Senior Meals
Brewster-Bridgeport-Pateros
November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Chicken Cordon Bleu Rice Pilaf Brussels Sprouts Tossed Green Salad Mandarin Oranges WW Bread or Roll Dessert	6 Sloppy Joe Sandwich Green Beans Coleslaw Fresh Fruit Dessert	7 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple WW Roll Dessert	8
11 	12 Ham & Navy Bean Soup 1/2 Turkey Sandwich Tossed Salad Pickled Beets Waldorf Salad Cornbread Dessert	13 Beef Taco's Spanish Rice Southwest Salad Grapes Dessert	14 BBQ Chicken Macaroni Salad Cauliflower & Chives Coleslaw Pineapple Biscuit Dessert	15
18	19 Cabbage Patch Stew Pasta Salad Pea Salad Pears Cornbread Dessert	20 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans Carrot Raisin Salad WW Roll Cherry Cobbler	21 Parmesan Chicken Pasta Marinara California Vegetables Green Salad Mandarin Oranges Garlic Bread Dessert	22
25	26 Veggie & Cream Cheese Deli Style Sandwich Vegetable Soup Mixed Berries Dessert	27 Roast Turkey & Gravy Mashed Potatoes Stuffing Broccoli Green Salad Cranberry Salad Pumpkin Pie	28 	29

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 November 2019

Okanogan Omak Okanogan Omak

Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over suggested donation $4.00 Under age 60—$8.00 FEE For Home Delivered Meals please call 509-826-7979				1 Chicken Cordon Bleu Rice Pilaf Normandy Veggies Caesar Salad Fruit Cocktail WW Roll Dessert
4 Meatloaf & Gravy Mashed Potatoes Mixed Vegetables Citrus Salad Spinach Salad WW Roll Dessert	5 Split Pea Soup 1/2 Turkey Sandwich Carrot Raisin Salad Lettuce & Tomato Salad Pineapple Whole Grain Crackers Dessert	6 Parmesan Chicken Pasta Marinara California Veggies Greek Salad Mandarin Oranges Garlic Bread Dessert	7 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes V-8 Juice Fresh Fruit	8 IDAHO TACO'S Taco Stuffed Baked Potato Half Baja Veggies Chilled Pears Tortilla Chips Dessert
11 	12 Shepherds Pie Cottage Cheese Broccoli Salad Pears WW Roll Dessert	13 BBQ Chicken Macaroni Salad Brussels Sprouts Tossed Green Salad Grapes Biscuit Dessert	14 Scrambled Eggs Bacon Hash Browns Fresh Fruit Juice Pancakes	15 Veggie Lasagna Caesar Salad Waldorf Salad Garlic Bread Dessert
18 1/2 Turkey Sandwich Cheddar Potato Soup Spinach Salad Fresh Fruit Tray WW Crackers Dessert	19 Taco's Southwest Salad Waldorf Salad Dessert	20 Pepper Steak over Rice Tossed Veggie Salad Mandarin Oranges WW Bread or Roll Dessert	21 Scrambled Eggs Ham Hash Browns Juice Fresh Fruit Muffins	22 Baked Fish Basil & Garlic Pasta Steamed Broccoli Crunchy Pea Salad WW Roll Pear Crisp
25 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple WW Roll Dessert	26 Ham & Cheese Deli Style Sandwich Vegetable Soup Garden Salad Mixed Berries Dessert	27 Roast Turkey & Gravy Mashed Potatoes Stuffing Broccoli Green Salad Cranberry Salad Pumpkin Pie	28 	29

Oroville Senior Meals November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Seniors Age 60 & over—suggested donation $4.00 **Under age 60—$8.00 FEE** Please call the Site Director for more information about the Home Delivered Meal program at 476-2412			1 Baked Fish Mashed Potatoes Steamed Broccoli Crunchy Pea Salad Pineapple WW Roll Dessert
4	5 Shepherd's Pie Caesar Salad Cinnamon Apples Cheesy Garlic Bread Dessert	6	7 Parmesan Chicken Garlic Pasta California Vegetables Green Salad Mandarin Oranges Bread Sticks Dessert	8 Tuna Melt Sandwich Clam Chowder 49'er Chopped Salad Mixed Berries Dessert
11 	12 Chicken Taco Salad Refried Beans Mexi Corn Citrus Salad Tortilla Chips Dessert	13	14 Sloppy Joe Sandwich Coleslaw Fruit Salad Dessert	15 Chicken Cordon Bleu Rice Pilaf Normandy Vegetables Tossed Green Salad Waldorf Salad WW Bread or Roll BIRTHDAY CAKE
18	19 Meatloaf Potatoes & Gravy Mixed Vegetables Spinach Salad Chilled Pears WW Roll Dessert	20 	21 BBQ Chicken Macaroni Salad Cauliflower & Chives Coleslaw Mixed Fresh Fruit Cornbread Dessert	22 Ham Noodles Romanoff Peas & Carrots Green Salad WW Bread or Roll Apple Crisp
25	26 Roast Turkey Mashed Potatoes Stuffing Green Beans Glazed Carrots Cranberry Salad Pumpkin Pie	27	28 	29

Tonasket Senior Meals November 2019

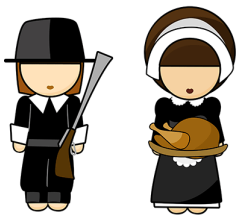
Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Ham Cheesy Potatoes Peas & Carrots Tossed Green Salad WW Roll Apple Crisp	5	6 Beef & Broccoli Stir Fry Over Rice Asian Style Coleslaw Fruit Tray Egg Roll Dessert	7 Ham & Bean Soup 1/2 Turkey Sandwich Pickled Beets Garden Salad Waldorf Salad Cornbread Dessert	8
11 	12	13 Chicken Cordon Bleu Rice Pilaf Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Bread or Roll Dessert	14 Hot Roast Beef Sandwich Mashed Potatoes & Gravy Green Beans Mixed Greens Salad WW Roll Peach Cobbler	15
18 BBQ Chicken Macaroni Salad Trio Vegetables Kale Slaw Pineapple Biscuit Dessert	19 	20 Baked Fish Basil & Garlic Pasta Steamed Broccoli Crunchy Pea Salad French Bread Fruited Jell-O	21 Pot Roast Roasted Potatoes and Carrots Tossed Green Salad Grapes WW Bread or Roll Oatmeal Cookies	22
25 Shepherd's Pie Caesar Salad Mandarin Oranges Cheesy Garlic Bread Dessert	26	27 Roast Turkey Sweet Potatoes Stuffing & Gravy Green Beans Waldorf Salad Roll Pumpkin Pie	28 	29

Seniors Age 60 & over—suggested donation $4.00

Under age 60—$8.00 FEE

Please call the Site Director for more information about the Home Delivered Meal program at 486-2483

Twisp
Senior Meals
November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation $4.00 **Under age 60—$8.00 FEE** Please call the Site Director for more information about the Home Delivered Meal program at 997-7722				1 Baked Fish Basil & Garlic Pasta Steamed Broccoli Crunchy Pea Salad Citrus Salad WW Roll Dessert
4 Hot Roast Beef Sandwich Potatoes & Gravy Brussels Sprouts Mixed Greens Salad Chilled Peaches WW Roll Dessert	5	6	7 Chicken Cordon Bleu Rice Pilaf Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Roll Dessert	8 Meatloaf Twice Baked Potatoes Green Beans Spinach Salad Grapes WW Bread or Roll Dessert
11 	12	13	14 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert 	15 Split Pea Soup 1/2 Turkey Sandwich Carrot Raisin Salad Lettuce & Tomato Salad Pineapple WW Crackers Dessert
18 Hungarian Goulash Peas Spinach Salad Waldorf Salad WW Bread Dessert	19	20	**21 IDAHO TACO** 1/2 Baked Potato Filled with Taco Fixings Baja Vegetables Chilled Pears Tortilla Chips Dessert	22 Biscuits & Gravy Scrambled Eggs Oven Browned Potatoes V-8 juice Orange Quarters Blueberry Muffin
25 Roast Turkey & Gravy Mashed Potatoes Green Bean Casserole Broccoli Salad Cranberry Sauce Roll Pumpkin Pie	26	27 	28 	29