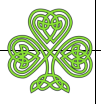


Senior Meals
Brewster-Bridgeport-Pateros
March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Teriyaki Beef Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	4 Chicken Burger Deluxe Sweet Potato Fries Pea Salad Waldorf Salad Dessert	5 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert	6
9	10 Dijon Chicken Breast Alfredo Pasta Shells Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Roll Dessert	11 Beef Stew Spinach Salad Banana Biscuit Dessert 	12 Lemon Baked Fish Wild rice Brussels Sprouts Green Salad Waldorf Salad WW Roll Dessert	13
16 	17 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding	18 Chicken Salad on a Croissant Vegetable Soup Grapes Dessert	19 Swedish Meatballs Egg Noodles Peas & Carrots Spiced Salad Peaches Garlic Bread Dessert	20 
23	24 Hamburger Steak with Grilled Onions Twice Bake Potatoes Country Trio Veggies Garden Salad Oregon Berries WW Roll Angel Food Cake	25 1/2 Turkey Sandwich Navy Bean Soup Crunchy Pea Salad Tossed Green Salad Peaches Cereal Bars	16 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Muffin Fruited Jell-O	27
30	31 Pot Roast Roasted Potatoes & Carrots Spinach Salad Fruit Salad WW Roll Oatmeal Cookies			



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
March 2020



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
2 Bacon Swiss Quiche Broccoli Crunchy Pea Salad Grapes Blueberry Muffin	3 Beef Stroganoff Green Beans Tossed Salad Peaches WW Roll Dessert	4 Country Style Ribs Mac & Cheese Glazed Carrots Cabbage Apple Slaw Pineapple & Cherries WW Roll Dessert	5 Tuna Noodle Casserole Peas & Carrots Spiced Salad Mandarin Oranges Garlic Bread Dessert	6 Country Fried Steak Potatoes & Gravy Corn Carrot Raisin Salad WW Roll Apple Crisp
9 Sweet & Sour Chicken Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert	10 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Dessert	11 French Dip Pickled Beets Pea Salad Tropical Fruit Dessert	12 Fish Sandwich Sweet Potato Fries Cabbage Apple Slaw Fruit Tray Dessert	13 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mixed Fruit Dessert
16 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert	17 Rueben Sandwich Jo Jo's Potato Salad Orange Quarters Dessert	18 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Spinach Salad Waldorf Salad WW Roll Dessert	19 Stuffed Pepper Casserole Garden Salad Mixed Fruit WW Roll Dessert	20 Chicken Fettuccine Crunchy Pea Salad Spring Salad Tropical Fruit Garlic Bread Dessert
23 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Bean Casserole Spiced Salad Pears WW Roll Rice Krispie Bars	24 Chicken Salad Sandwich Vegetable Soup Three Bean Salad Mixed Fruit Dessert	25 Chili with Cheese Garden Salad Broccoli Salad Peaches Cornbread Dessert	26 Chicken Cordon Bleu Rice Pilaf Capri Blend Vegetables Greek Salad Fruit Salad WW Roll Dessert	27 Scalloped Potatoes & Ham Casserole Green Beans Carrot Raisin Salad Spicy Apples Bread Pudding
30 Biscuits & Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	31 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert			

Seniors Age 60 & over—suggested donation $4.00

Under age 60—$8.50 FEE

Please call 509-888-4440 for more information about the Home Delivered Meal program.



Davenport Senior Meals March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Hawaiian Chicken Wild Rice Glazed Carrots Kale Slaw Pineapple WW Roll Dessert	4	5 Cabbage Rolls Vegetable Medley Apple Wedges WW Bread Dessert	6 Hamburger Steak with Grilled Onions Buttered Noodles Green Bean Casserole Spiced Salad Pears WW Roll Dessert
9	10 Pork Chow Mein Chow Mein Noodles Spinach Salad Mandarin Oranges Herb Bread Fortune Cookies	11	12 Chicken Fettuccine Italian Vegetables Garden Salad Tropical Fruit Garlic Bread Dessert	13 Beef Tacos Spanish Rice Southwest Salad Spiced Applesauce Dessert
16 	17 Roast Beef Mashed Potatoes & Gravy Steamed Broccoli Tossed Veggie Salad Waldorf Salad WW Roll Dessert	18	19 Tuna Noodle Casserole Peas & Carrots Spinach Salad Chilled Apricots Onion Bread Dessert	20 Chicken Cordon Bleu Rice Pilaf Winter Vegetables Greek Salad Fruit Salad WW Roll Dessert 
23	24 1/2 Ham Sandwich Minestrone Soup Caesar Salad Tropical Fruit Whole Grain Crackers Dessert	25 	26 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert	27 Chicken Burger Deluxe Sweet Potato Fries Pasta Veggie Salad Orange Quarters Dessert
30 	31 Southern Biscuits and Sausage Gravy Oven Brown Potatoes V-8 Juice Fresh Fruit Blueberry Parfait			

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





Entiat Senior Meals March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 Bacon Swiss Quiche Broccoli Crunchy Pea Salad Grapes Blueberry Muffin	3	4	5 Tuna Noodle Casserole Peas & Carrots Spiced Salad Mandarin Oranges Garlic Bread Dessert	6
9 Sweet & Sour Chicken Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert	10	11	12 Fish Sandwich Sweet Potato Fries Cabbage Apple Slaw Fruit Tray Dessert	13
16 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert	17	18	19 Stuffed Pepper Casserole Garden Salad Mixed Fruit WW Roll Dessert	20
23 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Bean Casserole Spiced Salad Pears WW Roll	24	25	26 Chicken Cordon Bleu Rice Pilaf Capri Blend Vegetables Greek Salad Fruit Salad WW Roll Dessert	27
30 Biscuits & Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	31			











24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Seniors Age 60 & over—suggested donation $4.00

Under age 60—$8.50 FEE

Please call 509-888-4440 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 509-421-1593



Harrington Senior Meals March 2020



Monday	Tuesday	Wednes-	Thursday	Friday
2 	3 Hawaiian Chicken Wild Rice Glazed Carrots Kale Slaw Pineapple WW Roll Dessert	4	5 Cabbage Rolls Vegetable Medley Apple Wedges WW Bread Dessert	6 Hamburger Steak with Grilled Onions Buttered Noodles Green Bean Casserole Spiced Salad Pears WW Roll
9	10 Pork Chow Mein Chow Mein Noodles Spinach Salad Mandarin Oranges Herb Bread Fortune Cookies	11	12 Chicken Fettuccine Italian Vegetables Garden Salad Tropical Fruit Garlic Bread Dessert	13 Beef Tacos Spanish Rice Southwest Salad Spiced Applesauce Dessert 
16	17 Roast Beef Mashed Potatoes & Gravy Steamed Broccoli Tossed Veggie Salad Waldorf Salad WW Roll Dessert	18	19 Tuna Noodle Casserole Peas & Carrots Spinach Salad Chilled Apricots Onion Bread Dessert	20 Chicken Cordon Bleu Rice Pilaf Winter Vegetables Greek Salad Fruit Salad WW Roll Dessert
23	24 1/2 Ham Sandwich Minestrone Soup Caesar Salad Tropical Fruit Whole Grain Crackers Dessert 	25	26 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert	27 Chicken Burger Sweet Potato Fries Pasta Veggie Salad Orange Quarters Dessert 
30 	31 Southern Biscuits and Sausage Gravy Oven Brown Potatoes V-8 Juice Fresh Fruit Blueberry Parfait			

CALL 509-725-7055
24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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 March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Bread or Roll Dessert	3 Country Style Ribs Mac & Cheese Peas & Carrots Cabbage Apple Slaw Pineapple & Cherries WW Roll Dessert	4 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert	5 Quiche Capri Vegetables Crunchy Pea Salad Grapes Blueberry Muffin	6 Ham & Scalloped Potato Casserole Green Beans Carrot Raisin Salad Spicy Apples Bread Pudding
9 Beef Enchiladas Refried Beans Spanish Rice Mexican Slaw Strawberries & Bananas Dessert	10 Hawaiian Chicken Stuffing Glazed Carrots Kale Salad Pineapple WW Roll Dessert	11 Chili with Cheese Garden Salad Broccoli Salad Peaches Cornbread Dessert	12 Fish Sandwich Sweet Potato Fries Cabbage Apple Slaw Fruit Tray Dessert	13 Stroganoff Buttered Peas Tossed Salad Waldorf Salad WW Roll Dessert
16 1/2 Ham Sandwich Split Pea Soup Carrot Raisin Salad Pineapple Tidbits Crackers Dessert	17 Corned Beef & Cabbage Red Potatoes Carrots Tropical Fruit WW Roll Dessert	18 Chicken Cordon Bleu Rice Pilaf Capri Blend Veggies Greek Salad Fruit Salad Dessert	19 Hamburger Steak with Grilled Onions Green Bean Casserole Veggie Pasta Salad Spiced Salad Peaches Dessert	20 Vegetable Lasagna Cottage Cheese Caesar Salad Cinnamon Pears Garlic Breadsticks Dessert
23 Beef Tacos Spiced Salad Black Bean & Corn Salad Cinnamon Pears Dessert	24 Stuffed Peppers Green Beans Orange Quarters WW Roll Dessert	25 Chicken Fettuccine Crunchy Pea Salad Spring Salad Fresh Fruit Garlic Bread Dessert	26 French Dip Pickled Beets Three Bean Salad Tropical Fruit Dessert	27 Sweet & Sour Chicken Rice Spinach Salad Pineapple Tidbits Egg Roll Dessert
30 Tuna Noodle Casserole Peas & Carrots Spiced Salad Peaches Garlic Bread Dessert	31 Pork Roast Stuffing & Gravy Roasted Cauliflower Garden Salad WW Roll Peach Cobbler			

Seniors Age 60 & over—suggested donation $4.00

Under age 60—$8.50 FEE

Please call 509-548-6666 for more information about the Home Delivered Meal program.



Manson Senior Meals March 2020



Monday	Tuesday	Wednesday	Thursday	Friday-MANSON
2 Bacon Swiss Quiche Broccoli Crunchy Pea Salad Grapes Blueberry Muffin	3 Beef Stroganoff Green Beans Tossed Salad Peaches WW Roll Dessert	4 Country Style Ribs Mac & Cheese Glazed Carrots Cabbage Apple Slaw Pineapple & Cherries WW Roll Dessert	5 Tuna Noodle Casserole Peas & Carrots Spiced Salad Mandarin Oranges Garlic Bread Dessert	6 Country Fried Steak Potatoes & Gravy Corn Carrot Raisin Salad WW Roll Apple Crisp
9 Sweet & Sour Chick-en Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert	10 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Dessert	11 French Dip Pickled Beets Pea Salad Tropical Fruit Dessert	12 Fish Sandwich Sweet Potato Fries Cabbage Apple Slaw Fruit Tray Dessert	13 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mixed Fruit Dessert
16 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert	17 Rueben Sandwich Jo Jo's Potato Salad Orange Quarters Dessert	18 Salmon with Dill Sauce Wild Rice Mediterranean Veg-gies Spinach Salad Waldorf Salad WW Roll	19 Stuffed Pepper Casserole Garden Salad Mixed Fruit WW Roll Dessert	20 Chicken Fettuccine Crunchy Pea Sala Spring Salad Tropical Fruit Garlic Bread Dessert
23 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Bean Casse-role Spiced Salad Pears WW Roll Rice Krispie Bars	24 Chicken Salad Sandwich Vegetable Soup Three Bean Salad Mixed Fruit Dessert	25 Chili with Cheese Garden Salad Broccoli Salad Peaches Cornbread Dessert	26 Chicken Cordon Bleu Rice Pilaf Capri Blend Vegetables Greek Salad Fruit Salad WW Roll Dessert	27 Scalloped Potatoes & Ham Casserole Green Beans Carrot Raisin Salad Spicy Apples Bread Pudding
30 Biscuits & Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	31 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges 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.



Odessa Senior Meals March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Sandwich Deluxe Potato Salad Pea Salad Waldorf Salad Dessert	3	4 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert	5 Hawaiian Chicken Wild Rice Glazed Carrots Coleslaw Pineapple Tidbits WW Roll Dessert	6
9 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit WW Roll Dessert	10	11 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Fruit Cup Dessert	12 Pork Roast Stuffing & Gravy Roasted Cauliflower Spinach Salad Peach Cobbler	13
16 Corned Beef & Cabbage Red Potatoes Carrots Tropical Fruit WW Bread or Roll Pistachio Pudding	17 	18 Chili with Cheese Garden Salad Broccoli Salad Peaches Cornbread Dessert	19 California Chicken Casserole Lettuce & Tomato Salad Waldorf Salad Cheesy Biscuit Dessert	20 
23 Ruben Sandwich Jo Jo's Three Bean Salad Mandarin Oranges Dessert	24	25 Hamburger Steak with Grilled Onions Pasta Salad Green Bean Casserole Spiced Salad Pears WW Bread or Roll Dessert	26 Baked Chicken Mashed Potatoes Stewed Tomatoes Three Bean Salad Peaches Bread Pudding	27
30 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert	31 			

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





Omak-Okanogan Senior Meals March 2020



Okanogan	Omak	Okanogan	Okanogan	Omak
Monday	**Tuesday**	**Wednesday**	**Thursday-9am**	**Friday**
2 French Dip Pickled Beets Three Bean Salad Tropical Fruit Dessert	3 Quiche Capri Vegetables Crunchy Pea Salad Grapes Blueberry Muffin	4 Hawaiian Chicken Wild rice Glazed Carrots Kale Slaw Pineapple WW Bread or Roll Dessert	5 Biscuits & Sausage Gravy Stewed Tomatoes Juice Fresh Fruit Sweet Roll	6 Country Style Ribs Mac & Cheese Peas & Carrots Cabbage Apple Slaw Pineapple & Cherries Lemon Bars
9 Country Fried Steak Mashed Potatoes Buttered Corn Carrot Raisin Salad WW Roll Apple Crisp	10 Sweet & Sour Pork Rice Spinach Salad Pineapple Tidbit Garlic Bread Dessert	11 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Bread or Roll Dessert	12 Scrambled Eggs Ham Potatoes O'Brien Stewed Tomatoes Peaches Blueberry Muffin	13 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert
16 Pork Chops Stuffing & Gravy Broccoli Garden Salad Citrus Salad WW Bread or Roll Dessert	17 Corned Beef & Cabbage Red Potatoes Carrots Tropical Fruit WW Bread or Roll Dessert	18 Baked Fish Rice Pilaf Mixed Vegetables Tossed Salad Apple Celery Salad Garlic Bread Dessert	19 Scrambled Eggs Bacon Hash Browns V-8 Juice Fresh Fruit Cranberry Apricot Scones	20 1/2 Ham Sandwich Split Pea Soup Carrots Fruit Cocktail Whole Grain Crackers Dessert
23 Reuben Sandwich Jo' Jo's Potato Salad Mandarin Oranges Dessert	24 Beef Taco's Spanish Rice Spiced Salad Cinnamon Pears Dessert	25 Lasagna Green Beans Tossed Salad Waldorf Salad Bread Sticks Dessert	26 Scrambled Eggs Sausage Oven Brown Potatoes Applesauce Fresh Fruit Cinnamon Rolls	27 Stuffed Pepper Casserole Carrots Orange Quarters WW Bread or Roll Dessert
30 Fish Sandwich Sweet Potato Fries Cabbage Apple Slaw Fruit Tray Dessert	31 Stroganoff Buttered Peas Tossed Salad Peaches WW Roll Dessert			

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 March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Chicken Fettuccine Steamed Broccoli Spring Salad Grapes Garlic Bread Dessert	4	5 French Dip Pickled Beets Pea Salad Tropical Fruit Dessert	6 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Citrus Salad WW Roll Dessert
9 	10 White Bean Chicken Chili Garden Salad Broccoli Salad Cornbread Dessert	11	12 Tater Tot Casserole Cottage Cheese Greek Salad Apricots WW Roll Dessert	13 Baked Fish Rice Pilaf Peas Coleslaw Apple Celery Salad Garlic Bread Dessert
16	17 Corned Beef & Cabbage Red Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding	18 	19 Baked Chicken Veggie Pasta Salad Three Bean Salad Bananas Cornbread Bread Pudding	20 Beef Tacos Spanish Rice Spiced Salad Citrus Salad Churros 
23 	24 Lasagna Green Beans Caesar Salad Pears Bread Sticks Dessert	25	16 Rueben Sandwich Sweet Potato Fries Tossed Veggie Salad Mandarin Oranges Dessert	27 Tuna Noodle Casserole Peas & Carrots Garden Salad Pineapple Garlic Bread Dessert
30	31 Country Style Ribs Mac & Cheese Cauliflower & Chives Cabbage Apple Slaw Baked Apples 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 March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 Scrambled Eggs & Sausage Potatoes O'Brien Carrot Raisin Salad Frog Eye Salad Muffin	3	4 Teriyaki Beef Noodles Oriental Vegetables 7 Layer Salad Tropical Fruit Garlic Bread Dessert	5 French Dip Pickled Beets Pea Salad Fruit Salad Dessert	6 
9 Baked Chicken Macaroni Salad Carrots Three Bean Salad Peaches Bread Pudding	10	11 Pork Roast Stuffing & Gravy Roasted Cauliflower Caesar Salad WW Roll Peach Cobbler	12 Salmon with Dill Sauce Wild Rice Mediterranean Veggie Garden Salad Waldorf Salad WW Roll Dessert	13
16 Chicken Cordon Bleu Rosemary Potatoes Greek Salad Fruit Salad WW Roll Oatmeal Cookies	17 	18 Sweet & Sour Pork Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert	19 Roast Beef Mashed Potatoes Zucchini Tossed Veggie Salad Apple Slices WW Bread or Roll Dessert	20 
23 Hamburger Steak with Grilled Onions Mashed Potatoes Green Bean Casserole Spiced Salad Pears WW Roll Dessert	24	25 Country Style Ribs Mac & Cheese Peas & Carrots Cabbage Apple Slaw Pineapple & Cherries WW Roll Dessert	26 Beef Enchiladas Refried Beans Spanish Rice Pico de Gallo Fruit Cup Dessert	27
30 Beef Stroganoff Buttered Peas Tossed Salad Peaches 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 486-2483



Twisp Senior Meals March 2020



Monday	Tuesday	Wednes-	Thursday	Friday
2 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert	3	4	5 Chicken Cordon Bleu Rice Pilaf Capri Blend Veggies Greek Salad Fruit Salad WW Roll Dessert	6 Salmon w/Dill Sauce Garlic Pasta Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert
9 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Cinnamon Applesauce Dessert	10	11	12 Pork Roast Stuffing & Gravy Roasted Cauliflower Spinach Salad WW Roll Peach Cobbler	13 Scalloped Potato and Ham Casserole Green Beans Carrot Raisin Salad Fruit Salad WW Roll Dessert
16 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding	17	18 	19 Chicken Fettuccine Crunchy Pea Salad Spring Salad Waldorf Salad Garlic Bread Dessert	20 Fish Sandwich Sweet Potato Fries Cabbage Apple Slaw Fruit Tray Dessert 
23 Lasagna with Meat Sauce Green Beans Tossed Salad Pears Bread Sticks Dessert	24 	25	26 Sweet & Sour Pork Rice Spiced Salad Pineapple Tidbits Garlic Bread Dessert	27 Baked Fish Rosemary Potatoes Asian Vegetables Spinach Salad Waldorf Salad WW Roll Dessert
30 Beef Stroganoff Buttered Peas Tossed Salad Peaches 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 997-7722





Wilbur Senior Meals
March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Chicken Salad Sandwich Vegetable Soup Veggie Pasta Salad Tropical Fruit Dessert	4 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Citrus Salad WW Roll Dessert	5 Scalloped Potatoes and Ham Casserole Green Beans Carrot Raisin Salad Spicy Apples Bread Pudding	6 
9 	10 Chicken Cordon Blue Casserole Rice Pilaf Capri Vegetables Greek Salad Fruit Salad WW Roll Dessert	11 Beef Enchiladas Refried Beans Spanish Rice Baja Veggie Blend Mexican Slaw Cinnamon Pears Dessert	12 Split Pea Soup 1/2 Ham Salad Carrots Banana WW Roll Dessert	13
16	17 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding	18 Baked Fish Rice Pilaf Mixed Vegetables Tossed Salad Apple Celery Salad Garlic Bread Dessert	19 Chili with Cheese Garden Salad Broccoli Salad Peaches Cornbread Dessert	2 
23	24 Chicken Fettuccine Crunchy Pea Salad Spring Salad Tropical Fruit Garlic Bread Dessert	25 Sweet & Sour Pork Rice Spinach Salad Pineapple Tidbits WW Roll Dessert	26 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert	27
30 	31 Teriyaki Beef Rice Oriental Vegetables 7 Layer Salad 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