

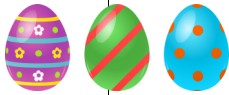







Chelan Senior Meals

April 2019



PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday-Manson
<p>1 Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Pears Bran Muffin Dessert</p> 	<p>2 Tuna Noodle Casserole Peas & Carrots 49'er Chopped Salad Peaches WW Bread or roll Dessert</p>	<p>3 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Dessert</p>	<p>4 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>5 Chicken Caesar Wrap Tortellini Soup Apples & Grapes Dessert</p> 
<p>8 White Bean Chicken Chili Garden Salad Fresh Veggie Tray Peaches Cornbread Dessert</p>	<p>9 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>10 Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Blueberries WW Bread or Roll Dessert</p>	<p>11 Pasta Primavera with Ham Tossed Green Salad Pineapple Bread Sticks Dessert</p> 	<p>12 Beef Stew Green Salad Peaches Biscuit Dessert</p>
<p>15 Chicken Pot Pie Green Salad Apricots French Bread Dessert</p> 	<p>16 Turkey & Spinach Wrap Garden Salad Banana Corn Chips Dessert</p>	<p>17 Spaghetti & Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert</p>	<p>18 Sweet & Sour Chicken Garden Rice Oriental Vegetables Coleslaw Mandarin Oranges WW Roll Dessert</p>	<p>19 Tater Tot Casserole Cottage Cheese Carrot/Raisin Salad Peaches WW Bread or Roll Dessert</p>
<p>22 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Bread or Roll Dessert</p>	<p>23 Oven Fried Chicken Roasted Potatoes Peas Cuke & Tomato Salad Grapes Biscuit Dessert</p>	<p>24 Pork Chops Au Gratin Potatoes Asparagus Mixed Greens Salad Applesauce French Bread Dessert</p>	<p>25 Three Bean Casserole Carrots Garden Salad Fresh Fruit Cornbread Dessert</p> 	<p>26 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries WW Roll Dessert</p>
<p>29 Yakisoba Stir Fry Veggies Asian Style Slaw Mandarin Oranges WW Bread or Roll Dessert</p>	<p>30 Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin</p>		<div style="border: 2px solid black; padding: 10px;"> <p>Seniors Age 60 & over— suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-888-4440 for more information about the Home Delivered Meal program.</p> <p>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</p> </div>	









Entiat Senior Meals

April 2019



PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Pears Bran Muffin</p>	<p>2</p>	<p>3</p> 	<p>4</p> <p>Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>5</p>
<p>8</p> <p>White Bean Chicken Chili Garden Salad Fresh Veggie Tray Peaches Cornbread Dessert</p>	<p>9</p>	<p>10</p>	<p>11</p> <p>Pasta Primavera with Ham Tossed Green Salad Pineapple Bread Sticks Dessert</p>	
<p>15</p> <p>Chicken Pot Pie Green Salad Apricots French Bread Dessert</p>	<p>16</p> 	<p>17</p>	<p>18</p> <p>Sweet & Sour Chicken Garden Rice Oriental Vegetables Coleslaw Mandarin Oranges WW Roll Dessert</p>	<p>19</p>
<p>22</p> <p>Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Bread or Roll Dessert</p>	<p>23</p>	<p>24</p>	<p>25</p> <p>Three Bean Casserole Carrots Garden Salad Fresh Fruit Cornbread Dessert</p>	<p>26</p> 
<p>29</p> <p>Yakisoba Stir Fry Veggies Asian Style Slaw Mandarin Oranges WW Bread or Roll Dessert</p>	<p>30</p> 			

Seniors Age 60 & over—suggested donation
\$4.00

Under age 60—\$8.50 FEE

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





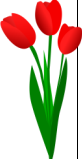
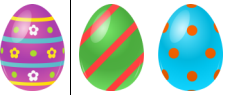
Manson Senior Meals

April 2019



PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday-Manson
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<p>1 Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Pears Bran Muffin Dessert</p>	<p>2 Tuna Noodle Casserole Peas & Carrots 49'er Chopped Salad Peaches WW Bread or roll Dessert</p>	<p>3 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Dessert</p> 	<p>4 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>5 Chicken Caesar Wrap Tortellini Soup Apples & Grapes Dessert</p>
<p>8 White Bean Chicken Chili Garden Salad Fresh Veggie Tray Peaches Cornbread Dessert</p>	<p>9 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>10 Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Blueberries WW Bread or Roll Dessert</p>	<p>11 Pasta Primavera with Ham Tossed Green Salad Pineapple Bread Sticks Dessert</p>	<p>12 Beef Stew Green Salad Peaches Biscuit Dessert</p> 
<p>15 Chicken Pot Pie Green Salad Apricots French Bread Dessert</p> 	<p>16 Turkey & Spinach Wrap Garden Salad Banana Corn Chips Dessert</p>	<p>17 Spaghetti & Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert</p>	<p>18 Sweet & Sour Chicken Garden Rice Oriental Vegetables Coleslaw Mandarin Oranges WW Roll Dessert</p>	<p>19 Tater Tot Casserole Cottage Cheese Carrot/Raisin Salad Peaches WW Bread or Roll Dessert</p>
<p>22 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Bread or Roll Dessert</p>	<p>23 Oven Fried Chicken Roasted Potatoes Peas Cuke & Tomato Salad Grapes Biscuit Dessert</p>	<p>24 Pork Chops Au Gratin Potatoes Asparagus Mixed Greens Salad Applesauce French Bread Dessert</p>	<p>25 Three Bean Casserole Carrots Garden Salad Fresh Fruit Cornbread Dessert</p>	<p>26 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries WW Roll Dessert</p>
<p>29 Yakisoba Stir Fry Veggies Asian Style Slaw Mandarin Oranges WW Bread or Roll Dessert</p>	<p>30 Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin</p> 	<div style="border: 2px solid black; padding: 10px;"> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-888-4440 for more information about the Home Delivered Meal program.</p> </div>		



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If you know you can't make it—Please call and cancel!
For Chelan 888-4440 between 8am & 2 pm For Manson 687-3377




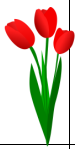



Leavenworth Senior Meals

April 2019



PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Pot Pie Green Salad Apricots French Bread Dessert</p>	<p>2 Tater Tot Casserole Cottage Cheese Carrot & Raisin Salad Peaches WW Bread or Roll Dessert</p>	<p>3 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert</p> 	<p>4 Bacon, Broccoli & Swiss Cheese Quiche Caesar Salad Fruit Tray Blueberry Muffin</p>	<p>5 Chicken & Wild Rice Casserole California Veggies Spinach Salad Apple Celery Salad WW Roll Dessert</p>
<p>8 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p> 	<p>9 Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Blueberries WW Bread or Roll Dessert</p>	<p>10 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert</p>	<p>11 Baked Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>12 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Angel Food Cake</p> 
<p>15 Italian Rice & Beef Caesar Salad Cinnamon Pears WW Roll Dessert</p>	<p>16 White Bean & Chicken Chili Spinach Salad Peaches Corn Chips WW Roll Dessert</p> 	<p>17 Meatloaf Potatoes & Gravy Peas Tossed Salad Fruit Cup Bran Muffin Dessert</p>	<p>18 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Pineapple Cornbread Dessert</p>	<p>19 Sweet & Sour Chicken Garden Rice Oriental Vegetables Asian Slaw Mandarin Oranges Garden Salad Fortune Cookies</p>
<p>22 1/2 Ham & Cheese Sandwich Corn Chowder Tossed Salad Apple Crisp</p> 	<p>23 Stuffed Pepper Casserole 49'er Salad Apricots WW Bread or Roll Dessert</p>	<p>24 Tuna Casserole Peas Carrots Garden Salad Mixed Berries WW Bread or Roll Ice Cream</p>	<p>25 Chicken Fettuccine Asparagus Spinach Salad Apple Slices WW Roll Dessert</p>	<p>26 Lentil Veggie Soup Cottage Cheese 7 Layer Salad Citrus Salad Cornbread Dessert</p>
<p>29 Chicken Fried Steak Potatoes & Gravy Green Beans Tossed Green Salad WW Roll Apricot Crisp</p>	<p>30 Pork Chops Au Gratin Potatoes Brussels Sprouts Mixed Greens Salad Applesauce Biscuit with Chives Dessert</p>	<div style="border: 2px solid black; padding: 10px;"> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-548-6666 for more information about the Home Delivered Meal program.</p> </div>		<div style="border: 2px solid black; padding: 10px;"> <p>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</p> </div>

