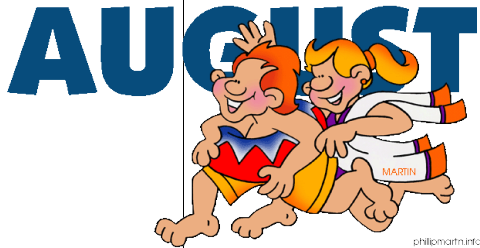




Senior Meals

Brewster-Bridgeport-Pateros

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Chicken Garlic Pasta Zucchini with Chives Spinach Salad WW Roll Apricot Cobbler	2 
			8 Chef's Salad Three Bean Salad Mixed Melons Biscuit Dessert	9
			15 Beef Stroganoff Peas Garden Salad WW Roll Fruited Jell-O	16 
			22 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce WW Bread or Roll Dessert	23
5 	6 Meatballs Potatoes & Gravy Mixed Vegetables Lettuce & Tomato Salad Peaches WW Bread or Roll Dessert	7 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	12 	
12 	13 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	14 Baked Chicken Pasta Salad Green Beans Stewed Tomatoes Pineapple WW Bread or Roll Dessert	19 	
19 	20 Salisbury Steak Potatoes & Gravy Broccoli Tossed Veggie Salad Fruit Cocktail WW Bread Dessert	21 Fish & Chips Peas Coleslaw Sliced Peaches Dessert	26 	
26 	27 Pulled Pork Sandwich Broccoli Salad Green Salad Apple Slices Dessert	28 Chicken Cacciatore Wild Rice Carrot Raisin Salad Focaccia Bread Mixed Berries Angel Food Cake 	29 Spaghetti Caesar Salad Peaches Garlic Bread 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 689-2815				

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!
Chelan 888-4440
Manson 687-3377



Chelan Senior Meals

August 2019



24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday Tuesday Wednesday Thursday Friday-Manson

Seniors Age 60 & over—suggested donation \$4.00

Under age 60—\$8.50 FEE

Please call 509-470-0522 for more information about the Home Delivered Meal program.



5
Chicken Enchiladas
Spanish Rice
Baja Vegetables
Lettuce & Tomato
Salad
Melons
Dessert

6
Hot Dogs
Baked Beans
Squash & Watermelon
Salad
Apple Slices
Dessert



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7
Meatballs
Potatoes & Gravy
Mixed Vegetables
Caesar Salad
Peaches
WW Bread or Roll
Dessert

8
Beef Stroganoff
Green Beans
Garden Salad
WW Roll
Fruited Jell-O

9
Bacon & Egg Salad
Sandwich
Vegetable Tray
Pea Salad
Mixed Fruit
Dessert

12
Meatloaf
Potatoes & Gravy
Broccoli
Caesar Salad
Pears
WW Roll
Dessert

13
Chicken A La King
Normandy Veggies
Tossed Green Salad
Spicy Apples
Biscuits
Dessert



14
Fish & Chips
Peas
Coleslaw
WW Roll
Fruited Jell-O

15
Chicken Cacciatore
Wild Rice
Carrot Raisin Salad
Focaccia Bread
Mixed Berries over Angel
Food Cake

16
Spaghetti
Caesar Salad
Peaches
Garlic Bread
Dessert

19
Ham
Roasted Sweet Potatoes
Spinach
Garden Salad
Pineapple
Bread Pudding

20
Stuffed Pepper Casserole
7 Layer Salad
Chilled Pears
WW Bread or Roll
Dessert

21
Pulled Pork Sandwich
Broccoli Salad
Green Salad
Peaches
Dessert



22
Baked Chicken
Pasta Salad
Green Beans
Caesar Salad
Mandarin oranges
WW Bread or Roll
Dessert

23
Beef Taco Pie
Coleslaw
Southwest Salad
Watermelon
Dessert

26
BBQ Riblets
Baked Beans
Crunchy Pea Salad
Coleslaw
Cornbread
Strawberry Shortcake



27
White Bean Chicken
Chili
Pasta Veggie Salad
Melon Slices
WW Roll
Dessert

28
Taco's
Spanish Rice
Mexican Style Slaw
Cinnamon Pears
Dessert

29
Bacon & Egg Salad
Sandwich
Vegetable Tray
Pea Salad
Mixed Fruit
Dessert

30
Chicken Strips
Jo Jo's
Trio Vegetables
Spinach Salad
Mandarin Oranges
Dessert



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Davenport Senior Meals August 2019



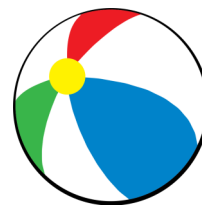
Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979			1 Chicken Caesar Wrap Macaroni Salad Marinated Vegetables Melon Slices Dessert	2 Fish & Chips Peas Coleslaw Fruited Jell-O
5	6 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	7 	8 California Chicken Casserole Green Beans Garden Salad Peaches WW Bread or Roll Dessert	9 BBQ Ribslets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake 
12 	13 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Dessert	14	15 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	16 Tuna Salad Sandwich Spiced Salad Three Bean Salad Mixed Berries Dessert
19	20 Garden Chili Cottage Cheese Caesar Salad Corn Chips WW Roll Apricot Crisp	21	22 Beef Taco Pie Coleslaw Southwest Salad Watermelon Dessert 	23 Chicken Ala King Noodles Normandy Vegetables Tossed Green Salad Sliced Peaches WW Bread or Roll Dessert
26	27 Scrambled Eggs with Ham Oven Brown Potatoes Stewed Tomatoes Apple Juice Mixed Melons Blueberry Muffin	28	29 Baked Chicken Pasta Salad Green Beans Stewed Tomatoes Pineapple WW Bread or Roll Dessert	30 Hot Dogs Baked Beans Carrots Squash & Watermelon Salad Apple Slices Dessert 



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Entiat Senior Meals August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Caesar Wrap Potato Salad Marinated Vegetables Orange Quarters Cereal Bars	2
5 Chicken Enchiladas Spanish Rice Baja Vegetables Lettuce & Tomato Salad Melons Dessert	6	7	8 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	9
12 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	13 	14	15 Chicken Cacciatore Wild Rice Carrot Raisin Salad Focaccia Bread Mixed Berries over Angel Food Cake	16
19 Ham Roasted Sweet Potatoes Spinach Garden Salad Pineapple Bread Pudding	20	21	22 Baked Chicken Pasta Salad Green Beans Caesar Salad Mandarin oranges WW Bread or Roll Dessert	23
26 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	27	28 	29 Bacon & Egg Salad Sand- wich Vegetable Tray Pea Salad Mixed Fruit Dessert	30

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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

Under age 60—\$8.50 FEE

Please call 509-470-0522 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 August 2019



Monday

Tuesday

Wednesday

Thursday

Friday

			1 Chicken Caesar Wrap Macaroni Salad Marinated Vegetables Melon Slices Dessert	2 Fish & Chips Peas Coleslaw Fruited Jell-O
5	6 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	7 	8 California Chicken Casserole Green Beans Garden Salad Peaches WW Bread or Roll Dessert	9 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake
12 	13 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Dessert	14	15 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	16 Tuna Salad Sandwich Spiced Salad Three Bean Salad Mixed Berries Dessert
19	20 Garden Chili Cottage Cheese Caesar Salad Corn Chips WW Roll Apricot Crisp	21	22 Beef Taco Pie Coleslaw Southwest Salad Watermelon Dessert 	23 Chicken Ala King Noodles Normandy Vegetables Tossed Green Salad Sliced Peaches WW Bread or Roll Dessert
26	27 Scrambled Eggs with Ham Oven Brown Potatoes Stewed Tomatoes Apple Juice Mixed Melons Blueberry Muffin	28 	29 Baked Chicken Pasta Salad Green Beans Stewed Tomatoes Pineapple WW Bread or Roll Dessert	30 Hot Dogs Baked Beans Carrots Squash & Watermelon Salad Apple Slices 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

August 2019



24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday
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.				
				
Please call the Senior Center for Menu. New serving days are Monday, Wednesday and Friday 509-548-6666				
				
				



It is very costly to the senior meal program when you do not cancel your reservations.
If you know you can't make it 509-548-6666



Manson Senior Meals August 2019



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Monday	Tuesday	Wednesday	Thursday	Friday-Manson
Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call 509-470-0522 for more information about the Home Delivered Meal program.			1 Chicken Caesar Wrap Potato Salad Marinated Vegetables Orange Quarters Cereal Bars	2 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake
5 Chicken Enchiladas Spanish Rice Baja Vegetables Lettuce & Tomato Salad Melons Dessert	6 Hot Dogs Baked Beans Squash & Watermelon Salad Apple Slices Dessert	7 Meatballs Potatoes & Gravy Mixed Vegetables Caesar Salad Peaches WW Bread or Roll Dessert	8 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	9 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Mixed Fruit Dessert
12 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	13 Chicken A La King Normandy Veggies Tossed Green Salad Spicy Apples Biscuits Dessert	14 Fish & Chips Peas Coleslaw WW Roll Fruited Jell-O	15 Chicken Cacciatore Wild Rice Carrot Raisin Salad Focaccia Bread Mixed Berries over Angel Food Cake	16 Spaghetti Caesar Salad Peaches Garlic Bread Dessert
19 Ham Roasted Sweet Potatoes Spinach Garden Salad Pineapple Bread Pudding	20 Stuffed Pepper Casserole 7 Layer Salad Chilled Pears WW Bread or Roll Dessert	21 Pulled Pork Sandwich Broccoli Salad Green Salad Peaches Dessert	22 Baked Chicken Pasta Salad Green Beans Caesar Salad Mandarin oranges WW Bread or Roll Dessert	23 Beef Taco Pie Coleslaw Southwest Salad Watermelon Dessert
26 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	27 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	28 Taco's Spanish Rice Mexican Style Slaw Cinnamon Pears Dessert	29 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Mixed Fruit Dessert	30 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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 Manson 687-3377



Odessa Senior Meals August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
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			1 Beef Tacos Spanish Rice Fiesta Salad Mixed Fruit Dessert	2
5 Beef Stew Garden Salad Peaches Biscuit Oatmeal Cookies	6 	7 PIZZA Canadian Bacon & Pineapple Vegetable Tray 7 Layer Salad Waldorf Salad Bread Sticks Dessert	8 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit Mix WW Roll Dessert	9
12 BLT Sandwich on Wheat Cottage Cheese Vegetable Soup Fresh Fruit Tray Dessert	13	14 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread or Roll Cherry Crisp	15 Fish Sandwich Sweet Potato Fries Coleslaw Watermelon Dessert	16 
19 Chicken Caesar Wrap Potato Salad Marinated Vegetables Melon Slices Cereal Bars	20 	21 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	22 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	23
26 Tuna Salad Sandwich Spiced Salad Three Bean Salad Mixed Berries Dessert	27 	28 Chicken Spaghetti Casserole Tossed Salad Apricots WW Bread Dessert	29 Stuffed Pepper Casserole Garden Salad Peaches WW Bread or Roll Dessert	30 



Omak-Okanogan Senior Meals August 2019



Okanogan	Omak	Okanogan	Okanogan—9am	Omak
Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979			1 Biscuits & Gravy Oven Brown Potatoes Scrambled Eggs Juice Fresh Fruit	2 Fish & Chips Peas Coleslaw Fruited Jell-O
5 Chicken Strips Jo Jo's Trio Veggies Cuke & Melon Salad Mandarin Oranges Garlic Bread Dessert	6 Stuffed Peppers Garden Salad Peaches WW Bread or Roll Dessert	7 BBQ Ribs Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	8 Scrambled Eggs Sausage Pancakes Sliced Peaches Fresh Fruit V-8 Juice	9 BBQ Chicken Garlic Pasta 3 Bean Salad Spinach Salad Watermelon Roll Dessert
12 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	13 Sweet & Sour Pork Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Salad WW Bread or Roll Dessert	14 Chicken Ala King Normandy Veggies Tossed Green Salad Spicy Apples Biscuits Dessert	15 Scrambled Eggs with Ham & Cheese Oven Brown Potatoes Juice Fresh Fruit Cinnamon Roll	16 Pork Chops Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce WW Roll Dessert
19 Salisbury Steak Potatoes & Gravy Broccoli Tossed Veggie Salad Fruit Cocktail WW Bread Dessert	20 Chicken Spaghetti Casserole Tossed Salad Apricots WW Roll Dessert	21 Tuna Salad Sandwich Spiced Salad Three Bean Salad Mixed Berries Ice Cream	22 Scrambled Eggs Bacon Fried Potatoes Fresh Fruit Juice Blueberry Muffin	23 Sweet & Sour Pork Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Salad WW Roll Dessert
26 California Chicken Casserole Greek Salad Peaches WW Roll Dessert	27 Ham Roasted Sweet Potatoes Spinach Garden Salad Pineapple Bread Pudding	28 Hamburger Steak Grilled Onions Potatoes & Gravy Lettuce & Tom Salad Peaches WW Bread or Roll Dessert	29 Scrambled Eggs Ham Slice Hash Browns French Toast Fresh Fruit Juice	30 Fish Filet Sandwich Three Bean Salad Coleslaw Mixed Melons Dessert

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Oroville Senior Meals

August 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 476-2412			1 Tuna Salad Sandwich Spiced Salad Three Bean Salad Mixed Berries Ice Cream	2 Meatloaf Twice Bake Potatoes Broccoli Green Salad Pears WW Roll Dessert
5	6 Chicken Caesar Wrap Pasta Veggie Salad Melon Slices Dessert 	7	8 Pulled Pork Sandwich Broccoli Salad Green Salad Peaches Dessert 	9 Ham Roasted Sweet Potatoes Brussels Sprouts Garden Salad Pineapple Slices Bread Pudding
12	13 Pork Roast Potatoes & Gravy Capri Vegetables Spinach Salad Applesauce WW Roll Dessert	14 	15 Salisbury Steak 1/2 Baked Potato Broccoli Tossed Veggie Salad Fruit Cocktail WW Bread Dessert	16 Chicken Taco Salad Refried Beans Spanish Rice Applesauce Corn Chips Lemon Bars
19 	20 BBQ Riblets Potato Salad Coleslaw Cornbread Strawberry Shortcake	21	22 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	23 Fish Filet 1/2 Baked Potato Peas Coleslaw Mixed Melons WW Bread or Roll Dessert
26	27 Hot Dogs Baked Beans Carrots Cuke & Watermelon Salad Apple Slices Dessert	28 	29 BBQ Chicken Garlic Pasta Cauliflower w/chives Mixed Greens Salad WW Roll Apricot Cobbler	30 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Mixed Fruit Dessert

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Tonasket Senior Meals August 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 Tuna Salad Sandwich Green Salad Peaches Dessert	2 
5 Taco Salad Spanish Rice Bean Salad Fruit Salad Corn Chips Dessert	6 	7 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	8 Scrambled Eggs & Cheese Oven Brown Potatoes Sliced Tomatoes Carrot Salad Cinnamon Roll Fruited Jell-O	9
12 Chicken Strips Jo Jo's Trio Vegetables Greek Salad Mandarin oranges Dessert	13	14 Chicken Caesar Wrap Potato Salad Zucchini Melon Slices Cereal Bars	15 Sweet & Sour Pork Rice Stir Fry Vegetables Cucumber Salad Grapes Egg Roll Dessert	16 
19 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	20 	21 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	22 Beef Stroganoff Mixed Vegetables Garden Salad WW Roll Fruited Jell-O	23
26 Tacos & Refried Beans Spanish Rice Mexican Style Slaw Mixed Fruit Dessert	27	28 Pulled Pork Sandwich Broccoli Salad Coleslaw Peaches Dessert	29 Baked Chicken Pasta Salad Glazed Carrots Three Bean Salad Fruit Salad WW Bread or Roll Dessert	30

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Twisp Senior Meals August 2019



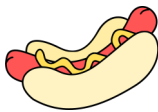
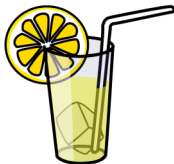
Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call the Site Director for more information about the Home Delivered Meal program at 997-7722			1 BBQ Chicken Garden Rice Green Beans Spinach Salad Roll Apricot Crisp 	2 Fish & Chips Peas Coleslaw Garlic Bread Fruited Jell-O
5 Beef Taco Pie Coleslaw Southwest Salad Watermelon Dessert 	6	7	8 BBQ Riblets Baked Beans Carrot Raisin Salad Tossed Green Salad Cornbread Strawberry Shortcake 	9 Tuna Salad Sandwich Spiced Salad Crunchy Pea Salad Sliced Peaches Dessert
12 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	13	14 	15 Tostada Spanish Rice Mixed Vegetables Green Salad & Tomato Peaches Dessert	16 Chicken Cacciatore Shell Pasta Spinach Salad Mixed melons Garlic Bread Dessert
19 Tacos Spanish Rice Refried Beans Mexican Style Slaw Mixed Fruit Dessert	20	21	22 Pulled Pork Sandwich Broccoli Salad Green Salad Peaches Dessert	23 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert 
26 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	27 	28	29 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce WW Bread or Roll Dessert	30 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O



Wilbur Senior Meals

August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Scrambled Eggs & Ham Oven Brown Potatoes Stewed Tomatoes Juice Mixed Melons Blueberry Muffin	2
5 	6 Meatballs & Gravy Mashed Potatoes Mixed Vegetables Lettuce & Tomato Salad Peaches WW Bread Dessert	7 Chicken Caesar Wrap Potato Salad Melon Slices Cereal Bars	8 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	9
12 	13 Chicken Spaghetti Casserole Tossed Salad Apricots Garlic Bread Dessert	14 Fish Filet Garden Rice Peas Coleslaw Mixed Melons WW Bread or Roll Dessert	15 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce WW Bread or Roll Dessert	16 
19	20 Garden Chili Cottage Cheese Caesar Salad Corn Chips Fruit Crisp	21 Yakisoba (Beef & Noodles) Stir Fry Vegetables Asian Style Slaw Cinnamon Pears Egg Roll Fortune Cookies	22 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Mixed Fruit Dessert	23
26 	27 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	28 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Dessert	29 Pulled Pork Sandwich Apple Cabbage Slaw Cucumber & Watermelon Salad Peaches Dessert	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

