



Senior Meals

Brewster-Bridgeport-Pateros

November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Pot Roast Roasted Potatoes Green Beans Spinach Salad Waldorf Salad WW Roll Dessert	4 Cheddar Potato Soup 1/2 Turkey Sandwich Pea Salad Fresh Fruit Tray Whole Grain Crackers Dessert	5 Tuna & Rice Bake California Vegetables Greek Salad Peaches Garlic Bread Dessert	6
9	10 Vegetable Lasagna Cottage Cheese Caesar Salad Apricots Garlic Bread Dessert	11 CLOSED 	12 Ham Scalloped Potatoes Glazed Carrots Green Salad WW Roll Apple Crisp	13
16	17 Chicken Parmesan Pasta Marinara California Vegetables Green Salad Mandarin Oranges Garlic Bread Dessert	18 Pepper Steak Steamed Rice Asian Style Slaw Tropical Fruit WW Roll Dessert	19 Pork Roast Stuffing & Gravy Peas & Carrots Spinach Salad Applesauce WW Bread Dessert	20
23	24. Cabbage Patch Stew Pasta Salad Pea Salad Pears Cornbread Dessert	25 Roast Turkey Mashed Potatoes Stuffing Green Beans Green Salad Cranberry Salad Pumpkin Pie	26 CLOSED 	27 CLOSED
30				



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



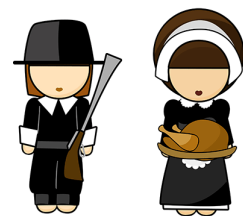
Omak-Okanogan Senior Meals November 2020



Okanogan	Omak	Okanogan	Omak	
Monday	Tuesday	Wednesday	Thursday	Friday
2 Parmesan Chicken Pasta Marinara Green Beans Tossed Salad Mandarin Oranges Garlic Bread Dessert	3 Swiss Steak Garlic & Pepper Pasta California Veggies Caesar Salad Fruit Cup French Bread Dessert	4 Biscuits & Gravy Oven Brown Potatoes V-8 Juice Orange Quarters Muffin	5 	6 Pork Roast Stuffing & Gravy Peas & Carrots Spinach Salad Chilled Pears Dessert
9 Chicken Cordon Bleu Casserole Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Roll Dessert	10 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	11 CLOSED 	12	13 Idaho Taco Baja Veggies Chilled Pears Tortilla Chips Dessert
16 Meatloaf Potatoes & Gravy Mixed Veggies Spinach Salad Chilled Pears WW Roll Dessert	17 BBQ Chicken Macaroni Salad Cauliflower & Chives Tossed Green Salad Mixed Fresh Fruit Biscuit Dessert	18 Swedish Meatballs Rice Pilaf Glazed Carrots Caesar Salad Tropical Fruit WW Roll Dessert	19 	20 Split Pea & Ham Soup 1/2 Turkey Sandwich Lettuce & Tomato Salad Pineapple WW Crackers Dessert
23 Pork Taco's Southwest Salad Pineapple Dessert	24 Shepherd's Pie Caesar Salad Waldorf Salad WW Roll Dessert	25 Roast Turkey Mashed Potatoes Stuffing Roast Squash Green Salad Cranberry Salad Pumpkin Pie	26 CLOSED 	27 CLOSED
30 Chicken Stir Fry Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.00 FEE For Home Delivered Meals please call 509-826-7979			



Twisp Senior Meals November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatloaf Mashed Potatoes Mixed Vegetables Spinach Salad Chilled Pears WW Roll Dessert	3 	4	5 Chicken Cordon Blue Casserole Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Roll Dessert	6 Biscuits & Gravy Scrambled Eggs Oven Browned Potatoes V-8 Juice Orange Quarters Dessert
9 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	10	11 	12 Taco Stuffed Potato With all the toppings Chilled Pears Tortilla Chips Dessert	13 Parmesan Chicken Pasta Marinara California Blend Veggies Green Salad Mandarin Oranges Garlic Bread Dessert
16 Hungarian Goulash Green Beans Spinach Salad Waldorf Salad WW Roll Dessert	17	18	19 Cabbage Patch Stew Pea Salad Pears Whole Grain Crackers Corn Bread Dessert 	20 Bacon & Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin
23 Roast Turkey Stuffing Sweet Potatoes Green Beans WW Roll Pumpkin Pie	24 	25	26 	27
30 Vegetable Lasagna Cottage Cheese Caesar Salad Apricots Garlic Bread Dessert				

**Seniors Age 60 & over—suggested donation
\$4.00**

Under age 60—\$8.00 FEE

Please call the Site Director for more information about
the Home Delivered Meal program at 997-7722



Oroville / Tonasket Senior Meals November 2020



Tonasket	Oroville	Tonasket	Oroville / Tonasket	Oroville
Monday	Tuesday	Wednesday	Thursday	Friday
2 Bacon & Egg Salad Carrot Raisin Salad Spinach Salad Oranges Dessert	3 Beef & Broccoli Stir Fry Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	4 Beef Burritos Southwest Salad Fruit Salad Dessert	5 Navy Bean Soup 1/2 Turkey Sandwich Tossed Salad Pickled Beets Cornbread Fruited Jell-O	6 BBQ Chicken Macaroni Salad Herbed Cauliflower Tossed Green Salad Mixed Fresh Fruit Corn Muffin Dessert
9 Shepherd's Pie Caesar Salad Pineapple WW Roll Dessert	10 Ham & Au Gratin Potato Casserole Green Beans Tossed Salad Fruit Cocktail WW Roll Dessert	11 	12 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Pineapple WW Roll Dessert	13 Baked Fish Garden Rice Buttered Peas Broccoli Salad WW Roll Pear Crisp
16 Biscuits & Gravy Oven Brown Potatoes V-8 Juice Blueberry Parfait	17 Sloppy Joe Sandwich Jo Jo's Frito Salad Fruit Salad Dessert 	18 Pork Roast Stuffing & Gravy Roasted Fall Veggies Spinach Salad Cinnamon Apples WW Roll Dessert	19 Chicken Cordon Bleu Casserole Normandy Vegetables Tossed Green Salad WW Bread or Roll Fruited Jell-O	20 Shepherd's Pie Caesar Salad Pineapple WW Roll Dessert
23 Baked Fish Garden Rice Buttered Peas Broccoli Salad WW Roll Pear Crisp	24 Roast Turkey Mashed Potatoes Green Beans Green Salad Waldorf Salad WW Roll Pumpkin Pie	25 Roast Turkey Mashed Potatoes Glazed Carrots Green Salad Cranberry Sauce WW Roll Pumpkin Pie	26 CLOSED 	27 CLOSED
30 Meatloaf Mashed Potatoes Brussels Sprouts Spiced Salad Chilled Pears Cheesy Biscuit Dessert		Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.00 FEE Please call the Site Director for more information about the Home Delivered Meal program at 486-2483		