







Senior Meals

Brewster-Bridgeport-Pateros

January 2018

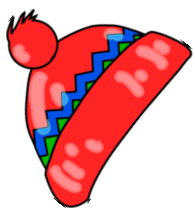


Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 Vegetable Beef Soup Cottage Cheese Pasta Salad Spinach Salad Mandarin Oranges WW Bread or Roll Dessert	3 Salisbury Steak Potatoes & Gravy Trio Vegetables Green Salad Roll Apple Crisp	4 Lasagna Caesar Salad Pears Garlic Bread Dessert	5
8	9 Chicken Fettuccine Carrot Coins Pea Salad Garlic Bread Berry Cobbler	10 Chili with Cheese Buttered Corn Garden Salad Apple Celery Salad Cornbread Dessert	11 Biscuits & Gravy Oven Brown Potatoes Fresh Fruit Juice Dessert	12
15 CLOSED 	16 Cheeseburger Deluxe Coleslaw Fruit Tray Dessert	17 Oven Fried Chicken Jo Jo's Green Beans Stewed Tomatoes Bananas WW Roll Dessert	18 Spaghetti Caesar Salad Peaches Garlic Bread Dessert	19 
22	23 Ham Roasted Squash Brussels Sprouts Pea Salad Applesauce WW Bread or roll Dessert	24 Baked Fish Tater Tots Green Bean Casserole Coleslaw Peaches WW Bread or Roll Dessert	25 Hamburger Stroganoff Carrots Garden Salad Mixed Berries French Bread Dessert	26
29	30 Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Fruit cocktail WW Bread or Roll Dessert	31 Polish Sausage French Fries Sauerkraut Pea Salad Peaches WW Roll 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

January 2018







Monday	Tuesday	Wednesday	Thursday	Friday-Manson
1 CLOSED 	2 French Dip Pickled Beets Pea Salad Orange Quarters Dessert	3 Hamburger Stroganoff Trio Vegetables Garden Salad Waldorf Salad French Bread Dessert	4 Baked Potato Soup 1/2 Egg or Tuna Salad Green Beans Kale Slaw Tropical Fruit Dessert	5 Baked Fish Scalloped Potatoes Green Bean Cass. Coleslaw Berries WW Bread or Roll Ice Cream
8 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Peaches WW Bread or Roll Dessert	9 Lasagna Caesar Salad Pears Garlic Bread Dessert 	10 Cabbage Patch Stew Squash Mediterranean Salad Waldorf Salad WW Roll Carrot Cake	11 Cheeseburger Deluxe Coleslaw Fruit Tray Dessert	12 Chicken Cordon Bleu Wild Rice Cooked Carrots Garden Salad Mandarin Oranges Bread Pudding
15 CLOSED 	16 Chicken Strips Jo Jo's Green Beans Stewed Tomatoes Bananas WW Roll Dessert	17 Chili with Cheese Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert	18 Chuckwagon Steak Sandwich Pea Salad Mixed Berries over Ice Cream 	19 Salisbury Steak Broccoli Normandy Potatoes & Gravy Spinach Salad WW Roll or Bread Pear Crisp
22 Pot Roast Boiled Potatoes Green Beans Tossed Green Salad Spiced Apples WW Bread or Roll Dessert	23 Polish Sausage French Fries Sauerkraut Pea Salad Peaches WW Roll Dessert	24 Country Fried Steak Mashed Potatoes Buttered Corn Lettuce/Tomato Salad Apricots Biscuit Dessert	25 Spaghetti Caesar Salad Pears Garlic Bread Dessert	26 French Dip Pickled Beets Carrot / Raisin Salad Waldorf Salad Dessert
29 Vegetable Beef Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert	30 Ham Roasted Squash Brussels Sprouts Garden Salad Mixed Berries WW Bread or Roll Dessert	31 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage / Apple Slaw Tropical Fruit WW Bread or Roll Dessert	<div> <p>Seniors Age 60 & over— suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-888-4440 for more information about the Home Delivered Meal program.</p> </div> <div> <p>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! Chelan 888-4440 Manson 687-3636</p> </div>	

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Davenport Senior Meals January 2018

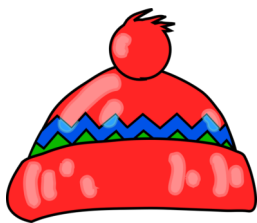
WE 
VOLUNTEERS

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSÉD 	2 Clam Chowder 1/2 Egg Salad Sand. Green Beans Kale Slaw Tropical Fruit Dessert	3	4 Meatloaf & Gravy Mashed Potatoes Buttered Peas Green Salad Peaches WW Bread or Roll Dessert	5 Chicken Cordon Bleu Wild Rice Cooked Carrots Garden Salad Mandarin Oranges Bread Pudding
8	9 Polish Sausage Red Potatoes Sauerkraut Pea Salad Peaches WW Roll Dessert	10	11 Veggie Beef Soup Cottage Cheese Spinach Salad Orange Quarters WW Bread or roll Dessert	12 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage/Apple Slaw Tropical Fruit WW Bread or Roll Dessert
15 CLOSÉD 	16 Pork Roast Stuffing & Gravy Broccoli Garden Salad Applesauce WW Bread or Roll Dessert	17	18 Lasagna Green Salad Pears Garlic Bread Dessert	19 Salisbury Steak Potatoes & Gravy Buttered Corn Spinach Salad Roll Berry Crisp
22	23 Cheeseburger Deluxe Coleslaw Fruit Tray Dessert	24	25 Biscuits & Sausage Gravy Oven Brownd Potatoes Fresh Fruit Juice Blueberry Muffin	26 Spaghetti Caesar Salad Peaches Garlic Bread Dessert
29	30 Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches WW Bread 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



Entiat Senior Meals January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSÉD 	2	3	4 Baked Potato Soup 1/2 Egg or Tuna Salad Green Beans Kale Slaw Tropical Fruit Dessert	5
8 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Peaches WW Bread or Roll Dessert	9	10 	11 Cheeseburger Deluxe Coleslaw Fruit Tray Dessert	12 
15 CLOSÉD 	16	17	18 Chuckwagon Steak Sandwich Pea Salad Mixed Berries over Ice Cream	19
22 Pot Roast Boiled Potatoes Green Beans Tossed Green Salad Spiced Apples WW Bread or Roll Dessert	23	24	25 Spaghetti Caesar Salad Pears Garlic Bread Dessert	26
29 Vegetable Beef Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert	30	31 	<div> 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 </div>	

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.



Harrington Senior Meals January 2018







Monday

Tuesday

Wednesday

Thursday

Friday

<p>1 CLOSED</p> 	<p>2</p> <p>Corned Beef Stew Mediterranean Salad Waldorf Salad WW Roll Dessert</p>	<p>3</p> <p>Au Gratin Potatoes & Ham Casserole Mixed Vegetables Spinach Salad Citrus Salad WW Bread or Roll Lemon Bars</p>	<p>4</p>	<p>5</p>
<p>8</p> <p>Chicken Cordon Bleu Wild Rice Cooked Carrots Garden Salad Mandarin Oranges Bread Pudding</p>	<p>9</p> <p>Cheeseburger Deluxe Coleslaw Fruit Tray Dessert</p>	<p>10</p> <p>Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches Garlic Bread Dessert</p>	<p>11</p>	<p>12</p> 
<p>15 CLOSED</p> 	<p>16</p> <p>Hamburger Stroganoff Trio Vegetables Garden Salad Peaches French Bread Dessert</p>	<p>17</p> <p>Clam Chowder 1/2 Egg or Tuna Salad Sandwich Green Beans Kale Slaw Tropical Fruit Dessert</p>	<p>18</p>	<p>19</p>
<p>22</p> <p>French Dip Pickled Beets Carrot Raisin Salad Waldorf Salad Dessert</p>	<p>23</p> <p>Chicken Fettuccine Steamed Broccoli Caesar Salad Garlic Bread Berry Cobbler</p>	<p>24</p> <p>Vegetable Beef Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert</p>	<p>25</p>	<p>26</p>
<p>29</p> <p>Polish Sausage Red Potatoes Sauerkraut Pea Salad Peaches WW Roll Dessert</p>	<p>30</p> <p>Chili with Cheese Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert</p>	<p>31</p> <p>Biscuits & Sausage Gravy Oven Browned Potatoes Fresh Fruit Juice Blueberry Muffin</p>		

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 January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches Chive Biscuit Dessert	3 Lasagna Green Salad Pears Garlic Bread Dessert	4 Oven Fried Chicken Jo Jo's Green Beans Stewed Tomatoes Bananas WW Roll Dessert	5 Vegetable Beef Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert
8 Chicken Fettuccine Carrot Coins Pea Salad Garlic Bread Berry Cobbler	9 Meatloaf Potatoes & Gravy Buttered Corn Green Salad Peaches WW Bread or Roll Dessert	10 Biscuits & Gravy Oven Brown Potatoes Fresh Fruit Juice Blueberry Muffin	11 Pot Roast & Gravy Boiled Potatoes Mixed Vegetables Tossed Green Salad Spiced Apples WW Bread or Roll Dessert	12 Baked Fish Tater Tots Green Bean Cass. Coleslaw Apricots WW bread or Roll Dessert
15 CLOSED 	16 Pork Chops Stuffing & Gravy Broccoli Garden Salad Applesauce WW Bread or Roll Dessert	17 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage & Apple Slaw Tropical Fruit WW Bread or Roll Dessert	18 Chili with Cheese Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert	19 Cheeseburger Deluxe Fruit Tray Coleslaw Dessert 
22 Clam Chowder 1/2 Egg or Tuna Sand. Green Beans Kale Slaw Tropical Fruit Dessert	23 Hamburger Stroganoff Trio Vegetables Garden Salad Peaches French Bread Dessert	24 Ham Roasted Squash Brussels Sprouts Tossed Salad Pineapple WW Bread or Roll Dessert	25 Spaghetti Caesar Salad Pears Garlic Bread Dessert	26 Chicken Cordon Bleu Wild Rice Cooked Carrots Spinach Salad Mandarin Oranges Bread Pudding
29 Country Fried Steak Potatoes & Gravy Buttered Corn Lettuce/Tomato Salad Apricots Biscuit Dessert	30 Cabbage Patch Stew Mediterranean Salad Pineapple & Cherries Cornbread Dessert 	31 French Dip Pickled Beets Pea Salad Waldorf Salad Dessert	<div> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-548-6666 for more information about the Home Delivered Meal program.</p> </div>	

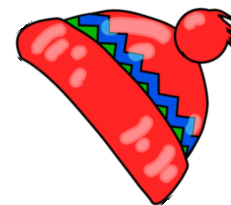
24 HOURS IN ADVANCE TO RESERVE OR CANCEL





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Manson Senior Meals January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 French Dip Pickled Beets Pea Salad Orange Quarters Dessert	3 Hamburger Stroganoff Trio Vegetables Garden Salad Waldorf Salad French Bread Dessert	4 Baked Potato Soup 1/2 Egg or Tuna Salad Green Beans Kale Slaw Tropical Fruit Dessert	5 Baked Fish Scalloped Potatoes Green Bean Cass. Coleslaw Berries WW Bread or Roll Ice Cream
8 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Peaches WW Bread or Roll Dessert	9 Lasagna Caesar Salad Pears Garlic Bread Dessert	10 Cabbage Patch Stew Squash Mediterranean Salad Waldorf Salad WW Roll Carrot Cake	11 Cheeseburger Deluxe Coleslaw Fruit Tray Dessert	12 Chicken Cordon Bleu Wild Rice Cooked Carrots Garden Salad Mandarin Oranges Bread Pudding
15 CLOSED 	16 Chicken Strips Jo Jo's Green Beans Stewed Tomatoes Bananas WW Roll Dessert	17 Chili with Cheese Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert	18 Chuckwagon Steak Sandwich Pea Salad Mixed Berries over Ice Cream	19 Salisbury Steak Broccoli Normandy Potatoes & Gravy Spinach Salad WW Roll or Bread Pear Crisp
22 Pot Roast Boiled Potatoes Green Beans Tossed Green Salad Spiced Apples WW Bread or Roll Dessert	23 Polish Sausage French Fries Sauerkraut Pea Salad Peaches WW Roll Dessert	24 Country Fried Steak Mashed Potatoes Buttered Corn Lettuce/Tomato Salad Apricots Biscuit Dessert	25 Spaghetti Caesar Salad Pears Garlic Bread Dessert	26 French Dip Pickled Beets Carrot / Raisin Salad Waldorf Salad Dessert
29 Vegetable Beef Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert	30 Ham Roasted Squash Brussels Sprouts Garden Salad Mixed Berries WW Bread or Roll Dessert	31 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage / Apple Slaw Tropical Fruit WW Bread or Roll Dessert	<div> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-888-4440 for more information about the Home Delivered Meal program.</p> </div>	

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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 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 January 2018








Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CLOSED</p> 	<p>2</p>	<p>3</p> <p>Baked Fish Tater Tots Green Bean Casserole Coleslaw Mixed Berries Whole Wheat Roll Dessert</p>	<p>4</p> <p>Meatloaf Potatoes & Gravy Seasoned Peas Green Salad Peaches Whole Wheat Bread Dessert</p>	<p>5</p>
<p>8</p> <p>Vegetable Beef Soup Cottage Cheese Spinach Salad Oranges Cracked Wheat Bread Dessert</p>	<p>9</p>	<p>10</p> <p>Polish Sausage Sauerkraut Red Potatoes Pea Salad Pears Whole Wheat Roll Dessert</p>	<p>11</p> <p>Sweet & Sour Chicken Rice Stir Fry Vegetable Cabbage & Apple Slaw Tropical Fruit Whole Wheat Roll Dessert</p>	<p>12</p> 
<p>15 CLOSED</p> 	<p>16</p>	<p>17</p> <p>Lasagna Green Salad Peaches Garlic Bread Dessert</p>	<p>18</p> <p>Pork Roast Stuffing Broccoli Applesauce Whole Wheat Roll Dessert</p>	<p>19</p>
<p>22</p> <p>Deluxe Cheeseburger Coleslaw Fruit Tray Dessert</p>	<p>23</p>	<p>24</p> <p>Ham Roasted Squash Brussel Sprouts Garden Salad Pineapple Whole Wheat Bread Dessert</p>	<p>25</p> <p>Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>26</p>
<p>29</p> <p>Au Gratin Potato & Ham Casserole Mixed Vegetables Spinach Salad Mandarin Oranges Dessert</p>	<p>30</p> 	<p>31</p> <p>Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches Garlic Bread Dessert</p>	<div> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p> </div>	



Omak-Okanogan Senior Meals January 2018







Okanogan	Omak	Okanogan	Omak
Monday	Tuesday	Wednesday	Thursday
1 CLOSED 	2 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage/Apple Slaw Tropical Fruit WW Bread or Roll Dessert	3 Salisbury Steak Potatoes & Gravy Buttered Corn Spinach Salad WW Bread or Roll Apple Crisp	4
8 Biscuits & Sausage Gravy Oven Browned Potatoes Fresh Fruit Juice Blueberry Muffin	9 Chili with Cheese Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert	10 Vegetable Beef Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert	11 
15 CLOSED 	16 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Peaches WW Bread or Roll Dessert	17 Tuna Noodle Casserole Peas & Carrots Tossed Veggie Salad Mandarin Oranges French Bread Dessert	18
22 Clam Chowder 1/2 Egg or Tuna Salad Sandwich Green Beans Kale Slaw Tropical Fruit Dessert	23 French Dip Pickled Beets Pea Salad Waldorf Salad Dessert	24 Pork Roast Stuffing & Gravy Broccoli Garden Salad Pears WW Bread or Roll Dessert	25 
29 Cabbage Patch Stew Mediterranean Salad Waldorf Salad Cornbread Carrot Cake	30 Spaghetti Caesar Salad Peaches Garlic Bread Dessert 	31 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Lettuce/Tomato Salad Apricots Biscuit Dessert	<div> <p>Seniors Age 60 & over suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>For Home Delivered Meals please call 509-826-7979</p> </div>



Oroville Senior Meals January 2018




Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 Country Fried Steak Mashed Potatoes Buttered Corn Lettuce/Tomato Salad Apricots Biscuit Dessert	3	4 Pot Roast & Gravy Potatoes Carrots Tossed Green Salad Spiced Apples WW Bread or Roll Tapioca	5 Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches Garlic Bread Dessert
8	9 Pork Chops Stuffing & Gravy Broccoli Garden Salad Applesauce WW Bread or Roll Dessert	10	11 Salisbury Steak Mashed Potatoes Buttered Corn Spinach Salad Roll Berry Crisp	12 Oven Fried Chicken Jo Jo Potatoes Green Beans Stewed Tomatoes Bananas WW Roll Dessert
15 CLOSED 	16 French Dip Sandwich Pickled Beets Pea Salad Waldorf Salad Dessert	17 	18 Baked Fish Seasoned Potatoes Green Bean Casserole Coleslaw Mandarin Oranges WW Bread or Roll Dessert	19 Meatloaf Mashed Potatoes/Gravy Buttered Peas Green Salad Pears WW Bread or Roll Dessert
22	23 Ham Roasted Squash Brussels Sprouts Garden Salad Pineapple WW Bread or Roll Dessert	24	25 Cheeseburger Deluxe Coleslaw Fruit Tray Dessert	26 Biscuits & Gravy Oven Browned Potatoes Fresh Fruit & Oranges V-8 Juice Blueberry Muffin
29	30 Vegetable Beef Soup Cottage Cheese Garden Salad Oranges WW Bread or Roll Dessert	31 	<div> <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> </div>	



Tonasket Senior Meals January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2	3 Meatloaf Scalloped Potatoes Green Beans Green Salad Peaches WW Bread or Roll Dessert	4 French Dip Pickled Beets Pea Salad Waldorf Salad Dessert	5
8 Baked Fish Tater Tots Glazed Carrots Coleslaw Pineapple Tidbits WW Bread or Roll Dessert	9	10 Lasagna Green Salad Pears Garlic Bread Dessert	11 Oven Fried Chicken Jo Jo Potatoes Green Beans Stewed Tomatoes Bananas Dessert	12 
15 CLOSED 	16	17 Cheeseburger Deluxe Potato Salad Fruit Tray Dessert	18 Country Fried Steak Potatoes & Gravy Mixed Vegetables Lettuce & Tomato Salad Biscuit Berry Cobbler	19
22 Spaghetti Caesar Salad Pears French Bread Dessert	23	24 Pork Chops Mashed Potatoes & Gravy Broccoli Garden Salad Applesauce WW Bread or Roll Dessert	25 Polish Sausage Red Potatoes Sauerkraut Carrot & Raisin Salad Peaches WW Roll Dessert	26 
29 Salisbury Steak Potatoes & Gravy Carrots Spinach Salad Mandarin Oranges Bread Pudding	30 	31 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage & Apple Slaw Tropical Fruit WW Bread or Roll Dessert	<div> <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> </div>	



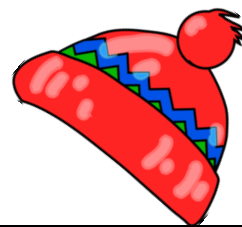
Twisp Senior Meals January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2	3	4 Biscuits & Gravy Oven Browned Potatoes Fresh Fruit & Orange Juice Blueberry Muffin	5 Spaghetti Caesar Salad Peaches Garlic Bread Dessert
8 Pork Roast Stuffing & Gravy Broccoli Garden Salad Applesauce WW Bread or Roll Dessert	9	10	11 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage & Apple Slaw Tropical Fruit WW Bread or Roll Dessert	12 Chicken Cordon Bleu Wild Rice Cooked Carrots Garden Salad Mandarin Oranges Bread Pudding
15 CLOSED 	16	17	18 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Pears WW Bread or Roll Dessert	19 Baked Fish Tater tots Green Bean Casserole Coleslaw Peaches WW Bread or Roll Dessert
22 Vegetable Beef Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert	23	24	25 Polish Sausage Red Potatoes Sauerkraut Pea Salad Apricots WW Roll Dessert	26 Clam Chowder 1/2 Egg or Tuna Salad Sandwich Green Beans Kale Slaw Tropical Fruit Dessert
29 Lasagna Green Salad Pears Garlic Bread Dessert	30 	31	<div> <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> </div>	



Wilbur Senior Meals January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 Chicken Cordon Bleu Wild Rice Cooked Carrots Garden Salad Mandarin Oranges Bread Pudding	3 Ham & Cheese Sandwich Tomato Basil Soup Coleslaw Waldorf Salad Dessert	4 Chili with Cheese Buttered Corn Tossed Green Salad Peaches Cornbread Dessert	5
8	9 Salisbury Steak Potatoes & Gravy Trio Vegetables Spinach Salad Banana Dessert	10 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage & Apple Slaw Tropical Fruit WW Bread or Roll Dessert	11 Au Gratin Potatoes & Ham Casserole Mixed Vegetables Green Salad Applesauce WW Bread or Roll Lemon Bars	12 
15 CLOSED 	16 Chicken Fettuccine Green Beans Garden Salad Garlic Bread Berry Cobbler	17 French Dip Sandwich Pickled Beets Pea Salad Waldorf Salad Dessert	18 BBQ Country Ribs Sweet Potato Fries Trio Vegetables Carrot & Raisin Salad Pineapple Tidbits Cornbread Dessert	19
22	23 Polish Sausage Red Potatoes Sauerkraut Pea Salad Peaches WW Roll Dessert	24 Country Fried Steak Potatoes & Gravy Mixed Vegetables Lettuce / Tomato Salad Apricots Biscuit Dessert	25 Spaghetti Caesar Salad Pears Garlic Bread Dessert	26
29	30 Oven Fried Chicken Jo Jo's Potatoes Green Beans Stewed Tomatoes Bananas WW Roll Dessert	31 Cheeseburger Deluxe Coleslaw Fruit Tray Dessert		

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

Under age 60—\$8.50 FEE

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toll-free 844-826-7979