



Senior Meals

Brewster-Bridgeport-Pateros

June 2020



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Chef's Salad Fresh Fruit WW Roll Dessert	3 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake	4 Meatballs Potatoes & Gravy Buttered Corn Cucumbers in Sour Cream Apricots WW Roll Dessert	5
8	9 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Garlic Bread Dessert	10 French Dip Vegetable Tray Garden Salad Peaches Dessert	11 Teriyaki Chicken Rice Broccoli Asian Slaw Pineapple Egg Roll Fortune Cookies	12 
15 	16 Lasagna Green Beans Caesar Salad Pears Garlic Bread Dessert	17 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Spinach Salad Chilled Peaches WW Roll Dessert	18 Deluxe Cheeseburger Coleslaw Apple Celery Salad Dessert	19
22	23 Salisbury Steak Potatoes & Gravy Buttered Corn Carrot Raisin Salad WW Roll Peach Cobbler	24 Hearty Turkey Noodle Soup Tossed Veggie Salad Fresh Fruit Tray WW Roll Dessert	25 Taco Salad Spanish Rice Mexican Style Slaw Fruit Cup Tortilla Chips Spiced Carrot Cake	26
29	30 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit WW Roll Dessert	 Happy Father's Day!		



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

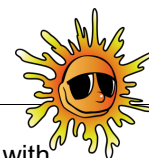


Chelan Senior Meals

June 2020



Monday	Tuesday	Wednesday	Thursday	Friday
1 Country Fried Steak Potatoes & Gravy Green Beans Garden Salad Chilled Peaches WW Roll Dessert	2 Chef Salad Fresh Fruit WW Roll Oatmeal Cookies	3 Chicken Enchiladas Spanish Rice Refried Beans Mexi Corn Fiesta Salad Pears Dessert	4 Stuffed Pepper Casserole California Blend Veggies 7 Layer Salad WW Roll Apricot Crisp	5 Hot Dog Baked Beans Coleslaw Carrot Raisin Salad Fruit Salad Dessert
8 Baked Ham Au Gratin Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread Pudding	9 French Dip Vegetable Tray Carrot Raisin Salad Peaches Dessert	10 Salisbury Steak Potatoes & Gravy Trio Vegetables Garden Salad WW Roll Cherry Cobbler	11 Tuna Casserole Peas & Carrots Spiced Salad Tropical Fruit WW Roll Dessert	12 Spaghetti with Meat Sauce Caesar Salad Sliced Pears Garlic Bread Dessert
15 Chuckwagon Steak Sandwich Sweet Potato Fries Garden Salad Mandarin Oranges Dessert	16 Chicken Strips Jo Jo's Broccoli Salad Waldorf Salad WW Bread or Roll Strawberry Shortcake	17 Lasagna Green Beans Caesar Salad Pears Garlic Bread Dessert	18 Crunchy Chicken Salad Pasta Salad Pickled Beets WW Roll Berry & Pudding Parfait	19 Rueben Sandwich Potato Salad Pea Salad Cherries Dessert
22 Roast Beef Mashed Potatoes Mixed Vegetables Tossed Veggie Salad WW Roll Fruited Jell-O	23 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	24 Deluxe Cheeseburger Potato Salad Apple Celery Salad Dessert	25 Hearty Turkey Noodle Soup Tossed Veggie Salad Fresh Fruit WW Roll Dessert	26 BBQ Chicken Macaroni Salad Broccoli Cuts Pea Salad Fruit Tray WW Roll Dessert
29 Hot Dog Baked Beans Coleslaw Carrot Raisin Salad Dessert	30 Meatballs Mashed Potatoes Mixed Vegetables Cucumbers & Sour Cream Apricots WW Roll Dessert	Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call 509-888-4440 for more information about the Home Delivered Meal program.		





Davenport Senior Meals June 2020



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Country Fried Steak Potatoes & Gravy Green Beans Garden Salad Chilled Peaches Onion Bread Dessert	3	4 Chicken Enchiladas Refried Beans Spanish Rice Mexi Corn Tossed Salad Pears Dessert	5 Baked ham Au Gratin Potatoes Glazed Carrots Three Bean Salad Tropical Fruit Bread Pudding
8	9 Lasagna Green Beans Almondine Caesar Salad Tropical Fruit Garlic Bread Dessert	10	11 Salisbury Steak & Gravy Mashed Potatoes Trio Vegetables Carrot Raisin Salad WW Roll Cherry Cobbler	12 BBQ Chicken Macaroni Salad Broccoli Cuts Crunchy Pea Salad Fruit Tray Herb Bread Dessert
15 	16 Mac & Cheese with Bacon Black Eyed Peas Tossed Green Salad Mixed Berries WW Roll Dessert	17	18 Deluxe Chicken Burger Potato Salad Chilled Pears Dessert	19 Pork Chow Mein Chow Mein Noodles Asian Coleslaw Mandarin Oranges WW Roll Dessert
22	23 Chicken Cordon Bleu Oven Roasted Potatoes Peas & Carrots Tossed Green Salad Sliced Pears Herb Bread Dessert		25 Lemon Pepper Cod Garden Rice Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	26 Clam Chowder 1/2 Tuna Salad Broccoli Salad Pineapple Rice Krispy Bar
29	30 French Dip Oven Fries Garden Salad Fresh Fruit Dessert			



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

Under age 60—\$8.50 FEE

Please call the Nutrition Director for more information about
the Home Delivered Meal program toll-free 844-826-7979

volunteer
do good, feel good



Entiat Senior Meals

June 2020



PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday
1 Country Fried Steak Potatoes & Gravy Green Beans Garden Salad Chilled Peaches WW Roll	2 	3	4 Stuffed Pepper Casserole California Blend Veggies 7 Layer Salad WW Roll Apricot Crisp	5
8 Baked Ham Au Gratin Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread Pudding	9 	10	11 Tuna Casserole Peas & Carrots Spiced Salad Tropical Fruit WW Roll Dessert	12 
15 Chuckwagon Steak Sandwich Sweet Potato Fries Garden Salad Mandarin Oranges Dessert	16	17	18 Crunchy Chicken Salad Pasta Salad Pickled Beets WW Roll Berry & Pudding Parfait	19 
22 Roast Beef Mashed Potatoes Mixed Vegetables Tossed Veggie Salad WW Roll Fruited Jell-O	23 	24	25 Hearty Turkey Noodle Soup Tossed Veggie Salad Fresh Fruit WW Roll Dessert	26
29 Hot Dog Baked Beans Coleslaw Carrot Raisin Salad Dessert	30			

Seniors Age 60 & over—suggested donation \$4.00

Under age 60—\$8.50 FEE

Please call 509-888-4440 for more information about the Home Delivered Meal program.

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!

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



Harrington Senior Meals June 2020



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Country Fried Steak Potatoes & Gravy Green Beans Garden Salad Chilled Peaches Onion Bread Dessert	3	4 Chicken Enchiladas Refried Beans Spanish Rice Mexi Corn Tossed Salad Pears Dessert	5 Baked ham Au Gratin Potatoes Glazed Carrots Three Bean Salad Tropical Fruit Bread Pudding
8	9 Lasagna Green Beans Almondine Caesar Salad Tropical Fruit Garlic Bread Dessert	10 	11 Salisbury Steak & Gravy Mashed Potatoes Trio Vegetables Carrot Raisin Salad WW Roll Cherry Cobbler	12 BBQ Chicken Macaroni Salad Broccoli Cuts Crunchy Pea Salad Fruit Tray Herb Bread Dessert
15 	16 Mac & Cheese with Bacon Black Eyed Peas Tossed Green Salad Mixed Berries WW Roll Dessert	17	18 Deluxe Chicken Burger Potato Salad Chilled Pears Dessert	19 Pork Chow Mein Chow Mein Noodles Asian Coleslaw Mandarin Oranges WW Roll Dessert
22	23 Chicken Cordon Bleu Oven Roasted Potatoes Peas & Carrots Tossed Green Salad Sliced Pears Herb Bread Dessert	24 	25 Lemon Pepper Cod Garden Rice Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	26 Clam Chowder 1/2 Tuna Salad Broccoli Salad Pineapple Rice Krispy Bar
29	30 French Dip Oven Fries Garden Salad Fresh Fruit Dessert			

Seniors Age 60 & over—suggested donation \$4.00

Under age 60—\$8.50 FEE

Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979

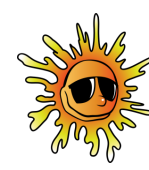




Leavenworth Senior Meals

June 2020



Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Dog Baked Beans Coleslaw Carrot Raisin Salad Fruit Salad Dessert	2 Country Fried Steak Potatoes & Gravy Green Beans Garden Salad Chilled Peaches WW Roll Dessert	3 Crunchy Chicken Salad Pasta Salad Veggie Tray Pickled Beets WW Roll Strawberry Shortcake	4 Pork Chow Mein Chow Mein Noodles Stir Fry Vegetables Asian Slaw Mandarin Oranges Egg Roll Dessert	5 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert 
8 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit WW Roll Dessert	9 Salisbury Steak Potatoes & Gravy Trio Vegetables Carrot Raisin Salad WW Roll Fruited Jell-O 	10 Chicken Enchiladas Refried Beans Mexican Rice Fiesta Salad Pears Custard	11 Stuffed Pepper Casserole California Vegetables 7 Layer Salad WW Roll Cherry Crisp	12 Mac & Cheese with Ham Peas Tossed Green Salad Oregon Berries Garlic Bread Angel Food Cake
15 Sweet & Sour Pork Rice Pilaf Mixed Vegetables Mandarin Oranges Muffin Dessert	16 Deluxe Cheeseburger Coleslaw Apple Celery Salad Dessert	17 Chicken Caesar Salad Tortellini Soup Grapes Cheesy Garlic Toast Dessert	18 Clam Chowder 1/2 Tuna Sandwich Garden Salad Tropical Fruit Whole Grain Crackers Dessert 	19 Spaghetti & Meat Sauce Spinach Salad Sliced Peaches Garlic Bread Dessert
22 Rueben Sandwich Potato Salad Pears Dessert 	23 Teriyaki Beef Rice Broccoli Asian Slaw Pineapple Egg Roll Fortune Cookies	24 Chicken Strips Jo Jo's Three Bean Salad WW Roll Strawberry Shortcake	25 Chuckwagon Steak Sandwich Sweet Potato Fries Tossed Veggie Salad Fruited Jell-O	26 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
29 French Dip Vegetable Tray Garden Salad Peaches Dessert	30 Chef's Salad Fresh Fruit Tray WW Roll Dessert	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.		

VOLUNTEER

 You're the Missing Piece



Odessa Senior Meals

June 2020



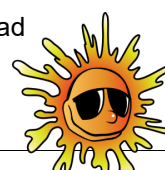
Monday	Tuesday	Wednesday	Thursday	Friday
1 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit WW Roll Dessert	2	3 Chicken Enchiladas Refried Beans Spanish Rice Mexi Corn Lettuce tomato Salad Pears Dessert	4 Deluxe Cheeseburger Coleslaw Apple Celery Salad Dessert	5 
8 Mac & Cheese with Bacon Peas Tossed Green Salad Mixed Berries Muffin Dessert	9 	10 Crunchy Chicken Salad Jo Jo's Three Bean Salad Veggie Pasta Salad WW Roll Strawberry Shortcake	11 Stuffed Pepper Casserole California Vegetables 7 Layer Salad WW Roll Cherry Crisp	12
15 Scrambled Eggs & Ham O'Brien Potatoes Stewed Tomatoes Juice Peaches Banana Nut Muffin	16	17 Teriyaki Beef Rice Broccoli Asian Slaw Pineapple Tidbits Egg Roll Fortune Cookies	18 BBQ Chicken Potato Salad Pea Salad Fruit Tray Trio Vegetables WW Roll Dessert	19 
22 Roast Beef Potatoes & Gravy Mixed Vegetables Tossed Veggie Salad WW roll Fruited Jell-O	23 	24 Sweet & Sour Pork Steamed Rice Oriental Vegetables Green Salad & Tomatoes Mandarin Oranges Egg Roll Dessert	25 Baked Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	26
29 Clam Chowder 1/2 Tuna Sandwich Garden Salad Vegetable Tray Pineapple Whole Grain Crackers Rice Krispy Bars	30	Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979		





Omak-Okanogan Senior Meals June 2020



Okanogan	Omak	Okanogan	Okanogan—9am	Omak
Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Dog Baked Beans Potato Salad Carrot Raisin Salad Fruit Salad Dessert	2 Mac & Cheese with Ham Peas Tossed Green Salad Mixed Berries Muffin Dessert	3 Teriyaki Beef Rice Broccoli Asian Slaw Pineapple Egg Roll Fortune Cookies	4	5 Chef's Salad Fresh Fruit WW Roll Dessert 
8 Lasagna Carrots Green Salad Apricots Garlic Bread Dessert 	9 Rueben Sandwich Potato Salad Pears Dessert	10 Chicken Caesar Salad Tortellini Soup Apples & Grapes Cheesy Garlic Toast Dessert	11	12 Country Fried Steak Potatoes & Gravy Green Beans Garden Salad Chilled Peaches WW Roll Dessert
15 Deluxe Cheeseburger Coleslaw Apple Celery Salad Dessert	16 Sweet & Sour Pork Rice Pilaf Mixed Vegetables Green Salad & Tomato Mandarin Oranges Biscuit Dessert	17 Chicken Cordon Bleu Casserole Parsley Potatoes Broccoli Tossed Green Salad WW Roll Cherry Crisp	18 	19 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit WW Roll Dessert
22 BBQ Chicken Macaroni Salad Broccoli Cuts Pea Salad Fruit Tray WW Roll Dessert 	23 Stuffed Pepper Casse- role California Vegetables 7 layer Salad WW Roll Apricot Crisp	24 Pork Chop Suey Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	25	26 Clam Chowder 1/2 Tuna Sandwich Garden Salad Veggie Tray Pineapple Rice Krispy Bars
29 Swiss Steak Potatoes & Gravy California Vegetables 49'er Chopped Salad Banana Garlic Biscuit Dessert 	30 Chicken Parmesan Garlic Pasta Mixed Vegetables Cuke/Tomato Salad WW Roll Dessert	Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979		



Oroville Senior Meals

June 2020



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Salisbury Steak Potatoes & Gravy Trio Vegetables Kale Salad WW Roll Cherry Cobbler	3 	4 Bacon Mac & Cheese Peas Tossed Green Salad Mixed Berries Bran Muffin Dessert	5 Chicken Caesar Salad Tortellini Soup Apples & Grapes Cheesy Garlic Toast Dessert 
8	9 Chicken Fettuccine Buttered Peas Caesar Salad Bread Sticks Apple Crisp	10	11 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	12 BBQ Chicken Macaroni Salad Broccoli Cuts Pea Salad Fruit Tray WW Roll Dessert
15	16 Chicken Fried Steak Potatoes & Gravy Green Beans Garden Salad Chilled Peaches WW Roll Dessert	17 	18 Chicken Parmesan Garlic Pasta Mixed Vegetables Cuke Tomato Salad Apricots WW Roll Dessert	19 Rueben Sandwich Potato Salad Pears Dessert
22  shutterstock - 262720046	23 Roast Beef & Gravy Mashed Potatoes Mixed Vegetables Tossed Salad WW Roll Fruited Jell-O	24	25 Hot Dog Baked Beans Coleslaw Carrot Raisin Salad Fruit Salad Dessert	26 Lasagna Green Beans Caesar Salad Pears Garlic Bread Birthday Cake 
29	30 Taco Salad Baja Veggie Mix Mixed Fruit Tortilla Chips Dessert			

Seniors Age 60 & over—suggested donation \$4.00

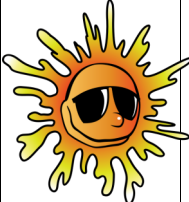
Under age 60—\$8.50 FEE

Please call the Site Director for more information
about the Home Delivered Meal program at
476-2412



Tonasket Senior Meals June 2020



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Enchiladas Refried Beans Spanish Rice Mexi Corn Fiesta Salad Tropical Fruit Dessert	2 	3 Clam Chowder 1/2 Tuna Sandwich Garden Salad Veggie Tray Fruit Tray Whole Grain Crackers Rice Krispy Bars	4 Mac & Cheese with Bacon Peas Tossed Green Salad Mixed Berries Muffin Dessert	5
8 Sweet & Sour Pork Rice Pilaf Mixed Veggies Cuke & Tomato Salad Pineapple Biscuit Dessert	9	10 Chef Salad Fresh Fruit Breadsticks Dessert	11 Hot Dog Baked Beans Coleslaw Carrot Raisin Salad Fruit Salad Dessert	12 
15 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake	16 	17 Cheeseburger Deluxe Sweet Potato Fries Zucchini Apple Celery Salad Dessert	18 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Lemon Bars	19
22 BBQ Chicken Macaroni Salad Asparagus Crunchy Pea Salad Fruit Tray WW Roll Dessert	23	24 Pork Chop Suey Steamed Rice Stir Fry Vegetables Coleslaw Mandarin Oranges Whole Wheat Roll Dessert	25 Spaghetti with Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	26 
29 French Dip Sandwich Oven Brown Potatoes Garden Salad Watermelon Dessert	30 	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		



Twisp Senior Meals June 2020



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Enchiladas Refried Beans Spanish Rice Baja Veggies Fiesta Salad Pears Dessert	2 	3	4 Chicken Fried Steak Potatoes & Gravy Green Beans Garden Salad Chilled Peaches WW Roll Dessert	5 Hot Dogs Baked Beans Coleslaw Carrot Raisin Salad Fruit Salad Dessert
8 BBQ Chicken Potato Salad Pea Salad Fruit Salad WW Roll Oatmeal Cookies	9 	10	11 Crunchy Chicken Salad Pasta Salad Three Bean Salad Pickled Beets WW Roll Strawberry Shortcake	12 Fish with Lemon Pepper Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
15 Salisbury Steaks with Grilled Onions Mashed Potatoes Trio Vegetables Carrot Raisin Salad Mixed Berries WW Roll Angel Food Cake	16 	17	18 Chef's Salad Fresh Fruit Cheesy Garlic Bread Dessert	19 Mac & Cheese with Ham Peas Tossed Green Salad Mandarin Oranges Muffin Dessert
22 Sweet & Sour Pork Rice Pilaf Mixed Vegetables Green salad & Tomatoes Mandarin Oranges Biscuit Dessert	23 	24	25 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake	26 Clam Chowder 1/2 Tuna Sandwich Vegetable Tray Pineapple Whole Grain Crackers Dessert
29 Stuffed Pepper Casserole 7 Layer Salad Apricots WW Roll Dessert	30 		Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE For information about Home Delivered Meals please call 844-826-7979	



Wilbur Senior Meals

June 2020



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Chicken & Cheese Enchiladas Refried Beans Spanish Rice Mexi Corn Lettuce Tomato Salad Pears Dessert	3 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit WW Roll Dessert 	4 Baked ham Au Gratin Potatoes Glazed Carrots Chopped Kale Salad Tropical Fruit Bread Pudding	5
8	9 Country Fried Steak Potatoes & Gravy Green Beans Garden Salad Chilled Peaches WW Roll Dessert	10 Hot Dog Baked Beans Potato Salad Carrot Raisin Salad Fruit Salad Dessert	11 Pork Chop Suey Steamed Rice Stir Fry Vegetables Coleslaw Mandarin Oranges Whole Wheat Roll Dessert	12
15 	16 Salisbury Steak & Gravy Mashed Potatoes Trio Vegetables Carrot Raisin Salad WW Roll Berries over Ice Cream	17 Chef Salad Melons Whole Wheat Roll Dessert	18 BBQ Chicken Macaroni Salad Pea Salad Broccoli Fruit Tray WW Roll Dessert	19
22	23 Baked Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	24 Sweet & Sour Pork Rice Pilaf Oriental Vegetables Green Salad & Tomatoes Mandarin Oranges Biscuit Dessert	25 Cheeseburger Deluxe Potato Salad Apple Celery Salad Dessert	26 
29	30 Spaghetti with Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	 Happy Father's Day!		



Seniors Age 60 & over—suggested donation \$4.00
Under age 60—\$8.50 FEE

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Revised 03/25/19

