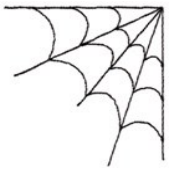


Senior Meals
Brewster-Bridgeport-Pateros
October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Wild Rice & Ham Casserole Peas & Carrots Spinach Salad Orange Quarters WW Bread or Roll Dessert	2 Honey Mustard Chicken Rosemary Potatoes Normandy Vegetables Coleslaw Tropical Fruit WW Roll Dessert	3 Hearty Vegetable Beef Soup Cottage Cheese Pasta Salad Greek Salad Sliced Pears WW Roll Dessert	4
7 	8 Chicken Salad Croissant Cottage Cheese Potato Soup Fruit Tray Dessert	9 Meatloaf Mashed Potatoes & Gravy Green Beans Green Salad Chilled Pears Biscuit Dessert	10 Lemon Baked Fish Garden Rice Glazed Carrots Coleslaw Peaches Cornbread Dessert	11 
14	15 Beef Stew Chopped Veggie Salad Grapes WW Bread Cereal Bars	16 Chicken Florentine Caesar Salad Cherries & Pineapple WW Roll Dessert 	17 Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Asian Style Slaw Tropical Fruit WW Roll Dessert	18
21 	22 Tater Tot Casserole Cottage cheese Carrot Raisin Salad Chilled Peaches WW Bread or Roll Dessert	23 Garden Chili Spinach Salad Apple Wedges Cheesy Garlic Bread Oatmeal Cookies	24 Tuna Noodle Casserole Peas & Carrots Garden Salad Oregon Berries WW Bread or Roll Dessert	25
28	29 1/2 Ham & Cheese Sandwich Corn Chowder Tossed Salad Orange Quarters Dessert	30 Yankee Pot Roast Mixed Greens Salad Fruit cocktail WW Bread or Roll Cereal Bars	31 Chicken Fettuccine Zucchini/Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	

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





Chelan Senior Meals
October 2019



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
	1 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Bread or Roll Pear Crisp	2 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Apple Wedges Dessert	3 Chicken Paprika Rice Broccoli Mixed Greens Salad Pineapple WW Roll Dessert	4 Beef Stroganoff Green Beans Tossed Green Salad Mixed Berries WW Roll Dessert
7 Beef Stew Tossed Green Salad Peaches WW Roll Cereal Bars	8 Pork Roast Stuffing & Gravy Glazed Carrots Spinach Salad Applesauce WW Roll Dessert	9 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Bread or Roll Dessert	10 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	11 California Chicken Casserole Lettuce Tomato Salad Mandarin Oranges Cheesy Biscuit Dessert
14 Meatloaf & Gravy Mashed Potatoes Brussels Sprouts Green Salad Chilled Pears Biscuit Dessert	15 Corn Chowder 1/2 Ham & Cheese Sandwich Tossed Salad Grapes Dessert	16 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	17 Yankee Pot Roast Roasted Red Potatoes and Carrots Mixed Greens Salad Baked Apples WW Bread or Roll Cereal Bars	18 Lemon Baked Fish Garden Rice Caribbean Veggies Coleslaw Citrus Salad Cornbread Dessert
21 Baked Chicken Au Gratin Potatoes Brussels Sprouts Tossed Green Salad Pineapple WW Roll Dessert	22 Cheese Ravioli with Meat Sauce Italian Vegetables Peaches Bread Sticks Vegetables	23 Bacon Cheeseburger Wellington (in pastry) Glazed Carrots Southwest Salad Sliced Pears Oatmeal Cookies	24 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Spinach Salad Tropical Fruit WW Roll Dessert	25 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Waldorf Salad Dessert
28 Chicken Lo Mein over Noodles Asian Style Slaw Mandarin Oranges Egg Roll Dessert	29 Spinach & Mushroom Quiche Steamed Broccoli Tossed Salad Apricots Blueberry Muffin	30 Tater Tot Casserole Carrot Raisin Salad Waldorf Salad WW Bread or roll Dessert	31 Honey Mustard Chicken Wild Rice Baked Squash Coleslaw WW Roll Fruited Jell-O	

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.



Davenport Senior Meals October 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 Pork Curry Rice Cucumber Salad Grapes WW Roll Dessert	2	3 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	4 Lemon Baked Fish Red Potatoes Glazed Carrots Coleslaw Apple Slices Cornbread Dessert
7	8 Spaghetti & Meat Sauce Caesar Salad Apple Slices Garlic Bread Dessert	9 	10 Chicken Fajitas Rice & Beans Fresh Salsa Mandarin Oranges Cookies	11 Yankee Pot Roast Roasted Potatoes and Carrots Spinach Salad Cranberry Salad WW Roll Cereal Bars
14	15 1/2 Turkey Sandwich Corn Chowder Tossed Salad Pineapple Dessert	16	17 Meatloaf Potatoes & Gravy Green Beans Green Salad Chilled Pears Biscuit Dessert	18 Cabbage Rolls 49'er Chopped Salad Apple Wedges WW Bread or Roll Dessert
21 	22 Beef Stew Greek Salad Grapes WW Roll Oatmeal Cookies	23	24 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	25 Chicken Fried Steak Potatoes & Gravy Brussels Sprouts Tossed Green Salad WW Bread or Roll Apple Crisp
28	29 Pork Roast Stuffing & Gravy Rosemary Potatoes Tossed Green Salad Waldorf Salad WW Roll Dessert	30 	31 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches Cheesy Garlic Bread Dessert	

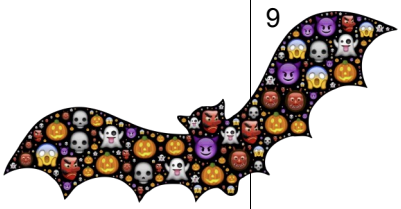
Volunteers ARE ORDINARY PEOPLE WITH Extraordinary Hearts



Entiat
Senior Meals
October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 Chicken Paprika Rice Broccoli Mixed Greens Salad Pineapple WW Roll	4
7 Beef Stew Tossed Green Salad Peaches WW Roll Cereal Bars	8	9	10 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	11
14 Meatloaf & Gravy Mashed Potatoes Brussels Sprouts Green Salad Chilled Pears Biscuit Dessert	15	16	17 Yankee Pot Roast Roasted Red Potatoes and Carrots Mixed Greens Salad Baked Apples WW Bread or Roll Cereal Bars	18
21 Baked Chicken Au Gratin Potatoes Brussels Sprouts Tossed Green Salad Pineapple WW Roll Dessert	22	23	24 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Spinach Salad Tropical Fruit WW Roll Dessert	25
28 Chicken Lo Mein over Noodles Asian Style Slaw Mandarin Oranges Egg Roll Dessert	29	30	31 Honey Mustard Chicken Wild Rice Baked Squash Coleslaw WW Roll Fruited Jell-O	







WE
VOLUNTEERS!



24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Seniors Age 60 & over—suggested donation $4.00

Under age 60—$8.50 FEE

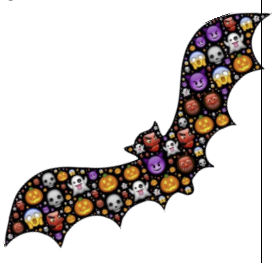
Please call 509-470-0522 for more information about the Home Delivered Meal program.

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



Harrington Senior Meals October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Curry Rice Cucumber Salad Grapes WW Roll Dessert	2	3 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	4 Lemon Baked Fish Red Potatoes Glazed Carrots Coleslaw Apple Slices Cornbread Dessert
7	8 Spaghetti & Meat Sauce Caesar Salad Apple Slices Garlic Bread Dessert	9 	10 Chicken Fajitas Rice & Beans Fresh Salsa Mandarin Oranges Cookies	11 Yankee Pot Roast Roasted Potatoes and Carrots Spinach Salad Cranberry Salad WW Roll Cereal Bars
14	15 1/2 Turkey Sandwich Corn Chowder Tossed Salad Pineapple Dessert	16	17 Meatloaf Potatoes & Gravy Green Beans Green Salad Chilled Pears Biscuit Dessert	18 Cabbage Rolls 49'er Chopped Salad Apple Wedges WW Bread or Roll Dessert
21	22 Beef Stew Greek Salad Grapes WW Roll Oatmeal Cookies	23	24 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	25 Chicken Fried Steak Potatoes & Gravy Brussels Sprouts Tossed Green Salad WW Bread or Roll Apple Crisp
28	29 Pork Roast Stuffing & Gravy Rosemary Potatoes Tossed Green Salad Waldorf Salad WW Roll Dessert	30 	31 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches Cheesy Garlic Bread 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



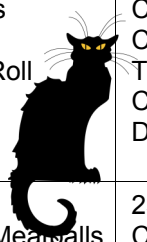
Leavenworth Senior Meals
October 2019

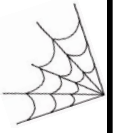


Monday	Tuesday	Wednesday	Thursday	Friday
	1 Garden Chili Cottage Cheese Spinach Salad Peaches Cornbread Oatmeal Cookies	2 Bacon Cheeseburger Sweet Potato Fries Southwest Salad Sliced Pears Dessert	3 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	4 Baked Ham Roasted Squash Macaroni Salad Tossed Green Salad Apple Celery Salad WW Roll Dessert
7 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	8 Quiche Steamed Broccoli Tossed Salad Pears Muffin	9 Beef Stew Kale Slaw Grapes WW Bread Cereal Bars	10 Chicken Fettuccine Zucchini Tomato Bake Spinach Salad Mixed Berries Garlic Bread Dessert	11 Stuffed Peppers 49'er Chopped Salad Apple Salad WW Bread or Roll Dessert
14 Grilled Chicken Breast Parmesan Bowties With Sugar Snap Peas Garden Salad Grapes WW Roll Dessert	15 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Salad WW Bread or Roll Apple Crisp	16 Lemon Baked Fish Garden Rice Caribbean Vegetables Coleslaw Tropical Fruit Cornbread Dessert	17 Chicken Fajitas Southwest Salad Mandarin Oranges Snickerdoodles	18 Tater Tot Casserole Carrot Raisin Salad Chilled Peaches WW Bread or Roll Dessert
21 Hearty Veggie Beef Soup Pasta Salad Pea Salad Orange Quarters Biscuit Dessert	22 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Asian Coleslaw Tropical Fruit WW Roll Dessert	23 Cheese Ravioli with Meat Sauce Italian Vegetables Waldorf Salad Bread Sticks Dessert	24 Meatloaf Potatoes & Gravy Brussels Sprouts Green Salad Chilled Peaches WW Roll Dessert	25 Chicken Florentine Rice Pilaf Tossed Green Salad Cherries & Pineapple WW Roll Dessert
28 Breakfast Burrito Egg, Sausage, Cheese Hash Browns Spinach Salad Pudding & Berry Parfait	29 Beef Stroganoff Green Beans Tossed Green Salad Mixed Fruit WW Bread or Roll Dessert	30 Broccoli Chicken Bake Wild Rice Garden Salad Pineapple WW Roll Dessert	31 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Apricots Dessert	













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.



Manson Senior Meals October 2019



Monday	Tuesday	Wednesday	Thursday	Friday-MANSON
	1 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Bread or Roll Pear Crisp	2 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Apple Wedges Dessert	3 Chicken Paprika Rice Broccoli Mixed Greens Salad Pineapple WW Roll Dessert	4 Beef Stroganoff Green Beans Tossed Green Salad Mixed Berries WW Roll Dessert
7 Beef Stew Tossed Green Salad Peaches WW Roll Cereal Bars	8 Pork Roast Stuffing & Gravy Glazed Carrots Spinach Salad Applesauce WW Roll Dessert	9 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Bread or Roll Dessert	10 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	11 California Chicken Casserole Lettuce Tomato Salad Mandarin Oranges Cheesy Biscuit Dessert
14 Meatloaf & Gravy Mashed Potatoes Brussels Sprouts Green Salad Chilled P Biscuit Dessert	15 Corn Chowder 1/2 Ham & Cheese Sandwich Tossed Salad Grapes Dessert	16 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	17 Yankee Pot Roast Roasted Red Potatoes and Carrots Mixed Greens Salad Baked Apples WW Bread or Roll Cereal Bars	18 Lemon Baked Fish Garden Rice Caribbean Veggies Coleslaw Citrus Salad Cornbread Dessert
21 Baked Chicken Au Gratin Potatoes Brussels Sprouts Tossed Green Salad Pineapple WW Roll Dessert	22 Cheese Ravioli with Meat Sauce Italian Vegetables Peaches Bread Sticks Vegetables	23 Bacon Cheeseburger Wellington (in pastry) Glazed Carrots Southwest Salad Sliced Pears Oatmeal Cookies	24 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Spinach Salad Tropical Fruit WW Roll Dessert	25 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Waldorf Salad Dessert
28 Chicken Lo Mein over Noodles Asian Style Slaw Mandarin Oranges Egg Roll Dessert	29 Spinach & Mushroom Quiche Steamed Broccoli Tossed Salad Apricots Blueberry Muffin	30 Tater Tot Casserole Carrot Raisin Salad Waldorf Salad WW Bread or roll Dessert	31 Honey Mustard Chicken Wild Rice Baked Squash Coleslaw WW Roll Fruited Jell-O	









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.

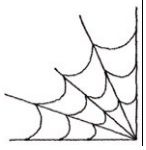
24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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
October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 **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	2 Yankee Pot Roast Roasted Red Potatoes & Carrots Mixed Greens Salad Grapes WW Bread Cereal Bars	3 Garden Chili Cottage Cheese Spinach Salad Pears Cornbread Tortilla Chips Dessert	4
7 Crunchy Chicken Salad Sandwich Vegetable Soup Pickled Beets Chilled Peaches Dessert	8 	9 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	10 Pork Roast Stuffing & Gravy Roasted Fall Veggies Coleslaw Applesauce WW Bread or Roll Dessert	11 
14 Chicken Florentine over Pasta -with Spinach & Mushrooms Tossed Green Salad Tropical Fruit WW Roll Dessert	15	16 Beef Stew Garden Salad Baked Apples WW Bread Cereal Bars	17 Pork Lo Mean (noodles) Asian Style Slaw Mandarin Oranges Egg Roll Dessert	18
21 Baked Ham Roasted Sweet Potatoes Brussels Sprouts Tossed Green Salad Pineapple tidbits WW Roll Dessert	22	23 Cabbage Rolls 49'er Chopped Salad Fruit Cocktail WW Bread or Roll Dessert	24 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches WW Bread or Roll Dessert	25
28 Wild Rice & Ham Casserole Baked Squash Spinach Salad Orange Quarters WW Bread or Roll Dessert	29 	30 Hearty Vegetable Beef Soup Cottage Cheese Pasta Salad Pea & Cheese Salad Fruit Salad Bread Pudding 	31 Meatloaf Twice Bake Potatoes Green Beans Green Salad Chilled Pears Biscuit Dessert	



Omak-Okanogan Senior Meals October 2019



Okanogan	Omak	Okanogan	Okanogan-9am	Omak
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	1 Pork Curry Rice Cucumber Salad Grapes WW Roll Dessert	2 Egg Salad Sandwich Minestrone Soup Oregon Berries Whole Grain Crackers Angel Food Cake	3 Bacon & Spinach Quiche Roasted Red Potatoes Juice Fresh Fruit Muffin	4 Lemon Baked Fish Garden Rice Glazed Carrots Coleslaw Apple Slices Cornbread Dessert
7 Chicken Paprika Egg Noodles Broccoli Mixed Greens Salad Apple Wedges WW Roll Dessert	8 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Asian Coleslaw Tropical Fruit WW Bread or Roll Dessert	9 Meatloaf Potatoes & Gravy Green Beans Green Salad Chilled Pears Biscuit Dessert	10 Breakfast Burrito Hash Browns Juice Fresh Fruit 	11 Yankee Pot Roast Roasted Red Potatoes Carrots Spinach Salad Cranberry Salad WW Bread or roll Cereal Bars
14 Chicken Fried Steak Scalloped Potatoes Brussels Sprouts Tossed Green Salad WW Roll Apple Crisp 	15 Cabbage Rolls 49'er Chopped Salad Pears WW Bread or Roll Dessert	16 Chicken Fajitas Rice & Beans Fresh Salsa Mandarin Oranges Dessert	17 Scrambled Eggs with Ham Hash Brown Potatoes V-8 Juice Fresh Fruit Maple Walnut Sticky Buns	18 Spaghetti & Meat Sauce Caesar Salad Apple Slices Garlic Bread Dessert
21 1/2 Turkey & Cheese Sandwich Corn Chowder Tossed Salad Pineapple Dessert	22 Bacon Cheeseburger Wellington Sweet Potato Fries Southwest Salad Sliced Pears Dessert	23 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	24 Scrambled Eggs with Cheese Potatoes O'Brien V-8 Juice Fruit French Toast	25 Beef Stew Green Salad Grapes WW Bread Oatmeal Cookies
28 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert	29 Pork Roast Rosemary Potatoes Stuffing & Gravy Tossed Green Salad Waldorf Salad WW Bread or Roll Dessert	30 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches Cheesy Garlic Bread Dessert	31 Scrambled Eggs Sausage Hash Browns V-8 Juice Fresh Fruit Blueberry Buckle 	

Seniors Age 60 & over suggested donation $4.00
Under age 60—$8.50 FEE
For Home Delivered Meals please call 509-826-7979





Oroville Senior Meals October 2019

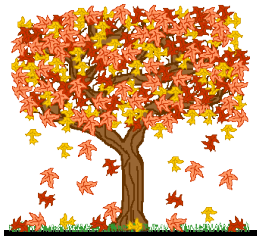


Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bacon Cheeseburger Sweet Potato Fries Fiesta Salad Sliced Pears Dessert	2	3 Hawaiian Chicken Fried Rice Spinach Salad Tropical Fruit Egg Roll Dessert	4 Pulled Pork Sliders Baked Beans Pea Salad Coleslaw Apple Wedges Dessert
7 	8 Spaghetti & Meat Sauce Caesar Salad Bread Sticks Berry Cobbler	9	10 Bacon & Egg Salad Sandwich Split Pea Soup Carrot Raisin Salad Fresh Fruit Dessert	11 Lemon Baked Fish 1/2 Baked Potato Peas Coleslaw Fresh Pears WW Roll Dessert
14	15 Chicken Fried Steak Potatoes & Gravy Normandy Veggies Tossed Green Salad WW Bread or Roll Apple Crisp	16 	17 Honey Mustard Chicken Cuke & Tomato Salad Coleslaw Carrot Raisin Salad Cornbread Oatmeal Cookies	18 Tuna Melt Sandwich Clam Chowder Garden Salad Fruit Tray BIRTHDAY CAKE 
21	22 Chicken Fettuccine Roasted Squash Caesar Salad Mixed Fruit Garlic Bread Sticks Dessert	23	24 Baked Ham Mashed Potatoes Peas & Carrots Tossed Green Salad Pineapple Tidbits WW Roll Dessert	25 Salmon, Swiss and Chive Quiche Steamed Broccoli Mixed Greens Sala Fresh Fruit Salad WW Roll Dessert
28 	29 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches WW Bread or Roll Dessert	30 	31 Chicken Fajitas Refried Beans Spanish Rice Fresh Salsa Mandarin Oranges Special Dessert	

Seniors Age 60 & over—suggested donation $4.00

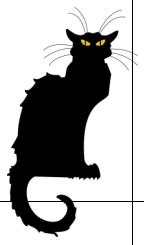
Under age 60—$8.50 FEE

Please call the Site Director for more information about the Home Delivered Meal program at 476-2412



Tonasket Senior Meals October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 **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	2 Yankee Pot Roast Roasted Red Potatoes and Carrots Mixed Greens Salad Grapes WW Bread or Roll Cereal Bars	3 Lemon Baked Fish Garden Rice Peas Coleslaw Peaches Cornbread Dessert	4
7 Cheese Ravioli with Meat Sauce Italian Vegetables Apricots Bread Sticks Dessert	8	9 Broccoli Chicken Bake Rice Garden Salad Pineapple WW Roll Dessert	10 Hearty Vegetable Beef Soup Cottage Cheese Spinach Salad Pasta Salad Apple Wedges WW Roll Dessert	11 
14 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Asian Slaw Citrus Salad WW Roll Lemon Bars	15 	16 Pork Roast Stuffing & Gravy Normandy Veggies Caesar Salad Applesauce WW Roll Dessert	17 Honey Mustard Chicken Mashed Potatoes Zucchini & Tomato Bake Tossed Green Salad Tropical Fruit Biscuit Dessert	18
21 Beef Stroganoff Peas & Carrots Tossed Green Salad Mixed Berries Bread Pudding	22	23 Meat Loaf Twice Bake Potatoes Brussels Sprouts Garden Salad Chilled Pears Biscuit Dessert	24 Baked Ham Rice Pilaf Normandy Vegetables Greek Salad Pineapple WW Roll Dessert	25 
28 Garden Chili Cottage Cheese Spinach Salad Peaches Cornbread Oatmeal Cookies	29	30 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Grapes Dessert	31 Chicken Fajitas Spanish Rice Fiesta Salad Mandarin Oranges Snickerdoodles 	



Twisp
Senior Meals
October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 	3 Tater Tot Casserole Carrot Raisin Salad Chilled Peaches WW Bread or Roll Dessert	4 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert
7 Beef Stroganoff Peas & Carrots Tossed Green Salad Mixed Berries WW Roll Dessert	8	9	10 Honey Mustard Chicken Wild Rice Brussels Sprouts Cuke & Tomato Salad Apple Wedges WW Roll Dessert	11 Lemon Baked Fish Rosemary Potatoes Caribbean Veggies Coleslaw Peaches Cornbread Dessert
14 Pork Chops Twice Bake Potatoes Green Beans Tossed Green Salad Waldorf Salad Biscuit Dessert	15 	16	17 Beef Stew 49'er Chopped Salad Grapes WW Roll Cereal Bars	18 Spaghetti & Meat Sauce Caesar Salad Sliced Pears Garlic Bread Dessert
21 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Roll Apple Crisp	22	23	24 Cabbage Rolls 7 Layer Salad Pears WW Bread or Roll Dessert	25 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Garlic Bread Mixed Berries Dessert
28 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Asian Coleslaw Tropical Fruit WW Roll Dessert	29	30 	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 997-7722

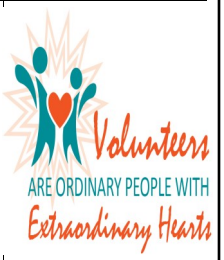


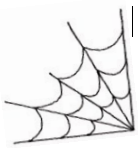
Wilbur Senior Meals
October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Roll Apple Crisp	2 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	3 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	4
7	8 Beef Stew Kale Slaw Peaches WW Bread Cereal Bars	9 Stuffed Green Peppers 49'er Chopped Peppers Pears WW Roll Dessert	10 Baked Ham Roasted Sweet Potatoes Peas & Carrots Tossed Green Salad Pineapple WW Roll Dessert	11 
14	15 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Asian Coleslaw Tropical Fruit WW Roll Dessert	16 Chicken Fettuccine Zucchini / Tomato Bake Caesar Salad Garlic Bread Mixed Berries Dessert	17 Lemon Baked Fish Garden Rice Glazed Carrots Spinach Salad Peaches Cornbread Dessert	18
21	22 Hearty Veggie Beef Soup Cottage Cheese Pasta Salad Pea & Cheese Salad Fruit Salad WW Roll Dessert	23 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert	24 Meatloaf Mashed Potatoes Green Beans Carrot Raisin Salad Chilled Pears Biscuit Dessert	25
28	29 1/2 Ham & Cheese Sandwich Corn Chowder Garden Salad Apricots Dessert	30 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	31 Cheese Ravioli with Meat Sauce Italian Veggies Caesar Salad Pears Bread Sticks 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