



Senior Meals

Brewster-Bridgeport-Pateros

May 2020



Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Chicken Salad on a Croissant Cottage Cheese Trio Vegetables Broccoli Salad Grapes Dessert	6 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	7 Biscuits & Gravy (Sausage Gravy) O'Brien Potatoes V-8 Juice Orange Quarters Dessert	8
11 	12 Chicken Burger Deluxe Sweet Potato Fries Pea Salad Mixed Berries Dessert	13 Shepherd's Pie Caesar Salad Apricots Cheesy Bread Dessert	14 Ham & Scalloped Potato Casserole Glazed Carrots Garden Salad Waldorf Salad WW Roll Dessert	15
18	19 Hamburger Steak with Grilled Onions Potatoes & Gravy Trio Vegetables Garden Salad WW Roll Cherry Crisp	20 BBQ Chicken Macaroni Salad Cauliflower Spring Salad Strawberry Shortcake	21 Spinach Lasagna Caesar Salad Apricots Garlic Bread Dessert	22
25 	26 Brats & Sauerkraut Herbed Potato Bake Three Bean Salad Waldorf Salad Dessert	27 Chicken Fettuccine Italian Vegetables Caesar Salad Apricots Bread Sticks Dessert	28 Pork Roast Stuffing & Gravy Carrots Spinach Salad Applesauce Dessert	29

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

May 2020



Monday	Tuesday	Wednesday	Thursday	Friday/Manson
	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.			1 Chicken Stir Fry Over Rice Asian Slaw Grapes Egg Roll Dessert 
4 Shepherd's Pie Cottage Cheese Caesar Salad Apricots WW Roll Dessert	5 BBQ Chicken Macaroni Salad Peas & Carrots Spring Salad Strawberry Shortcake 	Meatloaf & Gravy Mashed Potatoes Broccoli Cuts Garden Salad WW Roll Fruited Jell-O	Cabbage Patch Stew Spiced Salad Pears WW Roll Cereal Bars	8 Brats & Sauerkraut Herbed Potato Bake Veggie Tray Waldorf Salad WW Roll Dessert
11 Baked Fish Amandine Basil & Garlic Pasta Asparagus Coleslaw WW Roll Peach Cobbler	12 Beef Taco Pie Southwest Salad Pineapple WW Roll Dessert	13 Swiss Steak Rice Pilaf California Veggies Greek Salad Bananas French Bread Dessert	14 Deli Sandwich Vegetable Soup Peaches Dessert	15 Chicken Cacciatore Pasta Italian Vegetables Caesar Salad Grapes WW Roll Dessert
18 Sloppy Joe's Jo Jo's Coleslaw Peaches Dessert	19 Yakisoba (Beef & Noodles) Stir Fry Veggies Spinach Salad Mandarin Oranges WW Roll Dessert	20 Chicken Cordon Bleu Casserole Rice Pilaf Normandy Vegetables Tossed Green Salad Fruit Cocktail Focaccia Bread Dessert	21 Swedish Meatballs Red Potatoes Buttered Corn Spiced Salad Cherries & Pineapple WW Roll Dessert	22 Pepper Steak Rice Caesar Salad Cinnamon Pears WW Roll Dessert
25 	26 Chicken Salad on Croissant Cottage Cheese Trio Vegetables Broccoli Salad Grapes Dessert	27 Chili & Cheese 1/2 Baked Potato Green Salad Orange Quarters Cornbread Dessert	28 Chicken Burger Deluxe Green Beans Potato Salad Strawberry Shortcake	29 Hamburger Steak with Grilled Onions Mashed Potatoes Buttered Corn Garden Salad WW Roll Cherry Cobbler



Davenport Senior Meals May 2020



Monday	Tuesday	Wednes-	Thursday	Friday
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				1 Hot Turkey Sandwich Potatoes & Gravy Green Beans Mixed Greens Salad Cranberry Salad Garlic Bread Dessert
4 	5 BBQ Chicken Macaroni Salad Cauliflower Spring Salad Strawberry Shortcake	6	7 Swiss Steak with Tomato Sauce Shell Pasta California Blend Veggies Fruit Salad WW Roll Dessert	8 Ham & Scalloped Potato Casserole Glazed Carrots Garden Salad Waldorf Salad Cheesy Biscuit Dessert
11	12 Sloppy Joe Sandwich Coleslaw Peaches Fruited Jell-O	13 	14 Biscuits & Gravy Potatoes O'Brien V-8 Juice Orange Quarters Sherbet	15 Ham & Cheese Quiche Garden Salad Crunchy Pea Salad Fresh Fruit Tray Blueberry Muffin
18	19 Brats & Sauerkraut Herbed Potato Bake Capri Vegetables Waldorf Salad WW Roll Dessert	20	21 Chicken Fettuccine Italian Vegetables Greek Salad Italian Herb Bread Apple Crisp	22 Chicken Salad Croissant Cottage cheese Trio Vegetables Broccoli Salad Grapes Dessert
25 	26 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	27 	28 Shepherd's Pie Cottage Cheese 49'er Chopped Salad Apricots WW Roll Dessert	29 Orange Glazed Chicken Wild Rice Asian Vegetables Coleslaw Chilled Pineapple Egg Roll Dessert

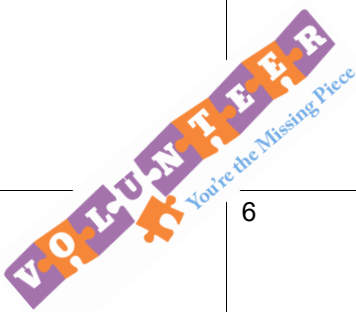


Entiat Senior Meals

May 2020



PLEASE CALL 24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Shepherd's Pie Cottage Cheese Caesar Salad Apricots WW Roll Dessert	5 	6	7 Cabbage Patch Stew Spiced Salad Pears WW Roll Cereal Bars	8 
11 Baked Fish Amandine Basil & Garlic Pasta Asparagus Coleslaw WW Roll Peach Cobbler	12 	13	14 Deli Sandwich Vegetable Soup Peaches Dessert	15
18 Sloppy Joe's Jo Jo's Coleslaw Peaches Dessert	19	20	21 Swedish Meatballs Red Potatoes Buttered Corn Spiced Salad Cherries & Pineapple WW Roll Dessert	22
25 	26	27	28 Chicken Burger Deluxe Green Beans Potato Salad Strawberry Shortcake 	29

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 May 2020



Monday

Tuesday

Wednesday

Thursday

Friday

				1 Hot Turkey Sandwich Potatoes & Gravy Green Beans Mixed Greens Salad Cranberry Salad Garlic Bread Dessert
4	5 BBQ Chicken Macaroni Salad Cauliflower Spring Salad Strawberry Shortcake	6 	7 Swiss Steak with Tomato Sauce Shell Pasta California Blend Veggies Fruit Salad WW Roll Dessert	8 Ham & Scalloped Potato Casserole Glazed Carrots Garden Salad Waldorf Salad Cheesy Biscuit Dessert
11	12 Sloppy Joe Sandwich Coleslaw Peaches Fruited Jell-O	13	14 Biscuits & Gravy Potatoes O'Brien V-8 Juice Orange Quarters Sherbet	15 Ham & Cheese Quiche Garden Salad Crunchy Pea Salad Fresh Fruit Tray Blueberry Muffin
18	19 Brats & Sauerkraut Herbed Potato Bake Capri Vegetables Waldorf Salad WW Roll Dessert	20 	21 Chicken Fettuccine Italian Vegetables Greek Salad Italian Herb Bread Apple Crisp	22 Chicken Salad Croissant Cottage cheese Trio Vegetables Broccoli Salad Grapes Dessert
25 	26 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	27	28 Shepherd's Pie Cottage Cheese 49'er Chopped Salad Apricots WW Roll Dessert	29 Orange Glazed Chicken Wild Rice Asian Vegetables Coleslaw Chilled Pineapple Egg Roll 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



Leavenworth Senior Meals

May 2020



Monday	Tuesday	Wednesday	Thursday	Friday
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.				
4 Hot Turkey Sandwich Mashed Potatoes Green Beans Mixed Greens Salad Cranberry Salad WW Roll Dessert 	5 Swiss Steak Shell Pasta California Vegetables Spiced Salad Banana French Bread Dessert	6 Chicken Cordon Bleu Casserole Rice Pilaf Buttered Peas Tossed Green Salad Fruit Salad Focaccia Bread Dessert	 7 Cabbage Patch Stew Pasta Salad Greek Salad Pears WW Roll Dessert	1 BBQ Chicken Macaroni Salad Cauliflower Spring Salad Berry Shortcake
11 Ham Au Gratin Potatoes Peas & Carrots Green Salad Spiced Apples Bread Pudding	12 Baked Fish Amandine Basil & Garlic Pasta Asparagus Coleslaw WW Roll Peach Cobbler	13 Biscuits & Gravy O'Brien Potatoes Orange Quarters V-8 Juice Dessert 	14 Chicken Burger Deluxe Sweet Potato Fries Fruit Salad Dessert	15 Beef Tacos Spanish Rice Pico De Gallo Cinnamon Pears Dessert
18 Hawaiian Chicken Wild Rice Blend Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert	19 Chicken or Tuna Salad On Croissant Trio Vegetables Broccoli Salad Grapes Dessert 	20 Brats & Sauerkraut Herbed Potato Bake Trio Vegetables Waldorf Salad Dessert	21 Sloppy Joe Sandwich Sweet Potato Fries Tossed Salad Peaches Dessert	22 Spinach Lasagna Caesar Salad Apricots Garlic Bread Dessert
25 	26 Ham & Cheese Quiche Garden Salad Crunchy Pea Salad Fresh Fruit Tray Blueberry Muffin	27 Deli Style Sandwich Vegetable Soup Whole Grain Crackers Peaches Dessert	28 Shepherd's Pie Cottage Cheese Garden Salad Chilled Pears WW Roll Dessert	29 Chicken Fettuccine Italian Vegetables Caesar Salad Bread Sticks Cherry Crisp





Manson Senior Meals

May 2020



Monday	Tuesday	Wednesday	Thursday	Friday **
				1 Chicken Stir Fry Over Rice Asian Slaw Grapes Egg Roll Dessert
4 Shepherd's Pie Cottage Cheese Caesar Salad Apricots WW Roll Dessert	5 BBQ Chicken Macaroni Salad Peas & Carrots Spring Salad Strawberry Shortcake 	6 Meatloaf & Gravy Mashed Potatoes Broccoli Cuts Garden Salad WW Roll Fruited Jell-O	7 Cabbage Patch Stew Spiced Salad Pears WW Roll Cereal Bars	8 Brats & Sauerkraut Herbed Potato Bake Veggie Tray Waldorf Salad WW Roll Dessert
11 Baked Fish Amandine Basil & Garlic Pasta Asparagus Coleslaw WW Roll Peach Cobbler	12 Beef Taco Pie Southwest Salad Pineapple WW Roll Dessert	13 Swiss Steak Rice Pilaf California Veggies Greek Salad Bananas French Bread Dessert	14 Deli Sandwich Vegetable Soup Peaches Dessert 	15 Chicken Cacciatore Pasta Italian Vegetables Caesar Salad Grapes WW Roll Dessert
18 Sloppy Joe's Jo Jo's Coleslaw Peaches Dessert	19 Yakisoba (Beef & Noodles) Stir Fry Veggies Spinach Salad Mandarin Oranges WW Roll Dessert	20 Chicken Cordon Bleu Casserole Rice Pilaf Normandy Vegetables Tossed Green Salad Fruit Cocktail Focaccia Bread Dessert	21 Swedish Meatballs Red Potatoes Buttered Corn Spiced Salad Cherries & Pineapple WW Roll Dessert	22 Pepper Steak Rice Caesar Salad Cinnamon Pears WW Roll Dessert 
25 	26 Chicken Salad on Croissant Cottage Cheese Trio Vegetables Broccoli Salad Grapes Dessert	27 Chili & Cheese 1/2 Baked Potato Green Salad Orange Quarters Cornbread Dessert	28 Chicken Burger Deluxe Green Beans Potato Salad Strawberry Shortcake	29 Hamburger Steak with Grilled Onions Mashed Potatoes Buttered Corn Garden Salad WW Roll Cherry Cobbler

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.



Odessa Senior Meals May 2020

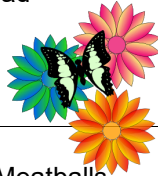


Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over— suggested donation \$4.00 Under age 60—\$8.50 FEE Please call the Nutrition Director for more information about the Home Delivered Meal program toll -free 844-826-7979				
4 Pork Roast Herbed Potato Bake Carrots Spinach Salad Applesauce WW Roll Dessert	5  123FreeVectors.com	6 Biscuits & Gravy O'Brien Potatoes V-8 Juice Orange Quarters Dessert	7 Swiss Steak Shell Pasta California Vegetables Spiced Salad Banana French Bread Dessert	8
11 Chicken Cordon Bleu Casserole Rice Pilaf Normandy Vegetables Tossed Green Salad Fruit cocktail Focaccia Bread Dessert	12	13 Spinach Lasagna Caesar Salad Apricots Garlic Bread Dessert	14 Beef Taco Pie Southwest Salad Pineapple WW Roll Dessert	15 
18 Chicken or Tuna Salad on a Croissant Cottage Cheese Trio Vegetables Broccoli Salad Grapes Dessert	19 	20 BBQ Chicken Macaroni Salad Buttered Peas Spring Salad Strawberry Shortcake	21 Sloppy Joe Sandwich Jo Jo's Coleslaw Peaches Dessert	22
25  Memorial Day	26	27 Spaghetti & Meat Sauce Caesar Salad Sliced Pears Garlic Bread Dessert	28 Chicken Stir Fry Greek Salad Grapes Egg Roll Dessert	29 



Omak-Okanogan Senior Meals May 2020



Okanogan	Omak	Okanogan	Okanogan—9am	Omak
Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979				
4 Pepper Steak Rice Caesar Salad Cinnamon Pears Egg Roll Dessert 	5 Mexican Pork Roast Refried Beans Mexican Rice Fiesta Corn Cabbage Salad Tropical Fruit Flan	6 Meatloaf & Gravy Mashed Potatoes Broccoli Cuts Garden Salad WW Roll Fruited Jell-O	7 Biscuits & Gravy O'Brien Potatoes V-8 Juice Fresh Fruit Muffin 	8 Ham Au Gratin Potatoes Peas & Carrots Green Salad Spiced Apples Bread Pudding
11 Chicken Cordon Bleu Casserole Egg Noodles Normandy Vegetables Tossed Green Salad Fruit Cocktail Focaccia Bread Dessert	12 Hot Turkey Sandwich Mashed Potatoes Green Beans Mixed Greens Salad Cranberry Salad WW Roll Dessert	13 Brats & Sauerkraut Potato Salad Waldorf Salad Dessert	14 Bacon, Spinach Quiche Hash Brown Potatoes Juice Fresh Fruit Tray Blueberry Muffin	15 Orange Glazed Chicken Rice Asian Vegetables Coleslaw Chilled Pineapple Egg Roll Fortune Cookies
18 Hamburger Steak with Grilled Onions Mashed Potatoes Trio Vegetables Garden Salad WW Roll Cherry Crisp	19 Sloppy Joe Sandwich Jo Jo's Coleslaw Peaches Dessert	20 Hawaiian Chicken Wild Rice Blend Broccoli Normandy Spiced Salad Tropical Fruit WW Roll Dessert	21 Scrambled Eggs Bacon Hash Browns Juice Fresh Fruit Cinnamon Rolls	22 Baked Fish Amandine Basil & Garlic Pasta Asparagus Spinach Salad Citrus Salad WW Roll Dessert 
25 	26 Shepherd's Pie Cottage Cheese Caesar Salad Apricots WW Roll Dessert	27 Chicken Stir Fry Over Rice Greek Salad Grapes Egg Roll Dessert	28 Scrambled Eggs Ham Breakfast Potatoes Juice Fresh Fruit Coffee Cake	29 Swedish Meatballs Egg Noodles Glazed Carrots Spiced Salad Cherries & Pineapple WW Roll Dessert



Oroville Senior Meals May 2020



Monday	Tuesday	Wednesday	Thursday	Friday
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				1 Tuna Salad Croissant Cottage Cheese Broccoli Salad Grapes Dessert
4	5 Bacon & Egg Salad Sandwich Spinach Salad Citrus Salad Dessert	6 	7 Sloppy Joe Sandwich Jo Jo's Coleslaw Peaches Dessert	8 Chicken Fettuccine Italian Vegetables Caesar Salad Bread Sticks Cherry Crisp
11 	12 Orange Glazed Chicken Rice Oriental Vegetables Asian Slaw Chilled Pineapple Egg Roll Dessert	13	14 Baked Fish Amandine Basil & Garlic Pasta Asparagus Coleslaw WW Roll Peach Cobbler	15 Ham & Cheese Quiche Pea Salad Garden Salad Fresh Fruit Blueberry Muffin 
18	19 Chicken Taco Salad Refried Beans Spanish Rice Tortilla Chips Fruit Cup Dessert	20 	21 Deli Style Sandwich Vegetable Soup Whole Grain Crackers Apricots Dessert	22 Pepper Steak over Rice Caesar Salad Cinnamon Pears Whole Wheat Roll Dessert
25 	26 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	27 	28 Chili & Cheese 1/2 Baked Potato Green Salad Fruit Salad WW Roll Dessert	29 Hamburger Steak with Grilled Onions Mashed Potatoes Trio Vegetables Garden Salad Orange Quarters WW Roll Birthday Cake 



Tonasket Senior Meals May 2020



Monday	Tuesday	Wednesday	Thursday	Friday
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				1
4 BBQ Chicken Macaroni Salad Broccoli & Cauliflower Spring Salad Strawberry Shortcake	5 	6 Ham Au Gratin Potatoes Peas & Carrots Green Salad Apples WW Roll Dessert	7 Sloppy Joe Sandwich Potato Salad Three Bean Salad Peaches Dessert	8 
11 Chicken Cordon Bleu Casserole on Noodles Normandy Vegetables Tossed Green Salad Fruit Cocktail Focaccia Bread Dessert	12 	13 Chicken Salad on Croissant Cottage Cheese Pickled Beets Broccoli Salad Watermelon Dessert	14 Baked Fish Amandine Basil & Garlic Pasta Asparagus Coleslaw WW Roll Berry Cobbler	15 
18 Biscuits & Gravy O'Brien Potatoes V-8 Juice Orange Quarters Dessert	19 	20 Shepherd's Pie Cottage Cheese Greek Salad Apricots WW Roll Dessert	21 Chicken Burger Deluxe Sweet Potato Fries Coleslaw Strawberry Shortcake	22 
25 	26 	27 Chicken Fettuccine Mixed Squash Greek Salad Bread Sticks Peach Cobbler	28 Chili & Cheese 1/2 Baked Potato Green Salad Fruit Salad Cornbread Cereal Bars	29 



Twisp Senior Meals May 2020



Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE For information about Home Delivered Meals Please call 844-826-7979				1 Pork Roast Herbed Potato Bake Carrots Spinach Salad Applesauce WW Roll Dessert
4 Sloppy Joe Sandwich Tater Tots Coleslaw Peaches Dessert	5	6	7 Biscuits & Sausage Gravy O'Brien Potatoes V-8 Juice Orange Quarters Dessert	8 Chicken Florentine Over Pasta Garden Salad Fresh Fruit Garlic Bread Dessert
11 Shepherd's Pie Cottage Cheese Caesar Salad Apricots WW Roll Dessert	12	13	14 Chicken Cacciatore Wild Rice Bake Italian Vegetables Grapes WW Roll Dessert	15 Chili & Cheese 1/2 Baked Potato Green Salad WW Roll Strawberry Shortcake
18 Chicken Burger Deluxe Sweet Potato Fries Coleslaw Strawberries & Bananas Brownies	19	20	21 Meatloaf Potatoes & Gravy Broccoli Garden Salad WW Roll Fruited Jell-O	22 Hawaiian Chicken Wild Rice Blend Mixed Vegetables Spring Salad Tropical Fruit WW Roll Dessert
25	26	27	28 Spinach Lasagna Caesar Salad Apricots Garlic Bread Dessert	29 Hot Turkey Sandwich Potatoes & Gravy Green Beans Mixed Greens Salad Cranberry Salad WW Roll Dessert



Wilbur Senior Meals May 2020



Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 BBQ Chicken Rice Pilaf Cauliflower Spring Salad Strawberry Shortcake	6 Cabbage Patch Stew Spiced Salad Pears WW Roll Oatmeal Cookie	7 Hot Turkey Sandwich Potatoes & Gravy Green Beans Mixed Greens Salad Cranberry Salad Dessert	8 
11 	12 Hamburger Steak with Grilled Onions Mashed Potatoes Trio Vegetables Garden Salad WW Roll Pineapple Dessert	13 Baked Fish Amandine Basil & Garlic Pasta Asparagus Caesar Salad WW Roll Cherry Cobbler	14 Sloppy Joe's Jo Jo's Coleslaw Peaches Dessert	15
18	19 Swiss Steak Shell Pasta California Veggies Spiced Salad Bananas French Bread Dessert	20 Chicken or Tuna Salad on Croissant Cottage Cheese Trio Vegetables Broccoli Salad Grapes Dessert	21 Ham & Scalloped Potato Casserole Glazed Carrots Garden Salad Waldorf Salad WW Roll Dessert	22 
25 	26 Chicken Cordon Bleu Casserole on Noodles Normandy Vegetables Tossed Green Salad Fruit Cocktail Focaccia Bread Dessert	27 Biscuits & Gravy O'Brien Potatoes V-8 Juice Orange Quarters Dessert	28 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	29



**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

volunteer
do good, feel good