



Senior Meals

Brewster-Bridgeport-Pateros

March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert	2
5	6 Chicken Cordon Bleu Rice Pilaf Capri Blend Vegetables Carrot Raisin Salad Fruit Salad WW Roll Dessert	7 Chili with Cheese 1/2 Baked Potato Mixed Vegetables Broccoli Salad Pears Cornbread Dessert	8 Tuna Noodle Casserole Peas Spiced Salad Peaches Garlic Bread Dessert	9
12 	13 Stroganoff Green Beans Tossed Green Salad Mandarin Oranges WW Roll Carrot Cake	14 1/2 Ham Sandwich Split Pea Soup Vegetable Pasta Salad Apple Celery Salad Dessert	15 Corned Beef & Cabbage Red Potatoes Carrots Tropical Fruit WW Bread or Roll Pistachio Pudding	16
19	20 Chicken or Shrimp Fettuccine Pea Salad Spring Salad Garlic Bread Berry Cobbler	21 Hamburger Steak with Grilled Onions Mashed Potatoes Green Bean Casserole Spiced Salad Pears WW Bread or Roll Dessert	22 Lasagna Green Beans Spinach Salad Peaches Bread Sticks Dessert	23
26 	27 Beef Enchiladas Refried Beans Spanish Rice Corn Coleslaw Fruit Cup Dessert	28 Teriyaki Beef Rice Mixed Vegetables 7 Layer Salad Tropical Fruit Garlic Bread Dessert	29 Scalloped Potatoes and Ham Casserole Carrots Spinach Salad Spicy Apples Bread Pudding	30

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

March 2018








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 De- livered 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 Manson 687-3636		
5 Hamburger Steak with Grilled Onions Mashed Potatoes Green Bean Cass. Spiced Salad Pears WW Bread or Roll Dessert	6 Chicken Cordon Bleu Rice Pilaf Capri Vegetables Carrot / Raisin Salad Fruit Salad WW Roll Dessert	7 Country Style Ribs Rosemary Potatoes Trio Vegetables Cabbage / Apple Slaw Pineapple & Cherries WW Bread or Roll Carrot Cake	8 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit Lemon Bars 	9 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert
12 Tater Tot Casserole Cuke/Tomato Salad WW Bread or Roll Apple Crisp 	13 Lasagna Corn Tossed Salad Pears Bread Sticks Dessert	14 Fish Sandwich Sweet Potato Fries Cabbage/Apple Slaw FruitTray Dessert	15 Pork Roast Mashed Potatoes Buttered Peas Spinach Salad WW Bread or Roll Peach Cobbler	16 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit Pistachio Pudding 
19 Stroganoff Buttered Peas Tossed Salad Peaches WW Roll Dessert	20 Scalloped Potatoes & Ham Casserole Green Beans Spinach Salad Spicy Apples Bread Pudding	21 Quiche Capri Vegetables Green Salad / Tomato Grapes Blueberry Muffin	22 French Dip Sandwich Beets Broccoli Salad Tropical Fruit Dessert	23 Baked Fish Rice Pilaf Mixed Vegetables Mixed Greens Salad Apple Celery Salad Garlic Bread Dessert
26 Sweet & Sour Chicken Rice Spiced Salad Pineapple Tidbits WW Bread or Roll Dessert	27 Shrimp Fettuccine Pea Salad Spring Salad Garlic Bread Berry Cobbler 	28 Chili with Cheese 1/2 Baked Potato Mixed Vegetables 7 Layer Salad Cornbread Dessert	29 Baked Chicken Seasoned Penne Pasta Carrots Three Bean Salad Peaches Bread Pudding	30 Biscuits & sausage Gravy Oven Brown Potatoes Fresh Fruit Juice Blueberry Muffin

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Davenport Senior Meals March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Salad Sandwich Potato Soup Tossed Veggie Salad Mixed Fruit Cup Dessert	2 Tater Tot Casserole Cuke & Tomato Salad WW Bread or roll Peach Crisp
5	6 Hawaiian Chicken Wild Rice Baby Carrots Kale Slaw Pineapple WW Bread or Roll Dessert	7	8 Scalloped Potatoes & Ham Casserole Green Beans Spinach Salad Spicy Apples Bread Pudding	9 Salmon w/Dill Sauce Garden Rice Mediterranean Veggies Garden Salad Citrus Salad WW Roll Dessert
12 	13 Beef Enchiladas Refried Beans Spanish Rice Corn Coleslaw Fruit Cup Dessert	14	15 Bacon & Swiss Quiche Capri Vegetables Green Salad w/Tomato Grapes Blueberry Muffin	16 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Bread or roll Pistachio Pudding 
19	20 Chicken Fettuccine Pea salad Spring Salad Garlic Bread Berry Cobbler	21 	22 Rubeen Sandwich with Swiss Cheese Potato Salad Mandarin Oranges Dessert	23 Chili with Cheese Baked potato Mixed Vegetables Broccoli Salad Peaches Cornbread Dessert
26 	27 California Chicken Casserole Lettuce & Tomato Salad Waldorf Salad Cheesy biscuit Dessert	28	29 Scrambled Eggs & Ham Potatoes O'Brien Stewed Tomatoes Juice Peaches Bran Muffin Sherbet	30 Fish Sandwich Sweet Potato Fries Cabbage & Apple Slaw Fruit Tray 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





Entiat Senior Meals March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Enchiladas with Refried Beans Spanish Rice Corn Tossed Salad Fruit Cup	2
5 Hamburger Steak with Grilled Onions Mashed Potatoes Green Bean Cass. Spiced Salad Pears WW Bread or Roll			8 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit Lemon Bars	9
12 Tater Tot Casserole Cuke/Tomato Salad WW Bread or Roll Apple Crisp	13 	14	15 Pork Roast Mashed Potatoes Buttered Peas Spinach Salad WW Bread or Roll Peach Cobbler	16 
19 Stroganoff Buttered Peas Tossed Salad Peaches WW Roll Dessert	20	21	22 French Dip Sandwich Beets Broccoli Salad Tropical Fruit Dessert	23
26 Sweet & Sour Chicken Rice Spiced Salad Pineapple Tidbits WW Bread or Roll Dessert	27	28 	29 Baked Chicken Seasoned Penne Pasta Carrots Three Bean Salad Peaches Bread Pudding	30 

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.

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 March 2018




Monday

Tuesday

Wednesday

Thursday

Friday

			1	2 
5 Beef Enchiladas Refried Beans Spanish Rice Corn Coleslaw Fruit Cup Dessert	6 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit Dessert	7 Bacon & Swiss Quiche Capri Vegetables Green Salad & Tomato Grapes Blueberry Muffin	8	9
12 Tuna Salad Sandwich Potato Soup Veggie Pasta Salad Mixed Fruit Cup Dessert	13 Pork Roast Potatoes & Gravy Buttered Peas Spinach Salad Peach Cobbler	14 Chicken Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert	15 	16
19 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Bread or roll Pistachio Pudding 	20 California Chicken Cass. Lettuce & Tomato Salad Waldorf Salad Cheesy Biscuit Dessert	21 Rueben Sandwich with Swiss Cheese Potato Salad Mandarin oranges Dessert	22	23
26 Chili with Cheese Baked Potato Mixed Vegetables Broccoli Salad Peaches Cornbread Dessert	27 Scalloped Potatoes and Ham Casserole Green Beans Spinach Salad Spicy Apples Bread Pudding	28 Hawaiian Chicken Wild Rice Baby Carrots Kale Slaw Pineapple WW Bread or Roll Dessert	29 	30



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 March 2018



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.		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 Bacon & Swiss Quiche Capri Vegetables Green Salad & Tomato Grapes Blueberry Muffin	2 French Dip Beets Pea Salad Tropical Fruit Dessert 
5 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert	6 Baked Fish Parsley Potatoes Mixed Vegetables Tossed Salad Apple Celery Salad Garlic Bread Dessert	7 Country Style Ribs Rosemary Potatoes Trio Vegetables Cabbage/Apple Slaw Pineapple & Cherries WW Bread or Roll Lemon Bars	8 Stroganoff Buttered Peas Tossed Salad Peaches WW Roll Carrot Cake	9 Chicken Cordon Bleu Rice Pilaf Capri Vegetables Carrot/Raisin Salad Fruit Salad WW Roll Dessert
12 Tater Tot Casserole Cuke & Tomato Salad WW Bread or Roll Apple Crisp 	13 Roast Beef Mashed Potatoes Broccoli Cuts Tossed Veggie Salad Apple Slices WW Bread or Roll Dessert	14 Chicken Salad Sandwich Potato Soup Pasta Veggie Salad Mixed Fruit Cup Dessert	15 Tuna Noodle Cass. Peas & Carrots Spiced Salad Peaches Garlic Bread Dessert	16 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Bread or Roll Pistachio Pudding 
19 Hawaiian Chicken Wild Rice Baby Carrots Kale Slaw Pineapple WW Bread or Roll Dessert	20 Chicken or Shrimp Fettuccine Pea Salad Spring Salad Garlic Bread Berry Cobbler	21 Stuffed Peppers Mashed Potatoes Green Beans Pears & Blueberries WW Bread or Roll Dessert 	22 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert	23 California Chicken Casserole Lettuce & Tom Salad Waldorf Salad Cheesy Biscuit Dessert
26 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit Lemon Bars	27 Baked Chicken Wild Rice Peas Three Bean Salad Peaches Bread Pudding	28 Country Fried Steak Potatoes & Gravy Buttered Corn Carrot/Raisin Salad WW Roll Apple Crisp	29 Teriyaki Beef Rice Mixed Vegetables 7 Layer Salad Tropical Fruit Garlic Bread Dessert	30 Baked Fish Twice Bake Potatoes Asian Vegetables Spinach Salad Waldorf Salad WW Bread or Roll Dessert 

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Manson Senior Meals March 2018





Monday

Tuesday

Wednesday

Thursday

Friday



<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 & 2 pm For Manson 687-3377</p>		<p>Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE</p> <p>Please call 509-470-0522 for more information about the Home Delivered Meal program.</p>		<p>1 Beef Enchiladas with Refried Beans Spanish Rice Corn Tossed Salad Fruit Cup Dessert</p> 	<p>2 Vegetable Lasagna Caesar Salad Cinnamon Pears Garlic Breadsticks Dessert</p>
<p>5 Hamburger Steak with Grilled Onions Mashed Potatoes Green Bean Cass. Spiced Salad Pears WW Bread or Roll Dessert</p>	<p>6 Chicken Cordon Bleu Rice Pilaf Capri Vegetables Carrot / Raisin Salad Fruit Salad WW Roll Dessert</p>	<p>7 Country Style Ribs Rosemary Potatoes Trio Vegetables Cabbage / Apple Slaw Pineapple & Cherries WW Bread or Roll Carrot Cake</p>	<p>8 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit Lemon Bars</p>	<p>9 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert</p>	
<p>12 Tater Tot Casserole Cuke/Tomato Salad WW Bread or Roll Apple Crisp</p> 	<p>13 Lasagna Corn Tossed Salad Pears Bread Sticks Dessert</p>	<p>14 Fish Sandwich Sweet Potato Fries Cabbage/Apple Slaw Fruit Tray Dessert</p>	<p>15 Pork Roast Mashed Potatoes Buttered Peas Spinach Salad WW Bread or Roll Peach Cobbler</p>	<p>16 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit Pistachio Pudding</p> 	
<p>19 Stroganoff Buttered Peas Tossed Salad Peaches WW Roll Dessert</p>	<p>20 Scalloped Potatoes & Ham Casserole Green Beans Spinach Salad Spicy Apples Bread Pudding</p>	<p>21 Quiche Capri Vegetables Green Salad / Tomato Grapes Blueberry Muffin</p>	<p>22 French Dip Sandwich Beets Broccoli Salad Tropical Fruit Dessert</p> 	<p>23 Baked Fish Rice Pilaf Mixed Vegetables Mixed Greens Salad Apple Celery Salad Garlic Bread Dessert</p>	
<p>26 Sweet & Sour Chicken Rice Spiced Salad Pineapple Tidbits WW Bread or Roll Dessert</p>	<p>27 Shrimp Fettuccine Pea Salad Spring Salad Garlic Bread Berry Cobbler</p> 	<p>28 Chili with Cheese 1/2 Baked Potato Mixed Vegetables 7 Layer Salad Cornbread Dessert</p>	<p>29 Baked Chicken Seasoned Penne Pasta Carrots Three Bean Salad Peaches Bread Pudding</p>	<p>30 Biscuits & sausage Gravy Oven Brown Potatoes Fresh Fruit Juice Blueberry Muffin</p>	

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Odessa Senior Meals March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Cordon Bleu Rice Pilaf Capri Blend Veggies Carrot Raisin Salad Fruit Salad WW Roll Dessert	2
5 Tater Tot Casserole Cuke & Tomato Salad WW Bread or Roll Apple Crisp	6	7 Salmon w/Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert	8 Country Style Ribs Rosemary Potatoes Trio Vegetables Cabbage Apple Slaw Pineapple & Cherries WW Bread or Roll Dessert	9
12 Shrimp Fettuccine Pea Salad Spring Salad Garlic Bread Berry Cobbler	13	14 1/2 Ham Sandwich Split Pea Soup Garden Salad Apple Wedges Dessert	15 Corned Beef & Cabbage Red Potatoes Carrots Tropical Fruit WW Bread or Roll Pistachio Pudding	16 
19 Baked Chicken Wild Rice Carrots Three Bean Salad Apricots Bread Pudding	20	21 Pork Roast Potatoes & Gravy Buttered Peas Spinach Salad Peach Cobbler	22 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert	23
26 Chili with Cheese Baked Potato half Mixed Vegetables Broccoli Salad Peaches Cornbread Dessert	27	28 Baked Fish Roasted Squash Asian Vegetables Spinach Salad Waldorf Salad Whole Wheat Roll Dessert	29 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert	30

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





Omak-Okanogan Senior Meals March 2018







Okanogan	Omak	Okanogan	Omak
Monday	Tuesday	Wednesday	Thursday
<div> <p>Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979</p> </div>			
<p>5 Country Style Ribs Rosemary Potatoes Trio Vegetables Cabbage & Apple Slaw Pineapple & Cherries WW Bread or Roll Lemon Bars</p>	<p>6 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Peaches WW Roll Dessert</p>	<p>7 Chicken Cordon Bleu Penne' Pasta Capri Blend Veggies Carrot/Raisin Salad Fruit Salad WW Roll Dessert</p>	<p>1 2 Hawaiian Chicken Wild Rice Baby Carrots Kale Slaw Pineapple WW Bread or Roll Dessert</p>
<p>12 Quiche Capri Vegetables Green Salad w/Tomato Grapes Blueberry Muffin</p>	<p>13 Beef Enchiladas Refried Beans Spanish Rice Corn Coleslaw Fruit Cup Dessert</p>	<p>14 Baked Fish Scalloped Potatoes Mixed Vegetables Tossed Salad Apple Celery Salad Garlic Bread Dessert</p>	<p>8 9 Roast Beef Potatoes & Gravy Broccoli Cuts Tossed Veggie Salad Orange Quarters WW Bread or Roll Dessert</p>
<p>19 Shrimp Fettuccine Pea Salad Spring Salad Garlic Bread Berry Cobbler</p>	<p>20 Rueben Sandwich with Swiss Cheese Potato Salad Mandarin Oranges Dessert</p>	<p>21 Chili Stuffed Potato Mixed Vegetables Broccoli Salad Peaches Cornbread Dessert</p>	<p>15 16 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit Salad WW Bread or Roll Pistachio Pudding</p>
<p>26 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert</p>	<p>27 French Dip Beets Carrot & Raisin Salad Tropical Salad Dessert</p>	<p>28 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert</p>	<p>22 23 Country Fried Steak Potatoes & Gravy Buttered Corn Carrot & Raisin Salad WW Roll Apple Crisp</p>
<p>29 30 Stroganoff Buttered Peas Tossed Salad Peaches WW Bread or Roll Carrot Cake</p>			





Oroville Senior Meals March 2018



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 Shrimp Fettuccine Pea Salad Caesar Salad Garlic Bread Berry Cobbler	2 Chili with Cheese Baked Potato Mixed Vegetables Broccoli Salad Peaches Cornbread Dessert
5	6 Sweet & Sour Pork Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert	7	8 Country Fried Steak Mashed Potatoes Buttered Corn Carrot/Raisin Salad WW Roll Apple Crisp	9 Fish Sandwich Sweet Potato Fries Cabbage & Apple Slaw Fruit Tray Dessert
12	13 Country Style Ribs Rosemary Potatoes Trio Vegetables Waldorf Salad Pineapple & Cherries WW Bread or Roll Lemon Bars	14 	15 Hawaiian Chicken Wild Rice Baby Carrots Kale Salad Tropical Fruit WW Bread or Roll Dessert	16 Corned Beef & Cabbage Boiled Red Potatoes Carrots Fruit Cup WW Bread or Roll Pistachio Pudding 
19 	20 Bacon & Swiss Quiche Capri Vegetables Green Salad & Tomato Grapes Blueberry Muffin	21	22 Beef Enchiladas Refried Beans Spanish Rice Corn Mexican Slaw Fruit Cup Dessert	23 Baked Fish Rice Pilaf Mixed Vegetables Tossed Salad Apple Celery Salad Garlic Bread Dessert
26	27 Chicken Cordon Bleu Rice Pilaf Capri Blend Veggies Carrot Raisin Salad Fruit Salad WW Roll Dessert	28 	29 Scalloped Potato & Ham Casserole Green Beans Spinach Salad Spicy Pears Bread Pudding	30 Roast Beef Mashed Potatoes/gravy Broccoli Cuts Tossed Veggie Salad Apple Slices WW Bread or Roll Dessert



Tonasket Senior Meals March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Country Style Ribs Rosemary Potatoes Trio Vegetables Cabbage & Apple Slaw Pineapple & Cherries WW Bread or Roll Lemon Bars	2
5 Salmon with Dill Sauce Parsley Potatoes Mediterranean Veggies Spinach Salad Mandarin Oranges WW Roll Dessert	6	7 Pork Chops Stuffing & Gravy Broccoli Garden Salad Waldorf Salad WW Bread or Roll Dessert	8 Beef Enchiladas Refried Beans Spanish Rice Corn Coleslaw Fruit Cup Dessert	9
12 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert	13 	14 Baked Chicken Wild Rice Peas Three Bean Salad Peaches Bread Pudding	15 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Bread or Roll Pistachio Pudding	16 
19 Biscuits & Sausage Gravy Oven Brown Potatoes Fresh Fruit Juice Blueberry Muffins	20	21 Sweet & Sour Pork Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert	22 French Dip Beets Pea Salad Oregon Berries over Ice Cream	23
26 Chicken Cordon Bleu Rice Pilaf Capri Blend Veggies Carrot & Raisin Salad Fruit Salad WW Roll Dessert	27	28 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Bread or Roll Dessert	29 Country Fried Steak Potatoes & Gravy Buttered Corn Broccoli Salad WW Roll Apple Crisp	30 

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



Twisp Senior Meals March 2018



Monday	Tuesday	Wednes-	Thursday	Friday
			1 Chili with Cheese 1/2 Baked Potato Mixed Vegetables Broccoli Salad Peaches Cornbread Dessert	2 Salmon w/Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert
5 Chicken Cordon Bleu Rice Pilaf Capri Blend Vegetables Carrot / Raisin Salad Fruit Salad WW Roll Dessert	6	7	8 Scalloped Potatoes & Ham Casserole Green Beans Spinach Salad Spicy Apples Bread Pudding	9 Country Style Ribs Roasted Rosemary Potatoes Trio Vegetables Cabbage / Apple Slaw Pineapple & Cherries WW Bread or Roll Lemon Bars
12 Tater Tot Casserole Cuke & Tomato Salad WW Bread or Roll Apple Crisp	13	14 	15 Beef Enchiladas Refried Beans Spanish Rice Buttered Corn Coleslaw Fruit Cup Dessert	16 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Bread or Roll Pistachio Pudding 
19 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert	20 	21	22 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Bread Pudding	23 Bacon & Swiss Quiche Capri Vegetables Green Salad with Tomato Grapes Blueberry Muffin
26 Sweet & Sour Pork Rice Spinach Salad Pineapple Tidbits 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 the Site Director for more information about the Home Delivered Meal program at 997-7722</p> </div>		29 Tuna Noodle Casserole Peas & Carrots Spiced Salad Peaches French Bread Dessert	30 Chicken Fettuccine Pea Salad Spring Salad Garlic Bread Berry Cobbler



Wilbur Senior Meals

March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hawaiian Chicken Wild Rice Baby Carrots Kale Slaw Pineapple WW Bread or Roll Dessert	2 
	5 6 Tater Tot Casserole Cuke & Tomato Salad WW Bread or Roll Apple Crisp	7 Country Style Ribs Rosemary Potatoes Trio Vegetables Cabbage & Apple Salad Pineapple & Cherries WW Bread or Roll Lemon Bars	8 Beef Tacos Spanish Rice Coleslaw Pears Dessert	9
	12 13 Baked Fish Rice Pilaf Trio Vegetables Tossed Salad Mandarin Oranges Garlic Bread Dessert	14 Chili with Cheese 1/2 Baked Potato Mixed Vegetables Broccoli Salad Peaches Cornbread Dessert	15 Rueben Sandwich Potato Salad Apricots Dessert	16 
	19 20 Stuffed Peppers Mashed Potatoes Buttered Pears Pears & Blueberries WW Bread Dessert	21 Baked Chicken Stuffing Carrots Three Bean Salad Waldorf Salad WW Roll Dessert	22 Sweet & Sour Pork Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert	23
	26  27 Chicken Cordon Bleu Herbed Pasta Capri Blend Vegetables Carrot & Raisin Salad Fruit Salad WW Roll Dessert	28 Beef Enchiladas Refried Beans Spanish Rice Corn Coleslaw Banana Dessert	29 Country Fried Steak Potatoes & Gravy Mixed Vegetables Caesar Salad WW Roll Fruited Jell-O	30 

**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