



# Senior Meals

## Brewster-Bridgeport-Pateros

### January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 Chicken Fettuccine Broccoli Carrot Raisin Salad Garlic Bread Berry Crisp	3
6	7 Chicken Strips Jo Jo's Pea Salad Coleslaw Oregon Berries WW Roll Dessert	8 Salisbury Steak Potatoes & Gravy Mixed Vegetables Spinach Salad WW Roll Peach Cobbler	9 Chili 1/2 Baked Potato Tossed Green Salad Apple Celery Salad Cornbread Dessert	10
13	14 Baked Fish Roasted Potatoes & Carrots Coleslaw Tropical Fruit Cheesy Biscuit Dessert	15 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Peaches WW Roll Dessert	16 Chicken Cordon Bleu Casserole Wild Rice Peas & Carrots Garden Salad Mandarin Oranges Bread Pudding	17 
20 	21 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert	22 Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches Garlic Bread Dessert	23 French Dip Pickled Beets Three Bean Salad Waldorf Salad Dessert	24
27	28 Oven Fried Chicken Twice Bake Potato Corn Spiced Salad Chilled Pears Biscuit Dessert	29 Italian Meatballs in Marinara Sauce Pasta Italian Vegetables Caesar Salad Fruit Cocktail Cheesy Garlic Brea Dessert	30 Cabbage Patch Stew Mediterranean Salad Waldorf Salad Whole Grain Crackers WW Roll Dessert	31 

**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 January 2020



Okanogan	Omak	Okanogan	Okanogan	Omak
Monday	Tuesday	Wednesday	Thursday-9am	Friday
<p>Seniors Age 60 &amp; over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979</p>		<p>1 CLOSED</p> 	<p>2 Biscuits &amp; Gravy Sausage Patty Hash Browns Juice Fresh Fruit Blueberry Parfait</p>	<p>3 Chicken Paprika Egg Noodles Roasted Winter Veggies Green Salad Banana WW Roll Dessert</p>
<p>6 Chili with Cheese 1/2 Baked Potato 7 Layer Salad Apple Celery Salad Cornbread Dessert</p> 	<p>7 Pork Chops Mac &amp; Cheese Zucchini Tomato Bake Garden Salad Pineapple Dessert</p>	<p>8 Chicken Strips Jo Jo's Pea Salad Grapes WW Roll Cereal Bars</p>	<p>9 Quiche Oven Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin</p>	<p>10 Hamburger Stroganoff Green Beans Greek Salad Banana French Bread Dessert</p>
<p>13 Cabbage Patch Stew Caesar Salad Pineapple tidbits Whole Grain Crackers WW Roll Dessert</p>	<p>14 Ham &amp; Cheese Sandwich Tomato Basil Soup Three Bean Salad Waldorf Salad Dessert</p>	<p>15 Cheeseburger Deluxe Sweet Potato Fries Spiced Salad Orange Quarters Dessert</p> 	<p>16 Scrambled Eggs Bacon Oven Brown Potatoes V-8 Juice Fresh Fruit Blueberry Buckle</p>	<p>17 Baked Fish Wild Rice Glazed Carrots Coleslaw Citrus Salad WW Bread or Roll Dessert</p>
<p>20 CLOSED</p> 	<p>21 Beef Barley Soup Cottage Cheese Spinach Salad Oranges Biscuit Dessert</p>	<p>22 BBQ Country Ribs Sweet Potato Fries Carrot Raisin Salad Pineapple Tidbits Pasta Salad Cornbread Dessert</p>	<p>23 Scrambled Eggs Sausage Patty Hash Browns Stewed Tomatoes Fresh Fruit Pancakes</p>	<p>24 Pork Roast Stuffing &amp; Gravy Zucchini Tomato Bake Garden Salad Applesauce Dessert</p> 
<p>27 Ham &amp; White Beans Fried Potatoes Peas &amp; Carrots Fresh Fruit Cornbread Oatmeal Cookies</p>	<p>28 Cordon Blue Casserole Wild Rice Glazed Carrots Garden Salad Orange Quarter Bread Pudding</p>	<p>29 Meatloaf Mashed Potatoes Trio Vegetables Green Salad Peaches WW Bread or roll Dessert</p>	<p>30 Scrambled Eggs Ham Oven Brown Potatoes V-8 Juice Fresh Fruit Cinnamon Roll</p>	<p>31 Clam Chowder 1/2 Egg or Tuna Salad Sandwich Kale Slaw Tropical Fruit Dessert</p>



# Oroville Senior Meals January 2020


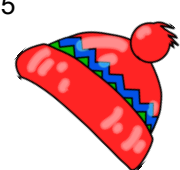



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 476-2412</p>		<p>1</p>	<p>2</p> <p>Pork Roast Stuffing &amp; Gravy Glazed Carrots Spinach Salad Applesauce WW Roll Dessert</p>	<p>3</p> <p>Clam Chowder 1/2 Tuna Melt Mixed Greens Salad Tropical Fruit Whole Grain Crackers WW Roll Dessert</p>
<p>6</p>	<p>7</p> <p>Chicken Strips Jo Jo Potatoes Pea Salad Apple Slices WW Bread Oatmeal Cookies</p>	<p>8</p>	<p>9</p> <p>Chili 1/2 Baked Potato Tossed Green Salad Mandarin Oranges Cornbread Dessert</p>	<p>10</p> <p>Baked Fish Wild rice Glazed Carrots Coleslaw Citrus Salad Cheese Biscuit Dessert</p>
<p>13</p>	<p>14</p> <p>BBQ Country Ribs Potato Salad Carrot Raisin Salad Pineapple Tidbits Cornbread Dessert</p>	<p>15</p>	<p>16</p> <p>Meatloaf Potatoes &amp; Gravy Green Beans Caesar Salad Waldorf Salad WW Roll Dessert</p>	<p>17</p> <p>Tuna Noodle Casserole Peas &amp; Carrots Tossed Salad Peaches Garlic Bread Dessert</p>
<p>20</p>	<p>21</p> <p>Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert</p>	<p>22</p>	<p>23</p> <p>Chicken Cordon Bleu Casserole Rice Pilaf Peas &amp; Carrots Garden Salad Tropical Fruit Salad Bread Pudding</p>	<p>24</p> <p>Salisbury Steak Potatoes &amp; Gravy Mixed Vegetables Spinach Salad Roll Peach Cobbler</p>
<p>27</p>	<p>28</p> <p>Bacon &amp; Cheese Quiche Steamed Broccoli Garden Salad Fresh Fruit English Muffin Dessert</p>	<p>29</p>	<p>30</p> <p>Beef Tacos Spanish Rice Mexi Corn Cinnamon Applesauce Dessert</p>	<p>31</p> <p>Ham &amp; Cheese Sandwich Tomato Basil Soup Coleslaw Waldorf Salad Dessert</p>



# Twisp Senior Meals January 2020









Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 997-7722</p>		<p>1</p>  <p>Bring on the NEW YEAR!</p>	<p>2</p> <p>Meatloaf Potatoes &amp; Gravy Buttered Peas Green Salad Peaches WW Roll Dessert</p>	<p>3</p> <p>Shrimp Fettuccine Broccoli Carrot Raisin Salad Garlic Bread Berry Crisp</p>
<p>6</p> <p>Chicken Cordon Bleu Casserole Wild Rice Peas &amp; Carrots Garden Salad Orange Quarters Bread Pudding</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>Chili with Cheese 1/2 Baked Potato Tossed Green Salad Apple Celery Salad Cornbread Dessert</p>	<p>10</p> <p>Baked Fish Herbed Fettuccine Glazed Carrots Coleslaw Citrus Salad WW Roll Dessert</p>
<p>13</p> <p>Pork Chops Stuffing &amp; Gravy Zucchini Tomato Bake Garden Salad Pineapple WW Roll Dessert</p>	<p>14</p>	<p>15</p> 	<p>16</p> <p>Oven Fried Chicken Twice Bake Potato Corn Spiced Salad Orange Quarters WW Roll Dessert</p>	<p>17</p> <p>Lasagna with Meat Sauce Green Beans Caesar Salad Fruit Cocktail Garlic Bread Dessert</p>
<p>20</p> 	<p>21</p>	<p>22</p>	<p>23</p> <p>Ham Scalloped Potatoes Roasted Brussels Sprouts Garden Salad Applesauce WW Bread or Roll Dessert</p>	<p>24</p> <p>Tuna Noodle Casserole Peas &amp; Carrots Tossed Salad Peaches Garlic Bread Dessert</p>
<p>27</p> <p>Hamburger Stroganoff Green Beans Garden Salad Banana French Bread Dessert</p>	<p>28</p>	<p>29</p>	<p>30</p> <p>Beef Tacos Spanish Rice Mexi Corn Cinnamon Applesauce Dessert</p>	<p>31</p> <p>BBQ Country Ribs Sweet Potato Fries Carrot Raisin Salad Pasta Salad Pineapple Tidbits Cornbread Dessert</p>





# Tonasket Senior Meals January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Seniors Age 60 &amp; over— suggested donation \$4.00</b></p> <p style="text-align: center;"><b>Under age 60—\$8.50 FEE</b></p> <p style="text-align: center;">Please call the Site Director for more information about the Home Delivered Meal program at 486-2483</p>		<p>1 CLOSED</p> 	<p>2 Hamburger Stroganoff Green Beans Garden Salad Strawberries &amp; Bananas French Bread Dessert</p>	<p>3</p>
<p>6 Chicken &amp; Rice Bake Cucumber Salad Tropical Fruit Cheesy Biscuit Dessert</p>	<p>7</p>	<p>8 Pot Roast Roasted Potatoes &amp; Carrots Tossed Green Salad WW Roll Oatmeal</p>	<p>9 Beef Barley Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert</p>	<p>10</p> 
<p>13 Cheeseburger Deluxe Sweet Potato Fries Three Bean Salad Grapes Dessert</p>	<p>14</p> 	<p>15 Ham Au Gratin Potatoes Mixed Vegetables Garden Salad Waldorf Salad WW Bread or Roll Dessert</p>	<p>16 Meatloaf Potatoes &amp; Gravy Green Beans Green Salad Peaches WW Bread or Roll Dessert</p>	<p>17</p>
	<p>21</p>	<p>22 Chicken Fettuccine Peas Caesar Salad Garlic Bread Berry Crisp</p>	<p>23 Pork Chops Stuffing &amp; Gravy Glazed Carrots Garden Salad Applesauce WW Roll Dessert</p>	<p>24</p> 
<p>27 Biscuits &amp; Gravy Sausage Patty Hash Browns Juice Fresh Fruit Blueberry Parfait</p>	<p>28</p> 	<p>29 French Dip Pickled Beets Pea Salad Fruit Salad Dessert</p>	<p>30 Baked Fish Wild Rice Glazed Carrots Coleslaw Citrus Salad Cheesy Biscuit Dessert</p>	<p>31</p>