



Chelan Senior Meals

October 2020







Monday	Tuesday	Wednesday	Thursday	Friday-Manson
<div> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-470-0522 for more information about the Home Delivered Meal program.</p> </div>			<p>1 Tater Tot Casserole Carrot Raisin Salad Chilled Peaches WW Roll Dessert</p>	<p>2 Garden Chili Cottage Cheese Spinach Salad Pears Cornbread Oatmeal Cookies</p>
<p>5 Cabbage Patch Stew Spiced Salad Oregon Berries Corn Bread Cereal Bars</p>	<p>6 Chicken Paprika Egg Noodles Broccoli Mixed Greens Salad Apple Wedges WW Roll Dessert</p>	<p>7 Pork Roast Stuffing & Gravy Roasted Fall Veggies Cabbage Apple Slaw Mandarin Oranges Dessert</p>	<p>8 Cheese Ravioli with Meat Sauce Italian Vegetables Caesar Salad Spiced Pears Bread Sticks Dessert</p>	<p>9 Broccoli Chicken Bake Rice Pilaf Garden Salad Fruit Salad WW Roll Dessert</p>
<p>12 Sweet & Sour Chicken over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit WW Roll Dessert</p>	<p>13 Stuffed Pepper Casserole 49'er Chopped Salad Pears WW Roll Dessert</p>	<p>14 Crunchy Chicken Salad Sandwich Vegetable Soup Pickled Beets Chilled Peaches Dessert</p>	<p>15 Baked Ham Scalloped Potatoes Trio Vegetables Spinach Salad Pineapple Tidbits WW Roll Dessert</p>	<p>16 Beef Stroganoff Brussels Sprouts Tossed Green Salad Mixed Berries WW Roll Dessert</p>
<p>19 Chicken Fajitas Baja Veggies Fresh Salsa Mandarin Oranges Dessert</p>	<p>20 Lemon Baked Fish Garden Rice Glazed Carrots Broccoli Salad Peaches Focaccia Bread Dessert</p>	<p>21 Meatloaf Potatoes & Gravy Green Beans Green Salad Chilled Pears Biscuit Dessert</p>	<p>22 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert</p>	<p>23 Hearty Vegetable Beef Soup Cottage cheese Cucumber Salad WW Roll Apple Crisp</p>
<p>26 Yankee Pot Roast Roasted Potatoes & Fall Veggies Garden Salad Mixed Fruit WW Roll Cereal Bars</p>	<p>27 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Roll Cherry Crisp</p>	<p>28 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Tropical Fruit Dessert</p>	<p>29 Honey Mustard Chicken Wild Rice Roasted Cauliflower Kale Salad Waldorf Salad WW Roll Dessert</p>	<p>30 Spaghetti and Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>





Entiat Senior Meals October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tater Tot Casserole Carrot Raisin Salad Chilled Peaches WW Roll Dessert	2
5 Cabbage Patch Stew Spiced Salad Oregon Berries Corn Bread Cereal Bars	6 	7	8 Cheese Ravioli with Meat Sauce Italian Vegetables Caesar Salad Spiced Pears Bread Sticks Dessert	9 
12 Sweet & Sour Chicken over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit WW Roll Dessert	13	14	15 Baked Ham Scalloped Potatoes Trio Vegetables Spinach Salad Pineapple Tidbits WW Roll Dessert	16
19 Chicken Fajitas Baja Veggies Fresh Salsa Mandarin Oranges Dessert	20 	21	22 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	23
26 Yankee Pot Roast Roasted Potatoes & Fall Veggies Garden Salad Mixed Fruit WW Roll Cereal Bars	27	28 	29 Honey Mustard Chicken Wild Rice Roasted Cauliflower Kale Salad Waldorf Salad WW Roll 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 888-0952



Leavenworth Senior Meals

October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
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	2 Garden Chili Cottage Cheese Spinach Salad Pears Cornbread Oatmeal Cookies
5 Cabbage Patch Stew Spiced Salad Oregon Berries Corn Bread Cereal Bars	6	7 Pork Roast Stuffing & Gravy Roasted Fall Veggies Cabbage Apple Slaw Mandarin Oranges Dessert	8	9 Broccoli Chicken Bake Rice Pilaf Garden Salad Fruit Salad WW Roll Dessert
12 Sweet & Sour Chicken over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit WW Roll Dessert	13	14 Crunchy Chicken Salad Sandwich Vegetable Soup Pickled Beets Chilled Peaches Dessert	15	16 Beef Stroganoff Brussels Sprouts Tossed Green Salad Mixed Berries WW Roll Dessert
19 Chicken Fajitas Baja Veggies Fresh Salsa Mandarin Oranges Dessert	20	21 Meatloaf Potatoes & Gravy Green Beans Green Salad Chilled Pears Biscuit Dessert	22	23 Hearty Vegetable Beef Soup Cottage cheese Cucumber Salad WW Roll Apple Crisp
26 Yankee Pot Roast Roasted Potatoes & Fall Veggies Garden Salad Mixed Fruit WW Roll Cereal Bars	27	28 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Tropical Fruit Dessert	29	30 Spaghetti and Meat Sauce Caesar Salad Apricots Garlic Bread Dessert

