









Senior Meals

Brewster-Bridgeport-Pateros

May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cabbage Patch Stew Pasta Salad Greek Salad Chilled Peaches WW Roll Dessert	2 Chicken Salad on a Croissant Tossed Green Salad Pea Salad Grapes Dessert	3
6	7 Beef Taco's Spanish Rice Mexican Style Slaw Fruit Cup Dessert	8 Biscuits & Sausage Gravy O'Brien Potatoes V-8 Juice Orange Quarters Sherbet	9 CLOSED FOR STAFF TRAINING 	10
13 	14 BBQ Chicken Macaroni Salad Crunchy Pea Salad Spring Salad Strawberry Shortcake	15 Roast Beef Sandwich Vegetable Soup Carrot Raisin Salad Fruit Cocktail Dessert	16 Italian Rice & Beef Caesar Salad Cinnamon Pears Garlic Bread Dessert	17 
20	21 Chicken Cordon Bleu Rice Pilaf Normandy Vegetables Tossed Green Salad Fruit Cocktail Focaccia Bread Dessert	22 Bratwurst & Sauerkraut Herbed Potato Bake Capri Vegetables Waldorf Salad WW Bun Dessert	23 Meatloaf Stuffing & Gravy Broccoli Cuts Garden Salad WW Bread or Roll Fruited Jell-O	24
27 	28 Swiss Steak Shell Pasta California Vegetables Spiced Salad Banana French Bread Dessert	29 Chicken Stir Fry Rice Spinach Salad Grapes Garlic Bread Dessert	30 Ham & Scalloped Potato Casserole Glazed Carrots Garden Salad Waldorf Salad 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



Omak-Okanogan Senior Meals May 2019



Okanogan	Omak	Okanogan	Okanogan—9am	Omak
Monday	Tuesday	Wednesday	Thursday	Friday
<div> <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>		<p>1 Swedish Meatballs Egg Noodles Glazed Carrots Spiced Salad Cherries & Pineapple WW Bread or Roll Dessert</p>	<p>2 Ham & Cheese Quiche Juice Sliced Tomatoes Fresh Fruit Blueberry Muffin</p>	<p>3 BBQ Chicken Macaroni Salad Crunchy Pea Salad Spring Salad Strawberry Shortcake</p>
<p>6 Sloppy Joe Sandwich Baja Vegetables Coleslaw Peaches Dessert</p> 	<p>7 Pork Roast Herbed Potato Bake Carrots Spinach Salad Applesauce WW Bread or Roll Dessert</p>	<p>8 Beef Stir Fry Steamed Rice Greek Salad Grapes Garlic Bread Dessert</p>	<p>9 Scrambled Eggs Biscuits & Gravy Juice Orange Quarters Fresh Fruit</p> 	<p>10 Baked Fish Amandine Basil & Garlic Pasta Asparagus Coleslaw WW Roll Peach Cobbler</p>
<p>13 Shepherd's Pie Cottage Cheese Caesar Salad Mandarin Oranges WW Roll Dessert</p>	<p>14 Cabbage Patch Stew Pasta Salad Greek Salad Pears WW Roll Dessert</p>	<p>15 Hawaiian Chicken Wild Rice Blend Mixed Vegetables Asian Style Slaw Tropical Fruit WW Roll Dessert</p>	<p>16 Scrambled Eggs Sausage Links Blueberry Pancakes Juice Chilled Peaches Fresh Fruit</p>	<p>17 Roast Beef Sandwich with Lettuce & Tomato Vegetable Soup Carrot Raisin Salad Fruit cocktail Dessert</p>
<p>20 Orange Glazed Chicken Garden Rice Oriental Vegetables Asian Style Slaw Chilled Pineapple Muffin Dessert</p>	<p>21 Swiss Steak with Tomato Sauce Shell Pasta California Blend Veggies Spiced Salad Banana French Bread Dessert</p>	<p>22 Ham Au Gratin Potatoes Peas & Carrots Green Salad Spiced Apples WW Bread or Roll Dessert</p>	<p>23 Scrambled Eggs Bacon Juice Sliced Tomatoes Fresh Fruit Cinnamon Roll</p>	<p>24 Chicken Burger Deluxe Sweet Potato Fries Chilled Pears Dessert</p> 
<p>27</p> 	<p>28 Chicken Salad Croissant Cottage Cheese Tossed Green Salad Broccoli Salad Grapes Dessert</p>	<p>29 Country Fried Steak Potatoes & Gravy Green Beans Garden Salad Apricots Bran Muffin Dessert</p>	<p>30 Ham Slice Scrambled Eggs Oven Brown Potatoes Juice Fresh Fruit Blueberry Buckle</p>	<p>31 Bratwurst & Sauerkraut Herbed Potato Bake Capri Vegetables Waldorf Salad WW bun or Roll Dessert</p>



Oroville Senior Meals May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seniors Age 60 & over—suggested donation \$4.00 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>		1	2	3
			Pork Roast Stuffing & Gravy Carrots Spinach Salad Applesauce WW Bread or Roll Dessert	Baked Fish Amandine Basil & Garlic Pasta Asparagus Coleslaw WW Roll Peach Cobbler
6	7	8	9	10
	Ham & Cheese Quiche Garden Salad Crunchy Pea Salad Fresh Fruit Tray Blueberry Muffin		CLOSED FOR STAFF TRAINING 	Tuna Salad on Croissant Cottage Cheese Tossed Green Salad Broccoli Salad Grapes Dessert
13	14	15	16	17
	Shepherd's Pie Cottage Cheese Caesar Salad Mandarin Oranges WW Roll Dessert		Beef Taco's Spanish Rice Mexican Style Slaw Fruit Cup Dessert	Bacon & Egg Salad Sandwich on Croissant Tomato Slices Spinach Salad Citrus Salad Dessert
20	21	22	23	24
	Brats & Sauerkraut On a Bun Herbed Potato Bake Capri Vegetables Waldorf Salad Dessert		Ham Wild Rice Peas & Carrots Green Salad Spiced Applesauce WW Bread or Roll Dessert	Roast Beef Sandwich with Lettuce & Tomato Vegetable Soup Carrot Raisin Salad Fruit Cocktail Dessert
27	28	29	30	31
	BBQ Chicken Macaroni Salad Crunchy Pea Salad Spring Salad Strawberry Shortcake		Swedish Meatballs Egg Noodles Glazed Carrots Spiced Salad Cherries & Pineapple WW Bread or Roll Dessert	Cabbage Patch Stew Pasta Salad Greek Salad Pears WW Roll Dessert



Twisp Senior Meals May 2019







Monday	Tuesday	Wednesday	Thursday	Friday
 Mothers Day		1	2 Sloppy Joe's Baja Vegetables Coleslaw Apricots Dessert	3 Chicken or Tuna Salad Sandwich on Croissant Tossed Green Salad Broccoli Salad Grapes Dessert
6 Spaghetti & Meat Sauce Caesar Salad Sliced Pears Garlic Bread Dessert	7 	8	9 CLOSED FOR STAFF TRAINING 	10 Baked Fish Amandine Basil & Garlic Pasta Asparagus Coleslaw WW Roll Apple Crisp
13 Hot Turkey Sandwich Potatoes & Gravy Green Beans Mixed Greens Salad Tropical Fruit Salad WW Roll Pineapple Upside Down Cake	14	15	16 Beef & Tomato Pasta Casserole Spinach Salad Chilled Peaches WW Roll Dessert	17 Chicken Cordon Bleu Parsley Potatoes Peas Tossed Green Salad Fruit Cocktail Focaccia Bread Dessert
20 Chicken Fettuccine Italian Vegetables Caesar Salad Bread Sticks Berry Cobbler	21 	22	23 Meatloaf Potatoes & Gravy Broccoli Cuts Garden Salad WW Bread or roll Fruited Jell-O	24 Orange Glazed Chicken Garden Rice Oriental Vegetables Asian Style Slaw Chilled Pineapple Muffin Dessert
27 	28 <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>	29	30 Chicken Burger Deluxe Sweet Potato Fries Chilled Pears Dessert 	31 Chile & Cheese over Baked Potato Beets Green Salad Strawberry Shortcake



Tonasket Senior Meals May 2019



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 Meatloaf & Gravy Mashed Potatoes Broccoli Cuts Cuke & Tomato Salad Cheesy Biscuit Fruited Jell-O	2 Chicken Cordon Bleu Roasted Potatoes Normandy Vegetables Tossed Green Salad Fruit Cocktail Bread Sticks Dessert	3
6 Turkey and Spinach Wrap Sandwich Three Bean Salad Waldorf Salad Corn Chips Dessert	7	8 Chicken Stir Fry Noodles Asian Slaw Grapes Garlic Bread Dessert	9 CLOSED FOR STAFF TRAINING 	10
13 Ham & Cheesy Potatoes Glazed Carrots Garden Salad Pears WW Roll Dessert	14 	15 Lasagna Soup Caesar Salad Apricots Garlic Bread Dessert	16 Glazed Meatballs Steamed Rice Broccoli Asian Style Slaw Cherries & Pineapple WW Bread or Roll Dessert	17 
20 Chili and Cheese over 1/2 Baked Potato Green Salad Cornbread Strawberry Shortcake	21	22 Chicken Salad Croissant Cottage Cheese Pickled Beets Broccoli Salad Fruit Cocktail Dessert	23 Pork Roast Mashed Potatoes Normandy Veggies Greek Salad WW Bread or Roll Fruit Crisp	24
27 	28	29 Shepherd's Pie Cottage Cheese Caesar Salad Mandarin Oranges WW Roll Dessert	30 Ham & Cheese Quiche Asparagus Garden Salad Fresh Fruit Tray Blueberry Muffin	31 