Vegetables Greek Salad Fruit Salad Garlic Bread Dessert</p>	<p>19 Pork Stir Fry Garden Rice Coleslaw Mandarin Oranges Egg Roll Fortune Cookies</p>	<p>20 Scrambled Eggs Ham Potatoes O'Brien Juice Fresh Fruit AM Muffins (Apple, Carrot, Raisin)</p>	<p>21 Navy Bean Soup 1/2 Turkey Sandwich Crunchy Pea Salad Tossed Green Salad Peaches Cereal Bars</p> <div data-bbox="1430 1472 1593 1598" style="text-align: right;"> </div>
<p>24 Chicken Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream</p>	<p>25 Beef Stew Spinach Salad Banana Biscuit Rice Krispie Bars</p>	<p>26 Hamburger Steak with Grilled Onions Twice Bake Potatoes Garden Veggie Salad WW Roll Apple Crisp</p>	<p>27 Scrambled Eggs Bacon Potatoes O'Brien Juice Fresh Fruit Maple Sticky Buns</p>	<p>28 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Oregon Berries WW Roll Dessert</p>



Oroville Senior Meals February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 476-2412</p>				
<p>3</p> 	<p>4</p> <p>BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Biscuit Apple Crisp</p>	<p>5</p>	<p>6</p> <p>Teriyaki Beef Rice Oriental Vegetables Asian Slaw Mandarin Oranges Egg Roll Fortune Cookies</p> 	<p>7</p> <p>Lemon Baked Fish 1/2 Baked Potato Brussels Sprouts Oregon Berries WW Roll Oatmeal Cookies</p>
<p>10</p>	<p>11</p> <p>Swedish Meatballs Egg Noodles Peas & Carrots Caesar Salad Peaches Garlic Bread Dessert</p>	<p>12</p> 	<p>13</p> <p>Pork Chops/Applesauce Potatoes & Gravy Green Beans Green Salad Waldorf Salad WW Bread or Roll Dessert</p>	<p>14</p> <p>Fish & Chips Cabbage Apple Slaw Tropical Fruit Breadstick Cereal Bars</p>
<p>17</p> 	<p>18</p> <p>Dijon Chicken Breast Garden Rice Cauliflower & Chives Kale Salad Ambrosia Salad WW Roll Dessert</p>	<p>19</p>	<p>20</p> <p>Stuffed Cabbage Rolls Roasted Red Potatoes Tossed Salad Strawberries & Bananas WW Roll Oatmeal Cookies</p>	<p>21</p> <p>PIZZA! - Veggie Lover's - Hawaiian or Supreme Caesar Salad Fruit Salad Garlic Breadsticks Dessert</p>
<p>24</p>	<p>25</p> <p>Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Apple Raisin Salad WW Roll Dessert</p>	<p>26</p>	<p>27</p> <p>Chicken Parmesan Pasta Marinara Steamed Broccoli 7 Layer Salad Apricots Garlic Bread Dessert</p>	<p>28</p> <p>Clam Chowder 1/2 Tuna Melt Three Bean Salad Fruit Salad Whole Grain Crackers WW Roll Dessert</p>



Tonasket Senior Meals February 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 486-2483</p>				
<p>3 Chicken Salad on Croissant Vegetable Soup Broccoli Salad Peaches Dessert</p>	<p>4</p>	<p>5 Cheese Ravioli in meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>6 Chicken Chow Mein Chow Mein Noodles Coleslaw Mandarin Oranges Breadstick Fortune Cookies</p>	<p>7</p> <div style="text-align: center;"> </div>
<p>10 Chicken Burger Deluxe Sweet Potato Fries Three Bean Salad Waldorf Salad Dessert</p>	<p>11</p>	<p>12 Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Fruit Cocktail WW Roll Dessert</p>	<p>13 Navy Bean Soup 1/2 Turkey Sandwich Crunchy Pea Salad Tossed Green Salad Peaches Cereal Bars</p> <div style="text-align: right;"> </div>	<p>14</p>
<p>17</p> <div style="text-align: center;"> </div>	<p>18</p>	<p>19 Fish & Chips Cabbage Apple Slaw Fruit cocktail WW Roll Oatmeal Cookies</p>	<p>20 Chicken Fajitas Spanish Rice Tossed Green Salad Oregon Berries Cheesecake</p>	<p>21</p>
<p>24 BBQ Chicken Mac & Cheese Broccoli Normandy Spring Salad Corn Muffin Peach Cobbler</p>	<p>25</p>	<p>26 Ham Steak Scalloped Potatoes Spinach Salad Citrus Salad WW Roll Rice Pudding</p>	<p>27 Pot Roast Roasted Potatoes & Carrots Tossed Green Salad WW Roll Berry Crisp</p>	<p>28</p> <div style="text-align: center;"> </div>



Twisp Senior Meals February 2020



Monday

Tuesday

Wednesday

Thursday

Friday

		<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 997-7722</p>		
<p>3 Dijon Chicken Breast Garlic Pasta Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Roll Dessert</p>	<p>4</p>	<p>5</p>	<p>6 Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Apple Celery Salad WW Roll Dessert</p>	<p>7 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Oregon Berries WW Roll Dessert</p>
<p>10 Chicken Salad Croissant Vegetable Soup Grapes Dessert</p>	<p>11</p>	<p>12</p> 	<p>13 Pepper Steak Rice Garden Salad Cinnamon Pears WW Roll Dessert</p>	<p>14 Fish & Chips Cabbage Apple Slaw Fruit Cocktail WW Bread or Roll Cereal Bars</p>
<p>17</p> 	<p>18</p>	<p>19</p>	<p>20 Spaghetti & Meat Sauce Spinach Salad Spiced Pears Garlic Bread Dessert</p>	<p>21 Clam Chowder Broccoli Salad Three Bean Salad Peaches Cheesy Garlic Bread Oatmeal Cookies</p>
<p>24 Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream</p>	<p>25</p>	<p>26</p> 	<p>27 Hot Roast Beef Sandwich (Open Face) Green Beans Garden Salad WW Roll Peach Crisp</p>	<p>28 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Juice Fresh Fruit Blueberry Muffin</p>