







Senior Meals

Brewster-Bridgeport-Pateros

June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				
3	4 Salisbury Steak Potatoes & Gravy Green Beans Garden Salad WW Bread Cherry Cobbler	5 Lemon Pepper Fish Garden rice Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	6 Chef Salad Corn Chowder Spiced Apples WW Roll Dessert	7 
10 	11 Chicken Strips Jo Jo's Pea Salad Broccoli WW Bread or Roll Berry Shortcake	12 Hearty Turkey Noodle Soup Tossed Veggie Salad Fresh Fruit Tray WW Roll Dessert	13 Deluxe Cheeseburger Coleslaw Apple Celery Salad Dessert	14
17	18 Chicken Enchiladas Spanish Rice Refried Beans Lettuce & Tomato Salad Pears Dessert	19 Roast Beef Potatoes & Gravy Asparagus Tossed Veggie Salad WW Bread or Roll Fruited Jell-O w/Topping	20 Lasagna Green Beans Caesar Salad Garlic Bread Dessert	21
24	25 Shrimp Fettuccine Italian Vegetables Caesar Salad Bread Sticks Apple Crisp	26 Country Fried Steak Potatoes & Gravy Peas Garden Salad Chilled Peaches WW Bread or Roll Dessert	27 French Dip Vegetable Tray Carrot Raisin Salad Fresh Apricots Dessert	28 



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

Revised 03/25/19



Omak-Okanogan Senior Meals June 2019








Okanogan	Omak	Okanogan	Okanogan—9am	Omak
Monday	Tuesday	Wednesday	Thursday	Friday
<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>				
<p>3 Chef Salad Corn Chowder Spiced Apples WW Roll Dessert</p>	<p>4 Roast Beef & Gravy Mashed Potatoes Mixed Vegetables Tossed Veggie Salad WW Bread or Roll Cherry Cobbler</p>	<p>5 Chicken Enchiladas Refried Beans Spanish Rice Mexi Corn Lettuce & Tomato Salad Pears Dessert</p>	<p>6 Scrambled Eggs & Ham O'Brien Potatoes V-8 Juice Fresh Cherries Citrus Salad Peach Oatmeal Muffin</p>	<p>7 Clam Chowder Cottage Cheese Garden Salad Vegetable Tray Pineapple Rice Crispy Bar</p>
<p>10 Teriyaki Beef Noodles or Rice Broccoli Asian Style Slaw Mandarin Oranges Garlic Bread Dessert</p>	<p>11 Chicken Strips Jo Jo's Potatoes Marinated Veggie Salad Pea Salad WW Bread or Roll Berry Shortcake</p>	<p>12 Mac & Cheese w/Ham Peas & Carrots Tossed Green Salad Mixed Berries WW Roll Dessert</p>	<p>13 Spinach & Bacon Crepes & Hollandaise Juice Fresh Apricots Fruit Salad Muffin</p>	<p>14 Lasagna Green Beans Caesar Salad Pears Garlic Bread Dessert</p>
<p>17 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert</p>	<p>18 Almond Chicken Rice Pilaf Mixed Vegetables Green Salad & Tomato Mandarin Oranges Biscuit Dessert</p>	<p>19 Deluxe Cheeseburger Coleslaw Apple Celery Salad Dessert</p>	<p>20 Scrambled Eggs Sausage Patty V-8 Juice Fresh Fruit Strawberries Waffles</p>	<p>21 French Dip Vegetable Tray Garden Salad Peaches Dessert</p>
<p>24 Chicken Cordon Bleu Parsley Potatoes Peas & Carrots Tossed Green Salad WW Bread or Roll Strawberry & Rhubarb Dessert</p>	<p>25 Hearty Turkey Noodle Soup String Cheese Spinach Salad Fresh Fruit Tray WW Roll Dessert</p>	<p>26 Beef & Broccoli over Rice Stir Fry Vegetables Asian Style Slaw Mandarin Oranges WW Roll Dessert</p>	<p>27 Scrambled Eggs Biscuits & Gravy Seasonal Fruit Fresh Apricots Juice</p>	<p>28 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert</p>



Oroville Senior Meals

June 2019








Monday	Tuesday	Wednesday	Thursday	Friday
<div> <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> </div>				
<p>3</p>	<p>4</p> <p>Chicken Enchiladas Spanish Rice Refried Beans Lettuce & Tomato Salad Pears Dessert</p>	<p>5</p> 	<p>6</p> <p>Country Fried Steak Potatoes & Gravy Green Beans Garden Salad Chilled Peaches WW Bread or Roll Dessert</p> 	<p>7</p> <p>Lemon Pepper Fish Garden Rice Trio Vegetables Coleslaw Citrus Salad Garlic Bread Dessert</p>
<p>10</p>	<p>11</p> <p>Chicken Caesar Wrap With Lettuce & Tomato Tortellini Soup Apples & Grapes Dessert</p>	<p>12</p>	<p>13</p> <p>Chicken Parmesan Garlic Pasta Mixed Vegetables Cuke & Tomato Salad Apricots WW Bread or Roll Dessert</p>	<p>14</p> <p>Clam Chowder Cottage Cheese Whole Grain Crackers Garden Salad Vegetable Tray Pineapple Rice Crispy Bar</p>
<p>17</p>  <p>shutterstock - 262720046</p>	<p>18</p> <p>Chef Salad Corn Chowder Spiced Apples WW Roll Dessert</p>	<p>19</p>	<p>20</p> <p>Beef & Broccoli served Over Rice Asian Style Slaw Mandarin Oranges Garlic Bread Dessert</p> 	<p>21</p> <p>Shrimp Fettuccine Italian Vegetables Caesar Salad Bread Sticks Apricot Crisp</p>
<p>24</p>	<p>25</p> <p>BBQ Chicken Macaroni Salad Baked Beans Pea Salad WW Roll Cherry Cobbler</p>	<p>26</p> 	<p>27</p> <p>Baked Ham Wild Rice Glazed Carrots Chopped Kale Salad Tropical Fruit Salad Bread Pudding</p>	<p>28</p> <p>Hot Dog Coleslaw Carrot Raisin Salad Oregon Berries Ice Cream</p>



Twisp Senior Meals June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<div> <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> </div>				
<p>3</p> <p>Stuffed Pepper Casserole Roasted Carrots Seven Layer Salad WW Roll Rhubarb Crisp</p>	<p>4</p> 	<p>5</p>	<p>6</p> <p>Chicken & Cheese Enchiladas Refried Beans Spanish Rice Peas Lettuce & Tomato Salad Pears Dessert</p>	<p>7</p> <p>Lasagna Green Beans Caesar Salad Peaches Garlic Bread Dessert</p> 
<p>10</p> <p>Mac & Cheese with Bacon OR Ham Broccoli Tossed Green Salad Mixed Berries Dessert</p>	<p>11</p> 	<p>12</p>	<p>13</p> <p>Chicken Cordon Bleu Parsley Potatoes Roasted Carrots Spinach Salad WW Bread or Roll Cherry Cobbler</p>	<p>14</p> <p>Lemon Pepper Fish Roasted Red Potatoes Peas Coleslaw Mandarin Oranges Garlic Bread Dessert</p>
<p>17</p> <p>Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert</p>	<p>18</p>	<p>19</p>	<p>20</p> <p>Chuck Wagon Steak Sandwich Sweet Potato Fries Tossed Veggie Salad Berry Shortcake</p>	<p>21</p> <p>Clam Chowder Cottage Cheese Garden Salad Vegetable Tray Pineapple Rice Crispy Bar</p> 
<p>24</p> <p>Roast Beef Potatoes & Gravy Mixed Vegetables Tossed Vegetable Salad WW Bread or Roll Fruited Jell-O</p>	<p>25</p> <p>  </p>	<p>26</p>	<p>27</p> <p>Crunchy Chicken Salad Potato Salad Pea Salad Fresh Fruit WW Roll Dessert</p>	<p>28</p> <p>Shrimp Fettuccine Italian Vegetables Caesar Salad Bread Sticks Apple Crisp</p>



Tonasket Senior Meals June 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<div>  <div> 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 </div> </div>				
3 BBQ Chicken Baked Beans Broccoli Cuts Macaroni Salad Pea Salad WW roll Apple Crisp	4	5 Beef & Broccoli over Rice Stir Fry Vegetables Asian Style Slaw Mandarin Oranges Cheesy Biscuit Dessert	6 Eggs Florentine Casserole Tossed Green Salad Mixed Berries Garlic Bread Dessert	7 
10 Hearty Chicken Noodle Soup Tossed Vegetable Salad Fresh Fruit Tray WW Roll Dessert	11 	12 French Dip 3 Bean Salad Garden Salad Peaches Dessert	13 Chef Salad Butternut Squash Soup Mixed Berries Bread Sticks Dessert	14
17 Lemon Pepper Fish Roasted Red Potatoes Trio vegetables Spinach Salad with Sliced Strawberries Garlic Bread Dessert	18	19 Roast Beef with Gravy Mashed Potatoes Garlic Zucchini Green Salad WW Bread Fruited Jell-O	20 Hot Dog Baked Beans Coleslaw Waldorf Salad Fresh Cherries Dessert	21
24 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	25 	26 Meatballs & Gravy Mashed Potatoes Mixed Vegetables Garden Salad Pineapple WW Bread or Roll Dessert	27 Chicken Enchiladas Spanish Rice Refried Beans Fiesta Salad Watermelon Fruited Jell-O with Topping	28 