









Senior Meals

Brewster-Bridgeport-Pateros

February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 
4 	5 Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Apple Celery Salad WW Bread or Roll Dessert	6 Navy Bean & Ham Soup Crunchy Pea Salad Tossed Green Salad Peaches Cornbread Dessert	7 Cheese Ravioli with Meat Sauce Spinach Salad Apricots Garlic Bread Ice Cream	8 
11	12 Chicken Parmesan Pasta Steamed Broccoli 7 Layer Salad WW Bread or Roll Fruit Crisp	13 Fish & Chips Carrots Cabbage Apple Slaw Fruit Cocktail WW Bread or Roll Dessert	14 Beef Stew Caesar Salad Banana Biscuit Dessert 	15
18 CLOSED  President's Day	19 Biscuits & Gravy Carrot Raisin Salad Juice Fresh Fruit Blueberry Muffin	20 Chicken Salad on a Croissant Vegetable Soup Grapes Dessert	21 Spaghetti & Meat Sauce Spinach Salad Spiced Pears Garlic Bread Dessert	22 
25	26 Swedish Meatballs Penne Pasta Italian Vegetables Spiced Salad Peaches WW Roll Dessert	27 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Oregon Berries WW Bread or Roll Dessert	28 Teriyaki Beef Rice Oriental Vegetables Spinach Salad Mandarin Oranges 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



Omak-Okanogan Senior Meals February 2019



Okanogan

Omak

Okanogan

Omak

Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Spaghetti Casserole California Vegetables Greek Salad Fruit Salad Garlic Bread Dessert	5 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie	6 Hamburger Steak with Grilled Onions Twice Baked Potatoes Trio Veggies Garden Veggie Salad WW Bread Berry Crisp	7 	1 Chicken Burger Deluxe Sweet Potato Fries Waldorf Salad Dessert
11 Cheeseburger Pie Corn Caesar Salad Fruit cocktail French Bread Dessert	12 Navy Bean & Ham Soup Crunchy Pea Salad Tossed Green Salad Peaches Cornbread Dessert	13 Pork Chops Mashed Potatoes Green Beans Tossed Veggie Salad WW Roll Cherry Crisp	14 	15 Pepper Steak Wild rice Garden Salad Cinnamon Pears WW Bread or Roll Dessert
18 CLOSED 	19 Chicken Stir Fry Garden Rice Coleslaw Mandarin Oranges Garlic Bread Dessert	20 Beef Stew Caesar Salad Banana Biscuits Dessert 	21 	22 Fish & Chips Peas & Carrots Green Salad Apple Wedges WW Roll Dessert
25 Ham Steak Scalloped Potatoes Italian Vegetables Spinach Salad Citrus Salad WW Bread or Roll Dessert	26 BBQ Chicken Potato Salad Broccoli Normandy Spiced Salad Muffin Apple Crisp	27 Beef Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream	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 February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 476-2412</p>				<p>1 BBQ Chicken Macaroni & Cheese Broccoli Normandy Green Salad Muffin Apple Crisp</p>
<p>4</p>	<p>5 Meatloaf Mashed Potatoes Green Beans Caesar Salad Apple Celery Salad WW Bread or Roll Dessert</p>	<p>6</p>	<p>7 Ham & Navy Bean Soup Carrots Tossed Green Salad Peaches Cornbread Dessert</p>	<p>8 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Oregon Berries WW Bread or Roll Dessert</p>
<p>11</p>	<p>12 Cheese Ravioli in Meat Sauce Green Beans Garden Salad Apricots Garlic Bread Dessert</p>	<p>13</p>	<p>14 Country Fried Steak Potatoes & Gravy Buttered Corn Garden Salad Chilled Pears WW Bread or Roll Dessert</p>	<p>15 Supreme Pizza Caesar Salad Tropical Fruit Bread Sticks Dessert</p>
<p>18 CLOSED</p> <p>President's Day</p>	<p>19 Bacon & Egg Salad Sandwich Croissant Tomato Slices Spinach Salad Citrus Salad Dessert</p>	<p>20</p>	<p>21 Beef Stroganoff Trio Vegetables Tossed Green Salad Apricots French Bread Dessert</p>	<p>22 Fish & Chips Carrots Cabbage & Apple Slaw Fruit Cocktail WW Bread or Roll Dessert</p>
<p>25</p>	<p>26 Beef Stew Green Salad Peaches WW Roll Banana Cake</p>	<p>27</p>	<p>28 Biscuits & Sausage Gravy Carrot Raisin Salad V8 Juice Rhubarb Crisp</p>	



Twisp Senior Meals February 2019



Monday

Tuesday

Wednesday

Thursday

Friday

		<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 997-7722</p>		<p>1 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie</p>
<p>4 Dijon Chicken Breast Garden Rice Cauliflower w/chives Mixed Greens Salad Citrus Salad WW Bread Dessert</p>	<p>5</p>	<p>6</p>	<p>7 Fish & Chips Carrots Cabbage/Apple Slaw Fruit Cocktail WW Bread or Roll Dessert</p>	<p>8 Pork Chops Potatoes & Gravy Peas & Carrots Green Salad Apple Wedges WW Bread or Roll Dessert</p>
<p>11 Pot Roast Roasted Red Potatoes Roasted Carrots Spinach Salad WW Bread or Roll Fruit Cobbler</p>	<p>12</p>	<p>13 </p>	<p>14 Beef Stroganoff Trio Vegetables Tossed Green Salad Apricots French Bread Dessert</p>	<p>15 Biscuits & Gravy Carrot Raisin Salad Juice Fresh Fruit Blueberry Muffin</p>
<p>18 CLOSED </p>	<p>19</p>	<p>20</p>	<p>21 Chicken Salad on a Croissant Vegetable Soup Grapes Dessert</p>	<p>22 Clam Chowder Cottage Cheese Broccoli Salad Three Bean Salad Peaches WW Bread or Roll Dessert</p>
<p>25 Beef Taco Pie Cottage Cheese Spanish Rice Baja Veggie Blend Garden Salad Spiced Applesauce Dessert</p>	<p>26</p>	<p>27 </p>	<p>28 Beef Stew Caesar Salad Banana Biscuit Dessert</p>	<p>WE  VOLUNTEERS</p>



Tonasket Senior Meals February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 486-2483</p>				1
<p>4 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Mandarin Oranges WW Roll Dessert</p>	<p>5</p>	<p>6 Dijon Chicken Breast Garden rice Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Bread Dessert</p>	<p>7 Hamburger Steak with Grilled Onions Twice Bake Style Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry Crisp</p>	<p>8</p>
<p>11 Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Apple Celery Salad WW Bread or Roll Dessert</p>	<p>12</p>	<p>13 Beef Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream</p>	<p>14 Ham Steak Scalloped Potatoes Italian Vegetables Spinach Salad Citrus Salad WW Bread or Roll Dessert</p>	<p>15</p>
	<p>18</p>	<p>19 Supreme Style Pizza Caesar Salad Tropical Fruit Garlic Bread Dessert</p>	<p>20 Pepper Steak Wild Rice Garden Salad Cinnamon Pears WW Bread or Roll Dessert</p>	<p>21</p>
<p>25 Biscuits & Gravy Carrot Raisin Salad Juice Fresh Fruit Blueberry Muffin</p>	<p>26</p>	<p>27 Cheese Ravioli in Meat Sauce Spinach Salad Apricots Garlic Bread Dessert</p>	<p>28 Chicken Stir Fry Garden Rice Coleslaw Mandarin Oranges WW bread or Roll Fortune Cookies</p>	<p>22</p>