



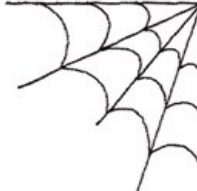





Senior Meals

Brewster-Bridgeport-Pateros

October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Honey Mustard Chicken Brown Rice Normandy Veggies Coleslaw Tropical Fruit WW Roll Dessert	3 Baked Ham Roasted Sweet Potatoes Peas & Carrots Greek Salad Pineapple Tidbits WW Roll Dessert	4 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	5
8 	9 Cheese Ravioli with Meat Sauce Italian Vegetables Apricots Bread Sticks Dessert	10 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Asian Style Coleslaw Bananas & Blueberries Garlic Bread Lemon Bars	11 Meatloaf Potatoes & Gravy Trio Vegetables Green Salad Chilled Pears Muffin Dessert	12
15	16 1/2 Ham & Cheese Sandwich Creamy Potato Soup Tossed Salad Chilled Apricots Dessert	17 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad WW Bread or Roll Dessert 	18 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Peaches Cornbread Dessert	19 
22 	23 Beef Stew Kale Slaw Peaches WW Bread Dessert	24 Chicken Fettuccine Italian Vegetables Caesar Salad Mixed Berries Garlic Bread Dessert	25 Pork Roast w/gravy Mashed Potatoes Roasted Fall Veggies Cabbage & Apple Slaw Applesauce WW Bread or Roll Dessert	26
29	30 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Tropical Fruit Dessert	31 HALLOWEEN Tuna Noodle Casserole Peas & Carrots Garden Salad Oregon Berries WW Bread or 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

October 2018






Please call 24 hours in advance to reserve or cancel

Monday	Tuesday	Wednesday	Thursday	Friday-Manson
1 Cabbage Rolls Green Salad Apricots WW Bread or Roll Dessert 	2 Tater Tot Casserole Cottage Cheese Carrot / Raisin Salad Chilled Peaches WW Bread or Roll Dessert	3 Hearty Vegetable & Beef Soup Pea & Cheese Salad Fruit Salad WW Roll Dessert	4 Baked Ham Roasted Sweet Potatoes Peas & Carrots Greek Salad Pineapple Tidbits WW Roll Dessert	5 Chicken Fettuccine Italian Vegetables Caesar Salad Mixed Berries WW Roll Dessert
8 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	9 Meatloaf & Gravy Mashed Potatoes Italian Vegetables Green Salad Chilled Pears Muffin Dessert	10 Honey Mustard Chicken Brown Rice Normandy Vegetables Coleslaw Tropical Fruit WW Roll Dessert 	11 1/2 Ham & Cheese Sandwich Homemade Potato Soup Three Bean Salad Chilled Apricots Dessert	12 Chicken Fried Steak/ Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Bread or Roll Apple Crisp
15 Chicken Salad on Croissant 49'er Salad Fruit Tray Dessert	16 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Pears Garlic Bread Dessert	17 Garden Chili Cottage Cheese Spinach Salad Tortilla Chips Cornbread Dessert	18 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad WW Bread or Roll Carrot Cake 	19 Beef Stroganoff Green Beans Tossed Green Salad Mixed Berries WW Bread or Roll Pudding
22 Wild Rice & Ham Casserole Mixed Vegetables Spinach Salad Orange Quarters WW Bread or Roll Dessert	23 Quiche Steamed Broccoli Tossed Salad Apricots Blueberry Muffin	24 Crunchy Chicken Salad Pasta Salad Pickled Beets Chilled Peaches WW Roll Dessert	25 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Tropical Fruit Dessert	26 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert
29 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	30 Hawaiian Chicken Wild Rice Blend Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert 	31 HALLOWEEN Yankee Pot Roast Roasted Red Potatoes Carrots Mixed Greens Salad Grapes WW Bread Dessert 	<div> 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. </div> <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! Chelan 888-4440 Manson 687-3377 </div>	



Davenport Senior Meals October 2018







Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	3	4 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Bread or Roll Apple Crisp	5 Hawaiian Chicken Wild Rice Blend Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert
8	9 Chicken Fettuccine Italian Vegetables Caesar Salad Mixed Berries WW Roll Dessert	10 	11 Garden Chili Cottage Cheese Tortilla Chips Spinach Salad Peaches Cornbread Dessert	12 Pork Roast Potatoes & Gravy Roasted Fall Veggies Cabbage & Apple Slaw Applesauce WW Bread or Roll Dessert
15	16 Beef Stew Kale Slaw Peaches WW Bread Dessert	17	18 Honey Mustard Chicken Brown Rice Normandy Vegetables Coleslaw Tropical Fruit WW Roll Dessert	19 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert
22 	23 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Pears WW Bread or Roll Dessert	24	25 Baked Ham Roasted Sweet Potatoes Peas & Carrots Greek Salad Pineapple Tidbits WW Roll Dessert	26 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Peaches Cornbread Dessert
29	30 Scrambled Eggs with Ham O'Brien Potatoes Sliced Tomatoes Juice Peaches Blueberry Muffin	31 Halloween 	<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>	





Entiat Senior Meals October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 Cabbage Rolls Green Salad Apricots WW Bread or Roll Dessert	2	3	4 Baked Ham Roasted Sweet Potatoes Peas & Carrots Greek Salad Pineapple Tidbits WW Roll	5
8 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	9	10	11 1/2 Ham & Cheese Sandwich Homemade Potato Soup Three Bean Salad Chilled Apricots Dessert	12 
15 Chicken Salad on Croissant 49'er Salad Fruit Tray Dessert	16	17 	18 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad WW Bread or Roll Carrot Cake	19
22 Wild Rice & Ham Casserole Mixed Vegetables Spinach Salad Orange Quarters WW Bread or Roll Dessert	23	24	25 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Tropical Fruit Dessert	26
29 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	30	31 Halloween 		

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Seniors Age 60 & over—suggested donation

\$4.00

Under age 60—\$8.50 FEE

Please call 509-470-0522 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 October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches WW Bread or Roll Dessert</p>	<p>2 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert</p>	<p>3 1/2 Ham & Cheese Sandwich Potato Soup Tossed Salad Chilled Apricots Dessert</p>	<p>4</p>	<p>5</p>
<p>8 Meatloaf Potatoes & Gravy Green Salad Chilled Pears Muffin Dessert</p>	<p>9 Honey Mustard Chicken Brown Rice Normandy Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>10 Scrambled Eggs & Ham O'Brien Potatoes Sliced Tomatoes Juice Apple Wedges Blueberry Muffin</p>	<p>11</p>	<p>12</p> 
<p>15 Baked Ham Roasted Sweet Potatoes Peas & Carrots Greek Salad Pineapple Tidbits WW Bread Dessert</p>	<p>16 Chicken Fried Steak Mashed Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Bread or Roll Apple Crisp</p>	<p>17 Hawaiian Chicken Wild Rice Blend Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>18</p>	<p>19</p>
<p>22 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>23 Chicken Salad Croissant 49'er Salad Fruit Tray Dessert</p>	<p>24 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Asian Coleslaw Bananas & Blueberries Garlic Bread Lemon Bars</p>	<p>25</p>	<p>26</p>
<p>29 Ham & Cheese Quiche Steamed Broccoli Tossed Salad Apricots Blueberry Muffin</p>	<p>30 Chicken Fettuccine Italian Vegetables Caesar Salad Mixed Berries WW Roll Dessert</p>	<p>31 Halloween Pork Roast Mashed Potatoes & Gravy Roasted Fall Veggies Cabbage & Apple Slaw Applesauce WW Bread or Roll 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

October 2018



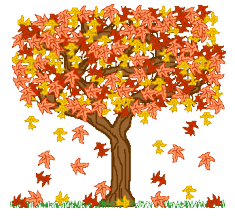
24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday
1 Roast Turkey Potatoes & Gravy Roasted Fall Veggies Cabbage & Apple Slaw Cranberry Salad WW Bread Dessert	2 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Custard 	3 Ham, Broccoli & Cheddar Cheese Quiche Steamed Broccoli Tossed Salad Apricots Blueberry Muffin	4 Pork Chops Au Gratin Potatoes Brussels Sprouts Garden Salad Applesauce Biscuit Dessert	5 Hearty Vegetable Beef Soup Cottage Cheese Pea & Cheese Salad Fruit Salad WW Roll Dessert 
8 Tuna Noodle Casserole Peas & Carrots Garden Salad Oregon Berries WW Bread or Roll Dessert	9 Yankee Pot Roast Roasted Red Potatoes Carrots Mixed Greens Salad Mixed Berries WW Bread or Roll Dessert	10 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert	11 1/2 Ham & Cheese Sandwich Potato Soup Three Bean Salad Orange Quarters WW Crackers Dessert	12 Cabbage Rolls Green Salad Apricots WW Bread or Roll Dessert
15 Spaghetti & Meat Sauce Caesar Salad Apple Slices Garlic Bread Dessert	16 Baked Ham Roasted Sweet Potatoes Peas & Carrots Greek Salad Pineapple Tidbits WW Roll Dessert 	17 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	18 Beef Stroganoff Green Beans Tossed Green Salad Banana WW Bread or Roll Dessert	19 Honey Mustard Chicken Brown Rice Normandy Veggies Coleslaw Tropical Fruit WW Roll Dessert
22 California Chicken Casserole Lettuce & tomato Salad Apple Celery Salad Cheesy Biscuit Dessert	23 Meatloaf Potatoes & Gravy Italian Vegetables Green Salad Chilled Pears Muffin Dessert	24 Chicken Fettuccine Mixed Vegetables Caesar Salad Grapes WW Roll Dessert	25 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Mandarin Oranges Cornbread Dessert	26 Beef Stew Kale Slaw Peaches WW Bread Dessert 
29 Hawaiian Chicken Wild Rice Blend Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	30 Garden Chili Cottage Cheese Spinach Salad Peaches Tortilla Chips Cornbread Dessert	31 HALLOWEEN Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Roll Apple Crisp 	<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> <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>	





Manson Senior Meals October 2018



Monday	Tuesday	Wednesday	Thursday	Friday-MANSON
1 Cabbage Rolls Green Salad Apricots WW Bread or Roll Dessert	2 Tater Tot Casserole Cottage Cheese Carrot / Raisin Salad Chilled Peaches WW Bread or Roll Dessert	3 Hearty Vegetable & Beef Soup Pea & Cheese Salad Fruit Salad WW Roll Dessert	4 Baked Ham Roasted Sweet Potatoes Peas & Carrots Greek Salad Pineapple Tidbits WW Roll	5 Chicken Fettuccine Italian Vegetables Caesar Salad Mixed Berries WW Roll Dessert
8 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	9 Meatloaf & Gravy Mashed Potatoes Italian Vegetables Green Salad Chilled Pears Muffin Dessert	10 Honey Mustard Chicken Brown Rice Normandy Vegetables Coleslaw Tropical Fruit WW Roll Dessert	11 1/2 Ham & Cheese Sandwich Homemade Potato Soup Three Bean Salad Chilled Apricots Dessert	12 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Bread or Roll Apple Crisp
15 Chicken Salad on Croissant 49'er Salad Fruit Tray Dessert	16 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Peaches Garlic Bread Dessert	17 Garden Chili Cottage Cheese Spinach Salad Pears Tortilla Chips Cornbread Dessert	18 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad WW Bread or Roll Carrot Cake	19 Beef Stroganoff Green Beans Tossed Green Salad Mixed Berries WW Bread or Roll Pudding
22 Wild Rice & Ham Casserole Mixed Vegetables Spinach Salad Orange Quarters WW Bread or Roll Dessert	23 Quiche Steamed Broccoli Tossed Salad Apricots Blueberry Muffin	24 Crunchy Chicken Salad Pasta Salad Pickled Beets Chilled Peaches WW Roll Dessert	25 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Tropical Fruit Dessert	26 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert
29 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	30 Hawaiian Chicken Wild Rice Blend Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	31 HALLOWEEN Yankee Pot Roast Roasted Red Potatoes Carrots Mixed Greens Salad Grapes WW Bread Dessert	<div> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-470-0522 for more information about the Home Delivered Meal program.</p> </div>	

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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 Manson 687-3377





Odessa Senior Meals October 2018







Monday	Tuesday	Wednesday	Thursday	Friday
1 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	2	3 Yankee Pot Roast Roasted Red Potatoes Carrots Mixed Greens Salad Chilled Peaches WW Bread or Roll Dessert	4 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Bread or Roll Apple Crisp	5
8 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	9 	10 Pork Roast & Gravy Mashed Potatoes Roasted Fall Veggies Cabbage & Apple Slaw Applesauce WW Bread Dessert	11 Crunchy Chicken Salad Pasta Salad Pickled Beets Blueberries WW Roll Dessert	12 
15 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Pears WW Bread or Roll Dessert	16	17 Cabbage Rolls Green Salad Peaches WW Bread or Roll Dessert	18 Baked Ham Roasted Sweet Potatoes Peas & Carrots Greek Salad Pineapple Tidbits WW Roll Dessert	19
22 Wild Rice & Ham Casserole Mixed Vegetables Spinach Salad Orange Quarters WW Bread Dessert	23	24 Hearty Vegetable Beef Soup Cottage Cheese Pea & Cheese Salad Fruit Salad WW Roll Dessert	25 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert	26
29 1/2 Ham & Cheese Sandwich Cottage Cheese Potato Soup Tossed Salad Apple Wedges Dessert	30 	31 HALLOWEEN Meatloaf Potatoes & Gravy Italian Vegetables Green Salad Chilled Peaches Muffin Dessert 	<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 October 2018



Okanogan	Omak	Okanogan	Omak
Monday	Tuesday	Wednesday	Thursday
1 Cabbage Rolls Green Salad Apricots WW Bread or Roll Dessert	2 Beef Stroganoff Green Beans Spinach Salad Mixed Berries WW Roll Dessert	3 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	4
8 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit w/chives Dessert	9 Sweet & Sour Pork Over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit WW Roll Fortune Cookies	10 Yankee Pot roast Roasted Red Potatoes Carrots Mixed Greens Salad Apple Wedges WW Bread or Roll Dessert	11 
15 Crunchy Chicken Salad Pasta Salad Pickled Beets Chilled Peaches WW Roll Dessert 	16 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Bread or Roll Apple Crisp	17 Baked Ham Roasted Sweet Potatoes Peas & Carrots Greek Salad Pineapple Tidbits WW Roll Dessert	18
22 Meatloaf & Gravy Mashed Potatoes Italian Vegetables Green Salad Chilled Pears WW Roll Dessert	23 Tuna Casserole Peas & Carrots Tossed Veggie Salad Pineapple & Cherries Muffin Dessert	24 Chicken Salad on a Croissant 49'er Salad Fruit Tray Dessert	25
29 Pork Roast Mashed Potatoes Roasted Fall Veggies Spiced Salad Applesauce WW Bread or Roll Dessert	30 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Dessert	31 HALLOWEEN Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad WW Bread or Roll Dessert 	19 1/2 Ham & Cheese Sandwich Cottage Cheese Potato Soup Tossed Salad Chilled Apricots 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>			




WE 
VOLUNTEERS!



Oroville Senior Meals October 2018




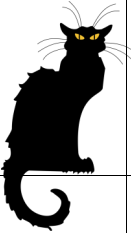


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Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Bread or Roll Apple Crisp	3	4 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Tropical Fruit Dessert	5 Lemon Baked Fish Oven Browned Potatoes Glazed Carrots Cucumber Salad Peaches Cornbread Dessert
8 	9 Quiche Bacon, Swiss & Broccoli Tossed Salad Orange Quarters Juice Muffin	10	11 Grilled Chicken Breast Parmesan Pasta with Sugar Snap Peas Zucchini/Tomato Bake Garden Salad Grapes Roll Dessert	12 Pork Roast Potatoes & Gravy Roasted Fall Veggies Cabbage & Apple Slaw Applesauce WW Bread or Roll Dessert
15	16 Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Green Salad Chilled Pears Muffin Dessert	17 	18 Cheese Ravioli with Meat Sauce Italian Vegetables Apple Wedges Bread Sticks Dessert	19 Garden Chili Cottage Cheese Spinach Salad Mandarin Oranges Tortilla Chips Cornbread Dessert
22	23 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches WW Bread or Roll Dessert	24	25 Baked Ham Roasted Sweet Potatoes Peas & Carrots Greek Salad Pineapple Tidbits WW Roll Dessert	26 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Custard
29 	30 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Asian Coleslaw Bananas & Blueberries Garlic Bread Dessert	31 Halloween 	<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 October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 California Chicken Casserole Lettuce & Tomato Salad Apple Celery Salad Cheesy Biscuit Dessert	2	3 Yankee Pot Roast Roasted Red Potatoes Carrots Mixed Greens Salad Blueberries WW Bread or Roll Dessert	4 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Spinach Salad WW Bread or Roll Apple Crisp	5
8 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	9	10 Beef Stew Kale Slaw Peaches WW Bread Dessert	11 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Asian Coleslaw Bananas & Blueberries Garlic Bread Lemon Bars	12 
15 Baked Ham Roasted Sweet Potatoes Peas & Carrots Greek Salad Pineapple Tidbits WW Roll Dessert	16 	17 Pork Roast Mashed Potatoes/Gravy Roasted Fall Veggies Cabbage & Apple Slaw Applesauce WW Bread or Roll Dessert	18 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad WW Bread or Roll Dessert	19
22 Meatloaf Potatoes & Gravy Italian Vegetables Green Salad Chilled Pears Muffin Dessert	23 	24 Tuna Noodle Casserole Peas & Carrots Garden Salad Peaches WW Bread or Roll Dessert	25 Breakfast Burrito Hash Browns Tomato Slices Spinach Salad Pudding Parfait with Berries	26 
29 Hawaiian Chicken Wild Rice Blend Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	30	31 HALLOWEEN Lemon Baked Fish Oven Browned Potatoes Glazed Carrots Caesar Salad Peaches Cornbread 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 October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 1/2 Ham & Cheese Sandwich Potato Soup Three Bean Salad Apple Slices Dessert	2	3 	4 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Bread or Roll Apple Crisp	5 Spaghetti & Meat Sauce Caesar Salad Pears Garlic Bread Dessert
8 Pork Roast & Gravy Mashed Potatoes Roasted Fall Veggies Cabbage & Apple Slaw Mandarin Oranges WW Bread or Roll Dessert	9	10	11 Beef Stew Kale Slaw Peaches WW Bread Dessert	12 Chicken Fettuccine Italian Vegetables Caesar Salad Mixed Berries WW Roll Dessert
15 Meatloaf Potatoes & Gravy Italian Vegetables Green Salad Chilled Pears Muffin Dessert	16 	17	18 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad WW Bread or Roll Dessert	19 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Peaches Cornbread Dessert
22 Beef Stroganoff Green Beans Tossed Green Salad Mixed Berries WW Bread or Roll Dessert	23	24	25 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Custard	26 Quiche Steamed Broccoli Spiced Salad Apricots Blueberry Muffin
29 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Dessert	30	31 HALLOWEEN 	<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

October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	3 Hawaiian Chicken Wild Rice Blend Asian Vegetables Coleslaw Tropical Fruit WW roll Dessert	4 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert	5
8	9 Egg Salad Sandwich Vegetable Soup Oregon Berries Dessert	10 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Bananas & Blueberries Garlic Bread Lemon Bars	11 Lemon Baked Fish Oven Brownd Potatoes Glazed Carrots Coleslaw Peaches Cornbread Dessert	12 
15	16 Meatloaf with Gravy Mashed Potatoes Italian Vegetables Green Salad Mandarin Oranges Muffin Dessert	17 Garden Chili Cottage Cheese Spinach Salad Pineapple Chunks Tortilla Chips Cornbread Dessert	18 Stuffed Peppers Green Salad Apple Wedges WW Bread or Roll Dessert	19
22	23 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Spinach Salad WW Bread or Roll Apple Crisp	24 Ham & Cheese Sandwich Broccoli Cheese Soup Garden Salad Chilled Apricots Dessert	25 California Chicken Cass. Lettuce & Tomato Salad Apple Celery Salad Cheesy Biscuit Dessert	26
29 	30 Scrambled Eggs & Ham O'Brien Potatoes Sliced Tomatoes Juice Peaches Blueberry Muffin	31 Halloween Chicken Fettuccine Italian Vegetables Caesar Salad Mixed Berries WW Roll Dessert 	 Volunteers ARE ORDINARY PEOPLE WITH <i>Extraordinary Hearts</i>	

**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