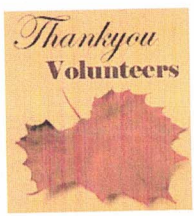


Oroville / Tonasket Senior Meals November 2020 Revised



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 CLOSED  	12 CLOSED	13 CLOSED
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