








# Senior Meals

## Brewster-Bridgeport-Pateros

### April 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake</p>	<p>4</p> <p>Yankee Pot Roast Baby Red Potatoes Roasted Carrots Mixed Greens Salad Strawberries &amp; Bananas WW Bread or Roll Dessert</p>	<p>5</p> <p>Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad WW Bread or Roll Dessert</p>	<p>6</p>
<p>9</p>	<p>10</p> <p>Spaghetti with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>11</p> <p>Split Pea Soup 1/2 Ham Sandwich 3 Bean Salad Garden Salad Pineapple WW Roll Dessert</p>	<p>12</p> <p>Lemon Baked Fish Herbed Fettuccine Glazed Carrots Coleslaw Peaches Cornbread Dessert</p>	<p>13</p> 
<p>16</p> 	<p>17</p> <p>Meatloaf Potatoes &amp; Gravy Asparagus Spinach Salad Chilled Pears Bran Muffin Dessert</p>	<p>18</p> <p>Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke &amp; Tomato Salad Grapes Biscuit Dessert</p>	<p>19</p> <p>Lentil Veggie Soup Cottage Cheese 7 Layer Salad Citrus Salad Cornbread Dessert</p>	<p>20</p>
<p>23</p>	<p>24</p> <p>Beef Stew Green Salad Peaches WW Bread Dessert</p>	<p>25</p> <p>Wild Rice &amp; Ham Casserole Green Beans Spinach Salad Orange Quarters WW Bread or Roll Dessert</p>	<p>26</p> <p>Baked Honey Mustard Chicken Pasta Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>27</p> 
<p>30</p> 				

**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

## April 2018

PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL








Monday	Tuesday	Wednesday	Thursday	Friday-Manson
2 Spaghetti with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	3 Pork Roast Mashed Potatoes Roasted Brussels Sprouts Tossed Veggie Salad Applesauce WW Bread or Roll Dessert	4 Fettuccine Asparagus Spinach Salad Mandarin Oranges WW Roll Dessert	5 Beef Stew Green Salad Peaches WW Bread Dessert 	6 Veggie Beef Soup Baked Potato Cottage Cheese Vegetable Tray Spring Salad Fruit Salad WW Roll Dessert
9 Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Pears Bran Muffin Dessert	10 Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	11 Three Bean Casserole Carrots Garden Salad Fresh Fruit Cornbread Dessert 	12 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Coleslaw Bananas & Oranges WW Bread or Roll Dessert	13 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert
16 Lemon Baked Fish Herbed Fettuccine Glazed Carrots Coleslaw Peaches Cornbread Dessert 	17 1/2 Ham Sandwich Split Pea Soup Garden Salad Peaches WW Roll Dessert	18 Hearty Chicken Noodle Soup Tossed Veggie Salad Fresh Fruit WW Roll Dessert	19 Stuffed Green Peppers Whipped Potatoes 49'er Salad Apricots Dessert	20 Baked Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert
23 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Bread or Roll Dessert	24 Vegetable Beef Soup Cottage Cheese Baked Potato Vegetable Tray Spring Salad Fruit Salad WW Roll Dessert	25 California Chicken Casserole Lettuce & Tomato Salad Apple Celery Salad Cheesy Biscuit Dessert	26 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake 	27 Chicken Pot Pie Green Salad Apricots French Bread Dessert
30 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Breadsticks Dessert			<div> <p><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></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!</p> <p>Chelan 888-4440 Manson 687-3636</p> </div>	



# Davenport Senior Meals April 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>Chicken Fried Steak Potatoes &amp; Gravy Broccoli Tossed Green Salad WW Bread or Roll Apricot Crisp</p>	<p>4</p>	<p>5</p> <p>Spaghetti &amp; Meat Sauce Caesar Salad Pears Garlic Bread Ice Cream</p>	<p>6</p> <p>Split Pea Soup 1/2 Ham Sandwich Garden Salad Peaches Dessert</p>
<p>9</p>	<p>10</p> <p>Beef Stew Green Salad Peaches Biscuit Dessert</p>	<p>11</p> 	<p>12</p> <p>Meatloaf Potatoes &amp; Gravy Glazed Carrots Spinach Salad Chilled Pears WW Bread or Roll Dessert</p>	<p>13</p> <p>Lemon Baked Fish Herbed Fettuccine Asparagus Coleslaw Tropical Fruit Cornbread Dessert</p>
<p>16</p> 	<p>17</p> <p>Tater Tot Casserole Cottage Cheese Carrot &amp; Raisin Salad WW Bread or Roll Peach Crisp</p>	<p>18</p>	<p>19</p> <p>Hearty Chicken Noodle Soup Tossed Vegetable Salad Fresh Fruit WW Fruit Dessert</p>	<p>20</p> <p>Sweet &amp; Sour Meatballs Garden Rice Oriental Vegetables Coleslaw Bananas &amp; Oranges WW Bread or Roll Dessert</p>
<p>23</p>	<p>24</p> <p>Vegetable Beef Soup Cottage Cheese Baked Potato Spring Salad Fruit Salad WW Roll Dessert</p>	<p>25</p> 	<p>26</p> <p>Pork Roast Potatoes &amp; Gravy Roasted Brussels Sprouts Tossed Veggie Salad Applesauce WW Bread or Roll Dessert</p>	<p>27</p> <p>Chicken Pot Pie Green Salad Apricots French Bread Dessert</p>
<p>30</p>	<div>  <div> <p><b>Seniors Age 60 &amp; over—suggested donation</b> <b>\$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p> </div> </div>			

**VOLUNTEER**  
You're the Missing Piece









# Entiat Senior Meals

## April 2018



PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	3	4 	5 Beef Stew Green Salad Peaches WW Bread Dessert	6
9 Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Pears Bran Muffin Dessert	10	11	12 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Coleslaw Bananas & Oranges WW Bread or Roll Dessert	13 
16 Lemon Baked Fish Herbed Fettuccine Glazed Carrots Coleslaw Peaches Cornbread Dessert	17 	18	19 Stuffed Green Peppers Whipped Potatoes 49'er Salad Apricots Dessert	20
23 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Bread or Roll Dessert	24	25	26 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	27 
30 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Breadsticks 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.

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



# Harrington Senior Meals April 2018








## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<p>2 Beef Stroganoff Green Beans Tossed Green Salad Strawberries &amp; Bananas WW Bread Dessert</p>	<p>3 Baked Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Bread or Roll Dessert</p>	<p>4 Beef Stew Garden Salad Peaches WW Bread Dessert</p>	<p>5</p> 	<p>6</p>
<p>9 1/2 Ham &amp; Cheese Sandwich Corn Chowder Tossed Salad Apple Crisp</p>	<p>10 Meatloaf Potatoes &amp; Gravy Asparagus Crunchy Pea Salad Chilled Pears WW Bread or Roll Dessert</p>	<p>11 Bacon, Broccoli &amp; Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin</p>	<p>12</p> 	<p>13</p>
<p>16 Sweet &amp; Sour Meatballs Garden Rice Oriental Vegetables Coleslaw Bananas &amp; Oranges WW Bread Dessert</p>	<p>17 Chicken Fried Steak Potatoes &amp; Gravy Broccoli Tossed Green Salad WW Roll Apple Crisp</p>	<p>18 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>19</p> 	<p>20</p>
<p>23 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake</p>	<p>24 Yankee Pot Roast Baby Red Potatoes Roasted Carrots Mixed Greens Salad Peaches WW Bread or Roll Dessert</p>	<p>25 Tuna Noodle Casserole Peas &amp; Carrots Garden Salad Mandarin Oranges WW Bread or Rolls Dessert</p>	<p>26</p> 	<p>27</p>
<p>30 Three Bean Casserole Carrots Garden Salad Fresh Fruit Cornbread Dessert</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

## April 2018



PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Bacon, Broccoli &amp; Swiss Quiche Spinach Salad Fresh Fruit Tray Blueberry Muffin</p> 	<p>3 Sweet &amp; Sour Chicken over Noodles Trio Vegetables Tossed Salad Tropical Fruit WW Bread or Roll Dessert</p>	<p>4 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert</p>	<p>5 Meatloaf Potatoes &amp; Gravy Asparagus Caesar Salad Chilled Peaches Bran Muffin Dessert</p>	<p>6 Vegetable Beef Soup Cottage Cheese Baked Potato Spring Salad Fruit Salad WW Roll Dessert</p>
<p>9 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>10 Yankee Pot Roast Baby Red Potatoes Roasted Carrots Mixed Greens Salad Blueberries WW Bread or Roll Dessert</p>	<p>11 White Bean Chicken Chili Spinach Salad Peaches Corn Chips WW Roll Dessert</p>	<p>12 Tuna Noodle Casserole Peas &amp; Carrots Garden Salad Mandarin Oranges WW Bread or Roll Dessert</p>	<p>13 Chicken Caesar Wrap Tortellini Soup Apples &amp; Grapes Dessert</p> 
<p>16 Chicken Pot Pie Green Salad Apricots WW Bread or Roll Dessert</p>	<p>17 Stuffed Green Peppers Whipped Potatoes 49'er Salad Waldorf Salad Dessert</p> 	<p>18 Shrimp Fettuccine Asparagus Spinach Salad Mandarin Oranges French Bread Dessert</p>	<p>19 Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke &amp; Tomato Salad Grapes Biscuit Lemon Bars</p>	<p>20 Beef Stroganoff Green Beans Tossed Green Salad Strawberries &amp; Bananas WW Bread or Roll Dessert</p>
<p>23 Honey Mustard Chicken Brown Rice Mixed Vegetables Kale Slaw Tropical Fruit WW Roll Dessert</p>	<p>24 Lentil Veggie Soup Cottage Cheese 7 Layer Salad Citrus Salad Cornbread Dessert</p>	<p>25 Pork Chops Au Gratin Potatoes Roasted Brussels Sprouts Mixed Greens Salad Applesauce Biscuit with Chives Dessert</p>	<p>26 Chicken Fried Steak Potatoes &amp; Gravy Broccoli Tossed Green Salad WW Bread or Roll Apricot Crisp</p>	<p>27 Lemon Baked Fish Herbed Fettuccine Glazed Carrots Coleslaw Peaches Cornbread Dessert</p>
<p>30 Sweet &amp; Sour Meatballs Garden Rice Oriental Vegetables Coleslaw Bananas &amp; Oranges WW Bread or Roll Dessert</p> 	<div> <p><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></p> <p>Please call 509-548-6666 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 509-548-6666</p> </div>	

**Spring**



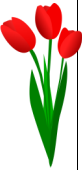



# Manson Senior Meals

## April 2018

PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
<b>2</b> Spaghetti with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	<b>3</b> Pork Roast Mashed Potatoes Roasted Brussels Sprouts Tossed Veggie Salad Applesauce WW Bread or Roll	<b>4</b> Fettuccine Asparagus Spinach Salad Mandarin Oranges WW Roll Dessert	<b>5</b> Beef Stew Green Salad Peaches WW Bread Dessert 	<b>6</b> Veggie Beef Soup Baked Potato Cottage Cheese Vegetable Tray Spring Salad Fruit Salad WW Roll
<b>9</b> Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Pears Bran Muffin Dessert	<b>10</b> Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	<b>11</b> Three Bean Casserole Carrots Garden Salad Fresh Fruit Cornbread Dessert 	<b>12</b> Sweet & Sour Meatballs Garden Rice Oriental Vegetables Coleslaw Bananas & Oranges WW Bread or Roll Dessert	<b>13</b> Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert
<b>16</b> Lemon Baked Fish Herbed Fettuccine Glazed Carrots Coleslaw Peaches Cornbread Dessert 	<b>17</b> 1/2 Ham Sandwich Split Pea Soup Garden Salad Peaches WW Roll Dessert	<b>18</b> Hearty Chicken Noodle Soup Tossed Veggie Salad Fresh Fruit WW Roll Dessert	<b>19</b> Stuffed Green Peppers Whipped Potatoes 49'er Salad Apricots Dessert	<b>20</b> Baked Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll
<b>23</b> Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Bread or Roll Dessert	<b>24</b> Vegetable Beef Soup Cottage Cheese Baked Potato Vegetable Tray Spring Salad Fruit Salad WW Roll Dessert	<b>25</b> California Chicken Casserole Lettuce & Tomato Salad Apple Celery Salad Cheesy Biscuit Dessert	<b>26</b> Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake 	<b>27</b> Chicken Pot Pie Green Salad Apricots French Bread Dessert
<b>30</b> Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Breadsticks Dessert	<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!              For Chelan 888-4440 between 8am &amp; 2 pm For              Manson 687-3377</p> </div>			<div> <p><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b>  <b>Under age 60—\$8.50 FEE</b></p> <p>Please call 509-888-4440 for more information about the Home Delivered Meal program.</p> </div>





Monday	Tuesday	Wednesday	Thursday	Friday	
<div>2</div> <div>Yankee Pot Roast Baby Red Potatoes Roasted Carrots Mixed Greens Salad Blueberries WW Bread or Roll Dessert</div>	<div>3</div> <div></div>	<div>4</div> <div>California Chicken Casserole Lettuce &amp; Tomato Salad Apple &amp; Celery Salad Cheesy Biscuit Dessert</div>	<div>5</div> <div>Green Chili Stew Cottage Cheese Garden Salad Fresh Vegetable Tray Peaches Cornbread Dessert</div>	<div>6</div> <div></div>	
<div>9</div> <div>Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</div>	<div>10</div> <div></div>	<div>11</div> <div>Beef Stew Green Salad Peaches WW Bread Dessert</div>	<div>12</div> <div>Hearty Chicken Noodle Soup Tossed Veggie Salad Fresh Fruit WW Roll Dessert</div>	<div>13</div> <div></div>	
<div>16</div> <div>Stuffed Green Peppers Whipped Potatoes 49'er Salad Apricots Dessert</div>	<div>17</div> <div></div>	<div>18</div> <div>Sweet &amp; Sour Meatballs Garden Rice Oriental Vegetables Coleslaw Bananas &amp; Oranges WW Bread or Roll Dessert</div>	<div>19</div> <div>Tater Tot Casserole Cottage Cheese Carrot &amp; Raisin Salad WW Bread or Roll Peach Crisp</div>	<div>20</div> <div></div>	
<div>23</div> <div>Pork Chops Au Gratin Potatoes Roasted Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert</div>	<div>24</div> <div></div>	<div>25</div> <div>Wild Rice &amp; Ham Casserole Mixed Vegetables Spinach Salad Orange Quarters WW Bread or Roll Dessert</div>	<div>26</div> <div>Lemon Baked Fish Herbed Fettuccine Glazed Carrots Coleslaw Peaches Cornbread Dessert</div>	<div>27</div> <div></div>	
<div>30</div> <div>Meatloaf Potatoes &amp; Gravy Asparagus Spinach Salad Chilled Pears Bran Muffin Dessert</div>	<div></div> <div><div>do good, feel good</div></div>			<div>Seniors Age 60 &amp; over—suggested donation \$4.00</div> <div>Under age 60—\$8.50 FEE</div> <div>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</div>	





# Omak-Okanogan Senior Meals April 2018








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Okanogan

Omak

Okanogan





Omak

Monday	Tuesday	Wednesday	Thursday	Friday
2 Oven Fried Chicken Sweet Potatoes Creamed Peas Coleslaw Grapes Biscuit Dessert	3 Tater Tot Casserole Cottage Cheese Carrot & Raisin Salad French Bread Apricot Cobbler 	4 Scrambled Eggs & Ham O'Brien Potatoes Sautee Pepper & Onions Orange Sauced Peaches Juice Muffin	5	6 Yankee Pot Roast Baby Red Potatoes Green Beans Mixed Greens Salad Blueberries WW Bread Dessert
9 Beef Stroganoff Peas Lettuce & Tomato Salad WW Bread or Roll Peach Crisp	10 Country Fried Steak Potatoes & Gravy Asparagus Green Salad Strawberries & Bananas WW Bread or Roll Dessert	11 Hearty Turkey Noodle Soup Tossed Veggie Salad Fresh Fruit WW Roll Dessert	12 	13 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert
16 1/2 Ham & Cheese Sandwich Corn Chowder Pea Salad Fruit Cocktail Dessert 	17 Pork Roast Mashed Potatoes & Gravy Green Beans Tossed Veggie Salad Applesauce WW Roll Dessert	18 Breakfast Burrito (sausage, egg & cheese) Hash Browns Tomato Slices Spinach Salad Blueberry & Pudding Parfait	19	20 Stuffed Green Peppers 49'er Salad Apricots Cornbread Dessert
23 Beef Stew Green Salad Peaches WW Bread Dessert	24 Turkey & Cheese Deli Style Sandwich Vegetable Soup Mixed Berries Lemon Bars	25 Pork Chops Au Gratin Potatoes Broccoli Garden Salad Applesauce Biscuit with Chives Dessert	26 	27 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Pineapple Cornbread Dessert
30 Chicken Pot Pie Green Salad Apricots French Bread Dessert	<div>  <div> <p>Seniors Age 60 &amp; over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979</p> <p><b>volunteer</b> <i>do good, feel good</i></p> </div> </div>			



# Oroville Senior Meals April 2018








Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>	<p>3</p> <p>Chicken Fried Steak Potatoes &amp; Gravy Roasted Brussels Sprouts Tossed Green Salad WW Bread or Roll Apricot Crisp</p>	<p>4</p> 	<p>5</p> <p>Hearty Chicken Noodle Soup Tossed Vegetable Salad Fresh Fruit WW Roll Dessert</p>	<p>6</p> <p>Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>
<p>9</p> 	<p>10</p> <p>Sweet &amp; Sour Meatballs Garden Rice Oriental Vegetables Coleslaw Bananas &amp; Oranges WW Bread or Roll Dessert</p>	<p>11</p>	<p>12</p> <p>1/2 Ham Sandwich Split Pea Soup Garden Salad Peaches Dessert</p> 	<p>13</p> <p>Lemon Baked Fish Herbed Fettuccine Glazed Carrots Apple Celery Salad Tropical Fruit Cornbread Dessert</p>
<p>16</p>	<p>17</p> <p>Pork Chops Au Gratin Potatoes Trio Vegetables Green Salad Applesauce Biscuit with Chives Dessert</p>	<p>18</p> 	<p>19</p> <p>Meatloaf Potatoes &amp; Gravy Green Beans Spinach Salad Chilled Pears Bran Muffin Dessert</p>	<p>20</p> <p>Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad WW Bread or Roll Dessert</p>
<p>23</p> 	<p>24</p> <p>Bacon, Spinach &amp; Swiss Cheese Quiche Spring Salad Fruit Tray Blueberry Muffin</p>	<p>25</p>	<p>26</p> <p>Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert</p>	<p>27</p> <p>Yankee Pot Roast Baby Red Potatoes Roasted Carrots Mixed Greens Salad Blueberries WW Bread or Roll Dessert</p>
<p>30</p>				<div> <p><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b>  <b>Under age 60—\$8.50 FEE</b></p> <p>Please call the Site Director for more information about the Home  Delivered Meal program at  476-2412</p> </div>



# Twisp Senior Meals April 2018








Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Chicken Roasted Red Potatoes Peas Southwest Salad Fruit Salad Biscuit Dessert	3	4	5 Pork Roast Potatoes & Gravy Roasted Brussels Sprouts Tossed Vegetable Salad Applesauce WW Bread or Roll Dessert	6 Spaghetti & Meat Sauce Caesar Salad Mixed Fruit Garlic Bread Dessert
9 Tater Tot Casserole Cottage Cheese 7 Layer Salad Pears Bread Pudding	10	11 	12 Sweet & Sour Chicken Garden Rice Oriental Vegetables Asian Salad Pineapple WW Bread or Roll Dessert	13 Seafood Fettuccine Asparagus Caesar Salad WW Roll Strawberries in Jell-O
16 Bacon, Broccoli & Swiss Cheese Egg Bake Oranges Fruit Tray Blueberry Muffin	17 	18	19 Beef Stroganoff Green Beans Tossed Green Salad WW Bread or Roll Peach Cobbler	20 Sausage Gravy & Biscuit Potatoes O'Brien Stewed Tomatoes Oranges & Bananas Muffin
23 Chicken Enchilada Casserole Spanish Rice Green Beans Southwest Salad Apple/Celery Salad Dessert	24	25 	26 Chili-Mac Casserole Kale Salad Pears WW Roll Dessert	27 Crab Cakes Roasted Red Potatoes Pea Salad Coleslaw Herb Biscuit Strawberry Shortcake
30 Shepherd's Pie Green Salad Apricots French Bread Dessert				<div> <p><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 997-7722</p> </div> <div>  </div>



# Tonasket Senior Meals April 2018









Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Fried Steak Potatoes & Gravy Asparagus Tossed Green Salad WW Bread or Roll Apricot Crisp	3 	4 Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	5 Pork Roast Potatoes & Gravy Green Beans Tossed Veggie Salad Waldorf Salad WW Bread or Roll Dessert	6
9 Chili with cheese Garden Salad Fresh Vegetable Tray Pears Cornbread Dessert	10	11 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Coleslaw Bananas & Oranges WW Bread or Roll Dessert	12 Tater Tot Casserole Cottage Cheese Carrot & Raisin Salad Garlic Bread Peach Crisp	13 
16 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Peaches Cornbread Dessert	17 	18 Meatloaf Potatoes & Gravy Asparagus Spinach Salad Tropical Fruit Bran Muffin Dessert	19 1/2 Ham & Cheese Sandwich Corn Chowder Tossed Salad Apple Crisp	20
23 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert	24	25 Breakfast Burrito (Egg, sausage & Cheese) Hash Browns Tomato slices Spinach Salad Pudding Parfait with Blueberries	26 Three Bean Casserole Carrots Garden Salad Fresh Fruit Cornbread Dessert	27 
30 Sweet & Sour Pork Over Noodles Trio Vegetables Tossed Green Salad Tropical Fruit WW Bread Dessert			<div> <p><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 486-2483</p> </div>	



# Wilbur Senior Meals

## April 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert	4 Deli Style Sandwich With Lettuce & Tomato Vegetable Soup Orange Quarters Dessert	5 Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	6 
9 	10 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Coleslaw Bananas & Oranges WW Bread or Roll Dessert	11 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad WW Bread or Roll Dessert	12 Beef Stew Green Salad Peaches WW Bread Dessert	13
16	17 Pork Roast Roasted Potatoes Baked Squash Tossed Veggie Salad Applesauce WW Bread or Roll Lemon Bar	18 Beef Stroganoff Green Beans Tossed Green Salad Mixed Berries WW Bread or Roll Dessert	19 California Chicken Casserole Lettuce & Tomato Salad Spiced Pears Cheesy Biscuit Dessert	20 
23 	24 Chicken Pot Pie Green Salad Apricots French Bread Dessert	25 Lemon Baked fish Oven Brown Potatoes Glazed Carrots Coleslaw Tropical Fruit Cornbread Dessert	26 Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Peaches Bran Muffin Dessert	27
30				

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**Under age 60—\$8.50 FEE**

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 toll-free 844-826-7979