

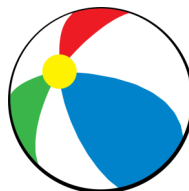


Senior Meals

Brewster-Bridgeport-Pateros

August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Chicken Strips Tater Tots Trio Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	5 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	6 Baked Fish Fillet Garden Rice Peas Coleslaw Mixed Melons WW Roll Dessert	7
10	11 Garden Chili Cottage Cheese Caesar Salad Fruit Cocktail Corn Chips WW Roll Dessert	12 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Cobbler	13 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce Dessert	14
17 	18 Fish & Chips Coleslaw Fruit Salad Garlic Bread Dessert	19 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	20 Pulled Pork Sandwich Corn on the Cob Three Bean Salad Applesauce Dessert	21 
24	25 Meatballs Potatoes & Gravy Mixed Vegetables Lettuce & Tomato Salad Peaches WW Roll Dessert	26 Taco Salad Spanish Rice Mexi Corn Mixed Fruit Corn Chips Dessert	27 Ham Roast Sweet Potato Spinach Salad Pineapple Bread Pudding	28
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 August 2020



Okanogan	Omak	Okanogan	Okanogan—9am	Omak
Monday	Tuesday	Wednesday	Thursday	Friday
3 Paprika Chicken Egg Noodles Peas Garden Salad Peaches WW Bread Dessert	4 Taco Salad Spanish Rice Mexi Corn Mixed Fruit Corn Chips Dessert	5 Cheese Tortellini in Cream Sauce Glazed Carrots Spinach Salad WW Roll Berries & Ice Cream	6 	7 Pulled Pork Sandwich Baked Beans Three Bean Salad Coleslaw Peaches Dessert
10 BBQ Ribs Baked Beans Crunchy Pea Salad Spiced Salad Cornbread Strawberry Shortcake 	11 Chicken Spaghetti Casserole Tossed Salad Fresh Fruit WW Roll Dessert	12 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	13	14 Fish & Chips Coleslaw Apricots Garlic Bread Dessert 
17 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	18 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce Dessert	19 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert 	20	21 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert
24 Yakisoba Stir Fry Vegetables Asian Style Slaw Cinnamon Pears Egg Roll Fortune Cookies	25 Chicken Enchilada Casserole Green Salad & Tomato Fresh Fruit Dessert 	26 Stuffed Peppers Garden Sald Mixed Melons WW Roll Dessert	27	28 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert
31 Pork Chop Suey Noodles or Rice Asian Style Slaw Mandarin Oranges Garlic Bread Dessert			Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979	

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Oroville Senior Meals

August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Chicken Caesar Salad Tomato Wedges Fresh Fruit Tray Cheesy Garlic Toast Dessert	5 	6 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Cobbler	7 Beef Taco Pie Coleslaw Southwest Salad Watermelon Dessert
10 	11 Tortellini Bacon Salad With Lettuce & Broccoli Mixed Berries WW Roll Angel Food Cake	12 	13 Meatloaf Potatoes & Gravy Green Beans Caesar Salad Pears WW Roll Dessert 	14 Tuna Salad Sandwich Pickled Beets Crunchy Pea Salad Mandarin Oranges Dessert
17 	18 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	19 	20 BBQ Ribs Baked Beans Corn on the Cob Crunchy Pea Salad Spring Salad Mixed Fruit Biscuit Dessert	21 Fish & Chips Coleslaw Honeydew Melon Garlic Bread Cherry Cheesecake
24 	25 Pulled Pork Sandwich Baked Beans Jo Jo's Coleslaw Fresh Apricots Dessert	26 	27 Taco Salad Spanish Rice Black Beans Mexi Corn Tortilla Chips Dessert	28 Baked Fish Fillet Garlic & Parm Noodles Brussels Sprouts Green Salad Melon & Berries Breadstick 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 476-2412	

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Twisp Senior Meals August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	4	5 	6 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	7 Fish & Chips Coleslaw Apricots Garlic Bread Dessert
10 Chicken Cacciatore Rice Pilaf Carrot Raisin Salad Garlic Bread Fruited Jell-O	11	12	13 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	14 Beef Taco Pie Southwest Salad Coleslaw Watermelon Dessert 
17 Chicken Enchiladas Spanish Rice Mixed Vegetables Green Salad & Tomatoes Peaches Dessert	18	19 	20 Pulled Pork Sandwich Baked Beans Three Bean Salad Coleslaw Waldorf Salad Dessert	21 Meatloaf Potatoes & Gravy Broccoli Tossed Green Salad Pears WW Roll Dessert
24 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake 	25	26	27 Hot Dogs Sweet Potato Fries Three Bean Salad Watermelon Salad Dessert	28 Taco Salad Spanish Rice Mexi Corn Mixed Fruit Corn Chips Dessert 
31 Stuffed Pepper Casserole Garden Salad Peaches WW Roll 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 997-7722		



Tonasket Senior Meals August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 Taco Salad Black Beans Mixed Fruit Corn Chips Rice Krispy Treats	4	5 Baked Fish Fillet Garden Rice Asparagus Mixed Greens Salad Melons WW Roll Dessert	6 Pot Roast Roasted Carrots & Potatoes Garden Salad Watermelon WW Roll Oatmeal Cookies	7 
10 Scrambled Eggs & Ham Oven Brown Potatoes Stewed Tomatoes Mixed Melons Blueberry Muffin	11	12 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Cobbler	13 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	14
17 Hot Dogs Three Bean Salad Green Salad Watermelon Dessert 	18	19 Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Asian Style Slaw Pineapple Egg Roll Dessert	20 BBQ Ribs Baked Beans Crunchy Pea Salad Garden Sala Cornbread Strawberry Shortcake	21 
24 Meatballs & Gravy Mashed Potatoes Mixed Vegetables Greek Salad Peaches WW Roll Dessert	25 	26 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	27 Bacon & Egg Salad Sandwich on Croissant Pickled Beets Pea Salad Mixed Berries Dessert	28
31 Pulled Pork Sandwich Baked Beans Jo Jo's Coleslaw Apricots 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
486-2483

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