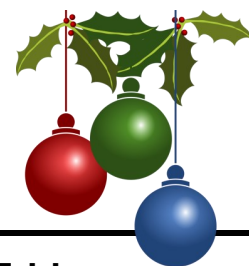







Senior Meals

Brewster-Bridgeport-Pateros

December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Macaroni & Cheese with Ham Casserole Peas Tossed Green Salad Mixed Berries Barn Muffin Dessert	5 French Dip Sandwich Vegetable Tray Garden Salad Mandarin Oranges Dessert	6 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	7 Tuna & Rice Bake California Vegetables Greek Salad Apple & Pear Salad WW Roll Dessert	8 
11 Harvest Stew Coleslaw Peaches WW Bread or Roll Dessert	12 Chef Salad Garlic & Red Pepper Penne' Pasta Buttered Corn Spiced Apples WW Roll Dessert	13 BBQ Meatballs Mashed Potatoes Italian Vegetables Caesar Salad Fruit Cocktail WW Bread or Roll Dessert	14 Ham & Au Gratin Potato Casserole Peas & Carrots Garden Salad Applesauce WW Roll Sherbet	15
18 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	19 Salisbury Steak & Gravy Mashed Potatoes Trio Vegetables Carrot/Raisin Salad WW Bread or Roll Fruit Cobbler	20 Sloppy Joe Sandwich Coleslaw Apricots Dessert	21 Chicken Ala King Over Biscuits Peas & Carrots Tossed Green Salad Grapes Frosted Cup Cakes	22 CLOSED 
25 	26 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Tropical Fruit Salad Bread & Raisin Pudding	27 Chicken Cordon Bleu Parsley Potatoes Peas & Carrots Tossed Green Salad Fruit Crisp	28 Meatloaf & Gravy Mashed Potatoes Green Beans Garden Salad WW Bread or Roll Fruited Jell-O	29

Seniors Age 60 & over—suggested donation \$3.50

Under age 60—\$8.00 FEE

Please call the Site Director for more information about the Home
Delivered Meal program at 689-2815





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Chelan Senior Meals

December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation \$3.50 Under age 60—\$8.00 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! Chelan 888-4440 Msndon 687-3636	
4 Beef & Cheese Enchiladas Refried Beans Spanish Rice Mexi Corn Asian Coleslaw Mandarin Oranges Custard	5 Chicken Fettuccine Italian Vegetables Caesar Salad Bread Sticks Apple Crisp	6 Chicken Cacciatore Wild Rice Blend Mixed Vegetables Grapes WW Roll Dessert	7 Roast Beef & Gravy Mashed Potatoes Mixed Vegetables Tossed Veggie Salad WW Bread or Roll Fruited Jell-O	1 Spaghetti with Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert
11 Meatloaf Potatoes & Gravy Green Beans Garden Salad WW Bread or Roll Fruited Jell-O	12 Chef Salad Garlic and Red Pepper Penne' Pasta Corn Chowder Spiced Apples WW Roll Dessert	13 Chicken Burger Deluxe Sweet Potato Fries Pear Crisp	14 Harvest Stew Coleslaw Peaches WW Bread Dessert	8 Chicken A La King Over Biscuits Peas & Carrots Tossed Green Salad Grapes Dessert
18 Chicken Pot Pie Garden Salad Mixed Berries Angel Food Cake	19 Macaroni & Cheese With Ham Peas Tossed Green Salad Mixed Berries Bran Muffin Dessert	20 French Dip Sandwich Vegetable Tray Garden Salad Peaches Dessert	21 Ham Scalloped Potatoes Asparagus Caesar Salad Fruit Ambrosia Bread Pudding	15 Swiss Steak & Gravy Mashed Potatoes California Vegetables Chopped Kale Salad Banana Garlic Biscuit Dessert
25 	26 Orange Glazed Chicken Au Gratin Potatoes Steamed Broccoli Cuke & Tomato Salad Chilled Pineapple WW Bread or Roll Dessert	27 BBQ Meatballs Mashed Potatoes Italian Vegetables Caesar Salad Fruit Cocktail WW Bread or Roll Dessert	28 Roast Beef/Prime Rib Baked Potato Brussels Sprouts Chopped Kale Salad Fruit Salad Dinner Roll Special Dessert	22 CLOSED 
				29 Chicken Cordon Bleu Parsley Potatoes Peas & Carrots Tossed Green Salad WW Bread or Roll Fruit Crisp




24 HOURS IN ADVANCE TO RESERVE OR CANCEL



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Davenport Senior Meals December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Cacciatore Wild Rice Capri Vegetables Grapes WW Roll Dessert
4	5 Chicken Fettuccini Italian Vegetables Caesar Salad Bread Sticks Apple Crisp	6	7 Beef Taco Pie Cottage Cheese Spanish Rice Mexi Corn Garden Salad Chilled Pears Dessert	8 Baked Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
11	12 Chicken Cordon Bleu Parsley Potatoes Roasted Squash Lettuce/Tomato Salad WW Bread or Roll Berry Cobbler	13 	14 Tuna Noodle Casserole Peas & Carrots Garden Salad Peaches WW Bread or Roll Dessert	15 Pork Chops Potatoes & Gravy Brussel Sprouts Tossed Green Salad Applesauce Biscuit w/Chives Dessert
18	19 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	20	21 Baked Ham Scalloped Potatoes Normandy Vegetables Chopped Kale Salad Tropical Fruit Salad Bread & Raisin Pudding	22 <i>CLOSED</i> 
25 	26 Chicken Ala King Over biscuits Trio Vegetables Tossed Green Salad Mandarin Oranges Dessert	27	28 Macaroni & Cheese With Ham Peas Tossed Green Salad Mixed Berries Bran Muffin Dessert	29 Country Fried Steak Potatoes & Gravy Green Beans Tossed Vegetable Salad Fruit Cocktail Dessert

**Seniors Age 60 & over—suggested donation
\$3.50**

Under age 60—\$8.00 FEE

Please call the Nutrition Director for more information about
the Home Delivered Meal program toll-free 844-826-7979





Entiat Senior Meals December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Beef & Cheese Enchiladas Refried Beans Spanish Rice Mexi Corn Asian Coleslaw Mandarin Oranges	5	6	7 Roast Beef & Gravy Mashed Potatoes Mixed Vegetables Tossed Veggie Salad WW Bread or Roll Fruited Jell-O	8
11 Meatloaf Potatoes & Gravy Green Beans Garden Salad WW Bread or Roll Fruited Jell-O	12	13	14 Harvest Stew Coleslaw Peaches WW Bread Dessert	15
18 Chicken Pot Pie Garden Salad Mixed Berries Angel Food Cake	19	20	21 Ham Scalloped Potatoes Asparagus Caesar Salad Fruit Ambrosia Bread Pudding	22 CLOSED 
25 	26	27	28 Roast Beef/Prime Rib Baked Potato Brussels Sprouts Chopped Kale Salad Fruit Salad Dinner Roll Special Dessert	29

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Seniors Age 60 & over—suggested donation

\$3.50

Under age 60—\$8.00 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 December 2017



Monday

Tuesday

Wednesday

Thursday

Friday

				
				1
4 Ham & Cheese Quiche Steamed Broccoli Garden Salad Orange Quarters Blueberry Muffin	5 Chef Salad Corn Chowder Garlic & Red Pepper Penne Pasta Spiced Apples WW Roll Dessert	6 Chicken Cacciatore Wild Rice Blend Italian Vegetables Grapes WW Roll Dessert	7	8
11 Egg Salad Sandwich Broccoli/Cheese Soup Tossed Veggie Salad Mixed Berries Dessert	12 Pork Chops Mashed Potatoes Roasted Squash Garden Salad Applesauce Biscuit with Chives Dessert	13 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit WW Bread or Roll Dessert	14	15
18 Roast Beef Sandwich Potato Soup Orange Quarters Dessert	19 Chicken Cordon Bleu Parsley Potatoes Peas & Carrots Tossed Green Salad WW Bread or Roll Fruit Crisp	20 Baked Ham Scalloped Potatoes Green Beans Chopped Kale Salad Applesauce Bread Pudding	21	22 CLOSED 
25 	26 BBQ Meatballs Mashed Potatoes Mixed Vegetables Spinach Salad Fruit Cocktail WW Bread or roll Dessert	27 Chicken Fettuccine Italian Vegetables Caesar Salad Bread Sticks Apple Crisp	28	29

Seniors Age 60 & over—suggested donation \$3.50



Under age 60—\$8.00 FEE

Please call the Nutrition Director for more information about
the Home Delivered Meal program toll-free 844-826-7979



Leavenworth Senior Meals December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation \$3.50 Under age 60—\$8.00 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 509-548-6666		1 Harvest Stew Coleslaw Peaches WW Bread or Roll Dessert
4 Macaroni & Cheese with Ham Peas Tossed Green Salad Mixed Berries Bran Muffin Dessert	5 Meatloaf & Gravy Mashed Potatoes Green Beans Garden Salad WW Bread or Roll Fruited Jell-O	6 Ham Sandwich with Lettuce & Tomato Fall Vegetable Soup Baked Apples Ice Cream	7 Chicken Fettuccine Italian Vegetables Caesar Salad Bread Sticks Pear Crisp	8 Clam Chowder Cottage Cheese Spinach Salad V-8 Juice Tropical Fruit Blend Garlic Bread Dessert
11 Orange Glazed Chicken Au Gratin Potatoes Steamed Broccoli Cuke & Tomato Salad Chilled Pineapple WW Bread or Roll Dessert	12 Roast Beef Potatoes & Gravy Mixed Vegetables Tossed Veggie Salad WW Bread or Roll Fruited Jell-O	13 Hearty Turkey Noodle Soup Tossed Green Salad Fresh FruitTray WW Roll Dessert	14 Tuna Casserole Peas & Carrots Garden Salad WW Bread or Roll Dessert	15 Spaghetti with Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert
18 Swiss Steak & Gravy Mashed Potatoes California Veggies Chopped Kale Salad Banana Garlic Biscuit Dessert	19 Baked Fish with Lemon Pepper Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	20 BBQ Meatballs Mashed Potatoes Italian Vegetables Caesar Salad Fruit Cocktail WW Bread or Roll Dessert	21 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Tropical Fruit Salad Bread/Raisin Pudding	22 CLOSED 
25 	26 Garden Chili /Crackers Cottage Cheese Carrot/Raisin Salad WW Roll Apple Crisp	27 Pork Chops Mashed Potatoes/Gravy Roasted Squash Garden Salad Applesauce Biscuit with chives Dessert	28 Roast Beef Sandwich Corn Chowder Fresh Fruit Tray Ice Cream	29 Chicken Cordon Bleu Parsley Potatoes Peas & Carrots Tossed Green Salad WW Bread or Roll Fruit Crisp

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Manson Senior Meals December 2017



ZWAN1.COM

Monday

Tuesday

Wednesday

Thursday

Friday

Seniors Age 60 & over—suggested donation

\$3.50

Under age 60—\$8.00 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 Manson 687-3377

1
Spaghetti with Meat Sauce
Caesar Salad
Sliced Peaches
Garlic Bread
Dessert

4
Beef & Cheese Enchiladas
Refried Beans
Spanish Rice
Mexi Corn
Asian Coleslaw
Mandarin Oranges
Custard

5
Chicken Fettuccine
Italian Vegetables
Caesar Salad
Bread Sticks
Apple Crisp

6
Chicken Cacciatore
Wild Rice Blend
Mixed Vegetables
Grapes
WW Roll
Dessert

7
Roast Beef & Gravy
Mashed Potatoes
Mixed Vegetables
Tossed Veggie Salad
WW Bread or Roll
Fruited Jell-O

8
Chicken A La King
Over Biscuits
Peas & Carrots
Tossed Green Salad
Grapes
Dessert

11
Meatloaf
Potatoes & Gravy
Green Beans
Garden Salad
WW Bread or Roll
Fruited Jell-O

12
Chef Salad
Garlic and Red Pepper
Penne' Pasta
Corn Chowder
Spiced Apples
WW Roll
Dessert

13
Chicken Burger
Deluxe
Sweet Potato Fries
Pear Crisp

14
Harvest Stew
Coleslaw
Peaches
WW Bread
Dessert

15
Swiss Steak & Gravy
Mashed Potatoes
California Vegetables
Chopped Kale Salad
Banana
Garlic Biscuit
Dessert

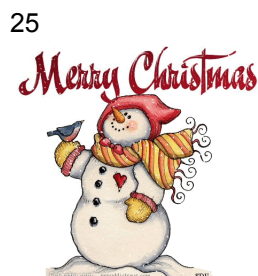
18
Chicken Pot Pie
Garden Salad
Mixed Berries
Angel Food Cake

19
Macaroni & Cheese
With Ham
Peas
Tossed Green Salad
Mixed Berries
Bran Muffin
Dessert

20
French Dip Sandwich
Vegetable Tray
Garden Salad
Peaches
Dessert

21
Ham
Scalloped Potatoes
Asparagus
Caesar Salad
Fruit Ambrosia
Bread Pudding

22 **CLOSED**



26
Orange Glazed Chicken
Au Gratin Potatoes
Steamed Broccoli
Cuke & Tomato Salad
Chilled Pineapple
WW Bread or Roll
Dessert

27
BBQ Meatballs
Mashed Potatoes
Italian Vegetables
Caesar Salad
Fruit Cocktail
WW Bread or Roll
Dessert

28
Roast Beef/Prime Rib
Baked Potato
Brussels Sprouts
Chopped Kale Salad
Fruit Salad
Dinner Roll
Special Dessert


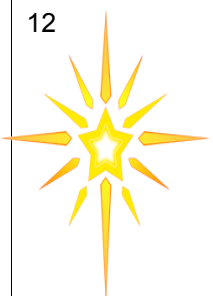


29
Chicken Cordon Bleu
Parsley Potatoes
Peas & Carrots
Tossed Green Salad
WW Bread or Roll
Fruit Crisp

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Odessa Senior Meals December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seniors Age 60 & over—suggested donation \$3.50</p> <p>Under age 60—\$8.00 FEE</p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p>		 <p>Seasons Greetings!</p> <p><small>ZWANL.COM</small></p>		1
<p>4</p> <p>Beef & Cheese Enchiladas Refried Beans Spanish Rice Mexi Corn Asian Coleslaw Mandarin Oranges Custard</p>	<p>5</p> 	<p>6</p> <p>Harvest Stew Coleslaw Peaches WW Bread or Roll Dessert</p>	<p>7</p> <p>Pork Chops Potatoes & Gravy Roasted Squash Garden Salad Applesauce Biscuit with Chives Dessert</p>	8
<p>11</p> <p>Salisbury Steak & Gravy Mashed Potatoes Trio Vegetables Carrot & Raisin Salad WW Bread or Roll Fruit Cobbler</p>	12	<p>13</p> <p>Clam Chowder Cottage Cheese V-8 Juice Garden Salad Tropical Fruit Salad Garlic Bread Dessert</p>	<p>14</p> <p>Macaroni & Cheese with Ham Peas Tossed Green Salad Mixed Berries Bran Muffin Dessert</p>	15
<p>18</p> <p>Baked Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert</p>	19	<p>20</p> <p>Chicken Cacciatore Wild Rice Blend Italian Vegetables Grapes WW Roll Dessert</p>	<p>21</p> <p>Roast Turkey Stuffing & Gravy Green Bean Casserole Perfection Salad Waldorf Salad WW Bread or Roll Pumpkin Pie</p>	<p>22 CLOSED</p> 
<p>25</p> <p><i>Merry Christmas</i></p> 	26	<p>27</p> <p>Meatloaf & Gravy Mashed Potatoes Green Beans Garden Salad WW Bread or Roll Fruited Jell-O</p>	<p>28</p> <p>Orange Glazed Chicken Au Gratin Potatoes Steamed Broccoli Cuke & Tomato Salad Chilled Pineapple WW Bread or Roll Dessert</p>	29



Omak-Okanogan Senior Meals December 2017



Okanogan		Omak		Okanogan		Omak			
Monday		Tuesday		Wednesday		Thursday		Friday	
								1 Beef & Cheese Enchiladas Refried Beans Spanish Rice Mexi-corn Asian Coleslaw Mandarin Oranges Custard	
4 Salisbury Steak Potatoes & Gravy Trio Vegetables Carrot & Raisin Salad WW Bread or Roll Fruit Cobbler		5 Chef Salad Garlic & Red Pepper Penne' Pasta Vegetable Soup Spiced Apples WW Roll Dessert		6 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert		7 		8 French Dip Sandwich Vegetable Tray Garden Salad Waldorf Salad Dessert	
11 Chicken Cordon Bleu Parsley Potatoes Peas & Carrots Tossed Green Salad WW Bread or Roll Fruit Crisp		12 Meatloaf Potatoes & Gravy Green Beans Garden Salad WW Bread or Roll Fruited Jell-O		13 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert		14		15 Chicken Burger Deluxe Sweet Potato Fries Tropical Fruit Dessert	
18 Sloppy Joe Sandwich Coleslaw Apricots Dessert		19 Country Fried Steak Potatoes & Gravy Green Beans Tossed Veggie Salad Fruit Cocktail WW Bread or Roll Dessert		20 Roast Turkey Stuffing & Gravy Green Bean Casserole Perfection Jell-O Salad Waldorf Salad WW Roll Pumpkin Pie		21		22 <i>CLOSED</i>  <small>shutterstock · 120213520</small>	
25 		26 Hearty Turkey Noodle Soup Tossed Vegetable Salad Fresh Fruit Tray WW Roll Dessert		27 BBQ Meatballs Tater Tots Italian Vegetables Caesar Salad Fruit Cocktail WW Bread or Roll Dessert		28		29 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	

Seniors Age 60 & over suggested donation
 \$3.50
 Under age 60—\$8.00 FEE
 For Home Delivered Meals please call
 509-826-7979





Oroville Senior Meals December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation \$3.50 Under age 60—\$8.00 FEE Please call the Site Director for more information about the Home Delivered Meal program at 476-2412				1 Beef & Cheese Enchiladas Refried Beans Spanish Rice Mexi Corn Asian Coleslaw Mandarin Oranges Dessert
4	5 Pork Chops & Gravy Mashed Potatoes Roasted Squash Garden Salad Applesauce Biscuit with Chives Dessert	6	7 Harvest Stew Coleslaw Peaches WW Bread Dessert	8 Lemon Pepper Fish Wild Rice Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
11	12 Roast Beef Sandwich Corn Chowder Fresh Fruit Tray Dessert	13 	14 Chicken Cordon Bleu Parsley Potatoes Peas & Carrots Tossed Green Salad WW Bread or Roll Fruit Crisp	15 Meatloaf Mashed Potatoes & gravy Green Beans Garden Salad Blueberry Muffin Fruited Jell-O
18	19 Chicken Fettuccine Italian Vegetables Caesar Salad Bread Sticks Apple Crisp	20	21 Baked Ham Yams Glazed Carrots Chopped Kale Salad Tropical Fruit Salad Bread & Raisin Pudding	22 
25 	26 Country Fried Steak Potatoes & Gravy Green Beans Tossed Veggie Salad Fruit Cocktail WW Bread or Roll Dessert	27	28 BBQ Meatballs Tater Tots Italian Vegetables Caesar Salad Fruit Cocktail WW Bread or Roll Dessert	29 Egg Salad Sandwich Cheese & Broccoli Soup Tossed Vegetable Salad Mixed Berries Dessert



Tonasket Senior Meals December 2017







Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation \$3.50 Under age 60—\$8.00 FEE Please call the Site Director for more information about the Home Delivered Meal program at 486-2483				1
4 Beef & Cheese Enchiladas Refried Beans Spanish Rice Mexi Corn Asian Coleslaw Mandarin Oranges Dessert	5 	6 Pork Chops Mashed Potatoes & Gravy Roasted Squash Garden Salad Applesauce Biscuit with Chives Dessert	7 Harvest Stew Coleslaw Peaches WW Bread Dessert	8
11 Ham & Cheese Quiche Steamed Broccoli Garden Salad Orange Quarters Blueberry Muffin	12	13 BBQ Meatballs Mashed Potatoes Italian Vegetables Caesar Salad Fruit Cocktail WW Bread or Roll Dessert	14 Chicken A La King Over Biscuits Peas & Carrots Tossed Green Salad Grapes Frosted Cup Cakes	15
18 Salisbury Steak & Gravy Mashed Potatoes Trio Vegetables Carrot/Raisin Salad WW Bread or Roll Fruit Cobbler	19	20 Turkey Sandwich Corn Chowder Fresh Fruit Tray Dessert	21 Roast Beef (Prime Rib) Baked Potatoes Asparagus Tossed Vegetable Salad Dinner roll Cherry Dessert	22 CLOSED 
Merry Christmas 	26	27 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	28 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Tropical Fruit Salad Bread & Raisin Pudding	29



Twisp Senior Meals December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation \$3.50 Under age 60—\$8.00 FEE Please call the Site Director for more information about the Home Delivered Meal program at 997-7722				1 Macaroni & Cheese With Ham Peas Tossed Green Salad Mixed Berries Bran Muffin Dessert
4 Chicken A la King Over Biscuits Peas & Carrots Tossed Green Salad Grapes Frosted Cup Cakes	5	6	7 Ham & Cheese Quiche Steamed Broccoli Garden Salad Orange Quarters Blueberry Muffin	8 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert
11 Salisbury Steak Potatoes & Gravy Trio Vegetables Carrot & Raisin Salad WW Bread or Roll Fruit Cobbler	12	13 	14 Roast Beef Sandwich Corn Chowder Fresh Fruit Tray Dessert	15 Chicken Pot Pie Garden Salad Mixed Berries WW Roll Dessert
18 Beef Taco Pie Cottage Cheese Spanish Rice Mexi Corn Southwest Salad Mixed Fruit Dessert	19	20	21 Roast Beef Baked Potato Asparagus Tossed Veggie Salad Fruit Ambrosia Salad WW Bread or Roll Dessert	22 CLOSED 
25 	26	27	28 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	29 Chicken Cordon Bleu Parsley Potatoes Peas & Carrots Tossed Green Salad WW Bread or Roll Fruit Crisp



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Wilbur Senior Meals

December 2017



Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Beef & Cheese Enchilada Refried Beans Spanish Rice Mexi Corn Asian Coleslaw Mandarin Oranges Custard	6 Chef Salad Garlic & Red Pepper Penne' Pasta Vegetable Soup Spiced Apples WW Roll Connie's Dessert	7 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	8
11	12 Meatloaf & Gravy Mashed Potatoes Green Beans Garden Salad WW Bread or Roll Fruited Jell-O	13 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Connie's Dessert	14 French Dip Sandwich Vegetable Tray Garden Salad Waldorf Salad Dessert	15
18	19 Country Fried Steak Potatoes & Gravy Green Beans Tossed Vegetable Salad Fruit Cocktail WW Bread or Roll Dessert	20 Hearty Turkey Noodle Soup Spinach Salad Fresh Fruit Tray WW Roll Connie's Dessert	21 Baked Ham Scalloped Potatoes Peas Chopped Kale Salad Applesauce WW Roll Bread Pudding	22
25 	26 BBQ Meatballs Tater Tots Mixed Vegetables Green Salad Fruit Cocktail WW Bread or Roll Dessert	27 Egg Salad Sandwich Broccoli & Cheese Soup Tossed Veggie Salad Mixed Berries Connie's Dessert	28 Lasagna Italian Vegetables Caesar Salad Pears Garlic Bread Dessert	29

**Seniors Age 60 & over—suggested
donation \$3.50**

Under age 60—\$8.00 FEE

Please call the Nutrition Director for more information about the Home Delivered Meal program
toll-free 844-826-7979