









# Senior Meals

## Brewster-Bridgeport-Pateros

### February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<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 689-2815</p> </div>			<p>1</p> <p>BBQ Chicken Macaroni &amp; Cheese Broccoli Normandy Spiced Salad Bran Muffin Apple Crisp</p>	<p>2</p> 
<p>5</p> 	<p>6</p> <p>Swedish Meatballs Penne Pasta Italian Vegetables Caesar Salad Peaches Garlic Bread Dessert</p>	<p>7</p> <p>Dijon Chicken Breast Garden Rice Cauliflower &amp; Chives Mixed Greens Salad Citrus Salad WW Bread Dessert</p>	<p>8</p> <p>Navy Bean &amp; Ham Soup Roasted Squash Spinach Salad Apple Wedges Cornbread Dessert</p>	<p>9</p>
<p>12</p>	<p>13</p> <p>Chicken Salad on Croissant Vegetable Soup Spiced Pears Dessert</p>	<p>14</p> <p>Ham Steak Scalloped Potatoes Peas Garden Salad Pineapple WW Bread or Roll Dessert</p> 	<p>15</p> <p>Spaghetti Caesar Salad Peaches Garlic Bread Dessert</p>	<p>16</p> 
<p>19 CLOSED</p> 	<p>20</p> <p>Beef Stew Caesar Salad Banana WW Bread Dessert</p>	<p>21</p> <p>Biscuits &amp; Gravy Oven Brown Potatoes Fresh Fruit V8 Juice Dessert</p>	<p>22</p> <p>Chicken Parmesan Wild Rice Steamed Broccoli 7 Layer Salad WW Bread or Roll Mixed Berries over Ice Cream</p>	<p>23</p>
<p>26</p>	<p>27</p> <p>Cheese Ravioli with Meat Sauce Spinach Salad Apple Celery Salad Garlic Bread Dessert</p>	<p>28</p> <p>Meatloaf Potatoes &amp; Gravy Green Beans Carrot Raisin Salad Apricots WW Bread or Roll Dessert</p>		



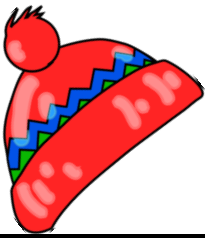
# Chelan Senior Meals

## February 2018





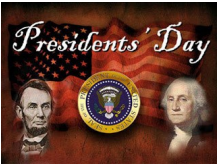

Monday	Tuesday	Wednesday	Thursday	Friday-Manson
	<div>Happy Valentine's Day</div>		1 Hot Turkey Sandwich Mashed Potatoes Peas Spring Salad Cranberry Salad Pumpkin Pie	2 Chicken Chop Suey Noodles Oriental Vegetables Coleslaw Mandarin Oranges Garlic Bread Dessert
5 Cheese Ravioli with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert 	6 Bacon & Egg Salad on Croissant Tomato Slices Spinach Salad Citrus Salad Dessert	7 Stuffed Cabbage Rolls Roasted Red Potatoes Corn Strawberries & Bananas WW Bread or roll Dessert	8 BBQ Chicken Macaroni & Cheese Broccoli Normandy Spiced Salad Bran Muffin Apple Crisp	9 Cheeseburger Pie Casserole Green Beans Tossed Veggie Salad Fruit Cocktail French Bread Dessert 
12 Chicken Salad on Croissant Vegetable Soup Peaches Dessert	13 Teriyaki Beef Rice Mixed Vegetables Kale Salad Tropical Fruit Garlic Bread Dessert	14 Chicken Parmesan Parsley Potatoes Steamed Broccoli 7 Layer Salad WW Bread or Roll Fruit Crisp 	15 Swedish Meatballs Penne Pasta Italian Vegetables Caesar Salad Apricots French Bread Dessert	16 Chicken Burger Deluxe Sweet Potato Fries Waldorf Salad Dessert
19 CLOSED 	20 Hamburger Steak with Grilled Onions Twice Bake Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry Crisp	21 Pizza Sausage, mushrooms, Peppers, olives, onions Caesar Salad Tropical Fruit Garlic Bread Dessert 	22 Dijon Chicken Breast Garden Rice Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Bread Dessert	23 Hot Beef Sandwich Mashed Potatoes Green Beans Tossed Veggie Salad Peach Crisp
26 Spaghetti with Meat Sauce Caesar Salad Spiced Pears Garlic Bread Dessert	27 Pepper Steak Wild Rice Garden Salad Mandarin Oranges WW Bread or Roll Dessert	28 Fish & Chips Carrots Coleslaw Fruit Cocktail WW Bread or Roll Dessert	<div><div>Seniors Age 60 &amp; over—suggested donation \$4.00</div><div>Under age 60—\$8.50 FEE</div><div>Please call 509-888-4440 for more information about the Home Delivered Meal program.</div></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 Menden 687-3636</div>				

**24 HOURS IN ADVANCE TO RESERVE OR CANCEL**



# Davenport Senior Meals February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot Turkey Sandwich Mashed Potatoes Buttered Peas Spring Salad Cranberry Salad Dessert	2 Teriyaki Beef over Rice Mixed Vegetables Spinach Salad Tropical Fruit Garlic Bread Dessert
5	6 BBQ Chicken Macaroni & Cheese Mixed Vegetables Spiced Salad Bran Muffin Cherry Cobbler	7	8 Swedish Meatballs Penne Pasta Caribbean Vegetables Caesar Salad Peaches Garlic Bread Dessert	9 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Oregon Berries WW Bread or Roll Dessert
12	13 Country Fried Steak Mashed Potatoes Buttered Corn Garden Salad Mandarin Oranges WW Bread or Roll Dessert	14 	15 Chicken Spaghetti Cass. California Vegetables Greek Salad Fruit Salad Garlic Bread Dessert	16 Beef Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream
19 CLOSED 	20 Ham Steak Scalloped Potatoes Italian Vegetables Spinach Salad Citrus Salad WW Bread or Roll Dessert	21	22 Cheeseburger Pie Cass. Green Beans Tossed Vegetable Salad Fruit Cocktail French Bread Dessert	23 PIZZA! Sausage, peppers, onions, olives, mush- rooms Caesar Salad Tropical Fruit Garlic Bread Dessert
26	27 Beef Stroganoff Trio Vegetables Tossed Green Salad Peaches French Bread Dessert	28		

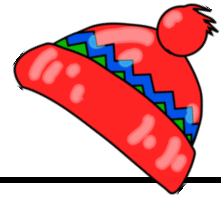
**Seniors Age 60 & over—suggested donation  
\$4.00**

**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 February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot Turkey Sandwich Mashed Potatoes Peas Spring Salad Cranberry Salad Pumpkin Pie	2
5 Cheese Ravioli with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert 	6	7	8 BBQ Chicken Macaroni & Cheese Broccoli Normandy Spiced Salad Bran Muffin Apple Crisp	9
12 Chicken Salad on Croissant Vegetable Soup Peaches Dessert	13	14 	15 Swedish Meatballs Penne Pasta Italian Vegetables Caesar Salad Apricots French Bread Dessert	16 
19 CLOSED 	20	21	22 Dijon Chicken Breast Garden Rice Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Bread Dessert	23
26 Spaghetti with Meat Sauce Caesar Salad Spiced Pears Garlic Bread Dessert	27	28		

**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.

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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 February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 
5 Swedish Meatballs Penne Pasta Italian Vegetables Caesar Salad Peaches French Bread Dessert	6 Chicken Spaghetti Cass. California Vegetables Greek Salad Fruit Salad Garlic Bread Dessert	7 Pork Chop Potatoes & Gravy Peas & Carrots Green Salad Apple Wedges WW Bread or Roll Dessert	8	9
12 Hamburger Steak with Grilled Onions Twice Bake Potatoes Trio Vegetables Garden Veggie Salad Berry Crisp	13 Chicken Salad on Croissant Vegetable Soup Pineapple Dessert	14 Beef Taco Pie Cottage Cheese Spanish Rice Steamed Broccoli Garden Salad Spiced Applesauce Dessert 	15	16 
19 CLOSÉD 	20 Country Fried Steak Mashed Potatoes/gravy Buttered Corn Garden Salad Chilled Pears WW Bread or Roll Dessert	21 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Mandarin Oranges WW Bread or Roll Dessert	22	23
26 Bacon & Egg Salad Sandwich Tomato Slices Spinach Salad Citrus Salad Dessert	27 Cheese Ravioli with Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	28 BBQ Chicken Macaroni & Cheese Broccoli Normandy Spiced Salad Apricots Bran Muffin Dessert		

**Seniors Age 60 & over—suggested donation \$4.00**


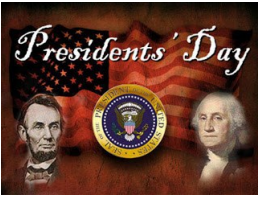
**Under age 60—\$8.50 FEE**

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



# Leavenworth Senior Meals February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Parmesan Wild Rice Steamed Broccoli 7 Layer Salad WW Bread or Roll Fruit Crisp	2 Navy Bean & Ham Soup Roasted Squash Tossed Green Salad Peaches Cornbread Dessert
5 Pot Roast Potatoes & Gravy Roasted Carrots Spinach Salad WW Bread or Roll Fruit Cobbler	6 PIZZA Sausage, Peppers, Onions, Olives, mushrooms Caesar Salad Tropical Fruit Garlic Bread Dessert	7 Beef Stew Tossed Veggie Salad Banana Biscuit Dessert	8 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie	9 Stuffed Cabbage Rolls Roasted Red Potatoes Green Beans Strawberries & Bananas WW bread or Roll Dessert
12 Meatloaf Potatoes & Gravy Green Beans Carrot/Raisin Salad Apple Celery Salad WW Bread or Roll Dessert	13 BBQ Chicken Macaroni & Cheese Broccoli Normandy Spiced Salad Bran Muffin Apple Crisp	14 Spaghetti Spinach Salad Spiced Pears Garlic Bred Dessert	15 Hamburger Steak with Grilled Onions Twice Bake Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry Cobbler	16 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Tropical Fruit WW Bread or Roll Dessert
19 CLOSED 	20 Chicken Salad on Croissant Vegetable Soup Pears Dessert	21 Beef Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Angel Food Cake	22 Pork Chops Potatoes & Gravy Peas & Carrots Green Salad Apple Wedges WW Bread or Roll Dessert	23 Clam Chowder Cottage Cheese Broccoli Salad Three Bean Salad Peaches WW Bread or Roll Dessert
26 Chicken Chop Suey Rice Stir Fry Vegetables Coleslaw Mandarin Oranges Garlic Bread Fortune Cookies	27 Country Fried Steak Potatoes & Gravy Buttered Corn Garden Salad Chilled Pears WW Bread or Roll Dessert	28 Chicken Burger Deluxe Sweet Potato Fries Waldorf Salad Ice Cream	<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>	

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 509-548-6666



# Manson

## Senior Meals

### February 2018



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

			<p>1 Hot Turkey Sandwich Mashed Potatoes Peas Spring Salad Cranberry Salad Pumpkin Pie</p>	<p>2 Chicken Chop Suey Noodles Oriental Vegetables Coleslaw Mandarin Oranges Garlic Bread Dessert</p> 
<p>5 Cheese Ravioli with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p> 	<p>6 Bacon &amp; Egg Salad on Croissant Tomato Slices Spinach Salad Citrus Salad Dessert</p>	<p>7 Stuffed Cabbage Rolls Roasted Red Potatoes Corn Strawberries &amp; Bananas WW Bread or roll Dessert</p>	<p>8 BBQ Chicken Macaroni &amp; Cheese Broccoli Normandy Spiced Salad Bran Muffin Apple Crisp</p>	<p>9 Cheeseburger Pie Casserole Green Beans Tossed Veggie Salad Fruit Cocktail French Bread Dessert</p>
<p>12 Chicken Salad on Croissant Vegetable Soup Peaches Dessert</p>	<p>13 Teriyaki Beef Rice Mixed Vegetables Kale Salad Tropical Fruit Garlic Bread Dessert</p>	<p>14 Chicken Parmesan Parsley Potatoes Steamed Broccoli 7 Layer Salad WW Bread or Roll Fruit Crisp</p> 	<p>15 Swedish Meatballs Penne Pasta Italian Vegetables Caesar Salad Apricots French Bread Dessert</p>	<p>16 Chicken Burger Deluxe Sweet Potato Fries Waldorf Salad Dessert</p>
<p>19 CLOSED</p> 	<p>20 Hamburger Steak with Grilled Onions Twice Bake Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry Crisp</p>	<p>21 Pizza Sausage, mushrooms, Peppers, olives, onions Caesar Salad Tropical Fruit Garlic Bread Dessert</p>	<p>22 Dijon Chicken Breast Garden Rice Cauliflower &amp; Chives Mixed Greens Salad Citrus Salad WW Bread Dessert</p>	<p>23 Hot Beef Sandwich Mashed Potatoes Green Beans Tossed Veggie Salad Peach Crisp</p>
<p>26 Spaghetti with Meat Sauce Caesar Salad Spiced Pears Garlic Bread Dessert</p>	<p>27 Pepper Steak Wild Rice Garden Salad Mandarin Oranges WW Bread or Roll Dessert</p> 	<p>28 Fish &amp; Chips Carrots Coleslaw Fruit Cocktail WW Bread or Roll Dessert</p>	<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 509-470-0522 for more information about the Home Delivered Meal program.</p> </div>	

**24 HOURS IN ADVANCE TO RESERVE OR CANCEL**

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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

### February 2018


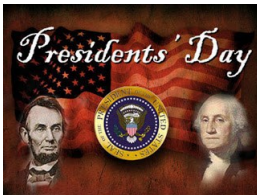



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Teriyaki Beef Rice Mixed Vegetables Spinach Salad Tropical Fruit Garlic Bread Dessert	2
5 Fish & Chips Carrots Coleslaw Fruit Cocktail Whole Wheat Roll Dessert	6 	7 Pork Chops Potatoes & Gravy Brussel Sprouts Green Salad Apple Wedges Whole Wheat Bread Dessert	8 Hamburger Steak w/grilled onions Twice Baked Potato Trio Vegetables Garden Veggie Salad Wheat Bread Berry Crisp	9
12 Meatloaf with Gravy Twice Baked Potato Green Beans Tossed Green Salad Apple Celery Salad WW Bread or Roll Dessert	13	14 Pot Roast Mashed Potatoes / Gravy Roasted Carrots Garden Salad WW Bread or Roll Fruit Cobbler 	15 Ham Steak Scalloped Potatoes Italian Vegetables Spinach Salad Citrus Salad Wheat Roll Dessert	16
19 CLOSED 	20	21 Pizza! Sausage, Peppers, Onions, Olives & Mush- rooms Caesar Salad Tropical Fruit Salad Ice Cream	22 Beef Fajitas Spanish Rice Tossed Green Salad Berries over Ice Cream	23
26 Navy Bean & Ham Soup Roasted Squash Tossed Green Salad Peaches Cornbread Dessert	27 	28 Beef Stew Caesar Salad Banana Biscuit 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 Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p> </div>	



# Omak-Okanogan Senior Meals February 2018







Okanogan		Omak	Okanogan	Omak
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Hot Turkey Sandwich Peas Spring Salad Cranberry Salad Pumpkin Pie
5 BBQ Chicken Macaroni & Cheese Broccoli Normandy Spiced Salad Bran Muffin Apple Crisp	6 Teriyaki Beef Rice Mixed Vegetables Spinach Salad Tropical Fruit Garlic Bread Dessert	7 Lemon Baked Fish Parsley Potatoes Asian Vegetables Coleslaw Oregon Berries WW Bread or Roll Dessert	8 	9 Swedish Meatballs Penne Pasta Carrots Caesar Salad Peaches Garlic Bread Dessert
12 Hamburger Steak with Grilled Onions Twice Bake Potatoes Trio Vegetables Caesar Salad WW Bread Fruited Jell-O	13 Ham Steak Scalloped Potatoes Italian Vegetables Garden Salad Citrus Salad WW Bread or Roll Dessert	14 Beef Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream 	15	16 Chicken Burger Deluxe Sweet Potato Fries Waldorf Salad Dessert
19 CLOS <small>ED</small> 	20 Pizza! Sausage, peppers, olives, Mushrooms, onions Caesar Salad Tropical Fruit Garlic Bread Dessert	21 Bacon & Egg Salad On Croissant Tomato Slices Spinach Salad Citrus Salad Dessert	22 	23 Meatloaf Potatoes & Gravy Green Beans Carrot & Raisin Salad Apple Celery Salad WW Bread or Roll Dessert
26 Navy Bean & Ham Soup Roasted Squash Garden Salad Peaches Cornbread Dessert	27 Pork Chops Potatoes & Gravy Peas & Carrots Green Salad Apple Wedges WW Bread or Roll Dessert	28 Chicken Chop Suey Noodles Stir Fry Veggies Coleslaw Mandarin Oranges Garlic Bread Fortune Cookies	<div>Seniors Age 60 &amp; over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979</div>	





# Oroville Senior Meals February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Chicken Macaroni & Cheese Broccoli Normandy Spiced Salad Bran Muffin Apple Crisp	2 Lemon Baked Fish Wild Rice Mixed Veggies Coleslaw Oregon Berries WW Bread or Roll Dessert
5 	6 Pizza! Sausage, Peppers, Onions, Olives & Mush- rooms Caesar Salad Tropical Fruit Salad Ice Cream	7	8 Chicken Burger Deluxe Sweet Potato Fries Waldorf Salad Dessert	9 Beef Stroganoff Trio Vegetables Tossed Green Salad Peaches Dessert
12	13 Chicken Salad on a Croissant Vegetable Soup Apricots Dessert	14 	15 Spaghetti & Meat Sauce Spinach Salad Spiced Pears Garlic Bread Dessert	16 Clam Chowder Cottage Cheese Broccoli Salad Three Bean Salad Peaches WW Bread or Roll Dessert
19 CLOSED 	20 Pork Chops & Gravy Mashed Potatoes Peas & Carrots Green Salad Applesauce WW Bread or Roll Dessert	21	22 Dijon Chicken Breast Garden Rice Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Bread Dessert	23 Hamburger Steak with Grilled Onions Twice Baked Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry Crisp
26	27 Hot Roast Beef Sandwich Mashed Potatoes Green Beans Tossed Veggie Salad Fruit Salad Dessert	28	<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 Site Director for more information about the Home Delivered Meal program at 476-2412</p> </div>	



# Tonasket Senior Meals February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lemon Baked Fish Parsley Potatoes Steamed Broccoli Coleslaw Oregon Berries WW Bread or Roll Dessert	2
5 BBQ Chicken Macaroni & Cheese Trio Vegetables Spiced Salad Bran Muffin Apple Crisp	6	7 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie	8 Cheeseburger Pie Peas Tossed Veggie Salad Fruit Cocktail French Bread Dessert	9 
12 Chicken Salad on a Croissant Vegetable Soup Peaches Dessert	13	14 Meatloaf Au Gratin Potatoes Green Beans Carrot & Raisin Salad Apple & Celery Salad WW Bread or roll Dessert 	15 Beef Stew Caesar Salad Biscuit Banana Dessert	16
19 CLOSED 	20	21 Beef Stroganoff California Vegetables Tossed Green Salad Pears Garlic Toast Dessert	22 Ham Steak Scalloped Potatoes Mixed Vegetables Spinach Salad Citrus Salad WW Bread or Roll Dessert	23
26 Swedish Meatballs Penne Pasta Italian Vegetables Tossed Salad Peaches Garlic Bread Dessert	27	28 Pizza Sausage, Peppers, onions, Olives & Mushrooms Caesar Salad Tropical Fruit Garlic 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>	



# Twisp Senior Meals February 2018








Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Stroganoff Trio Vegetables Tossed Green Salad Pears French Bread Dessert	2 Clam Chowder Cottage Cheese Broccoli Salad Three Bean Salad Peaches WW Bread or Roll Dessert
5 Spaghetti Spinach Salad Spiced Pears Garlic Bread Dessert	6	7	8 Chicken Parmesan Wild Rice Steamed Broccoli 7 Layer Salad WW Bread or Roll Apricot Cobbler	9 Chicken Salad on Croissant Vegetable Soup Oranges & Bananas Dessert
12 Beef Taco Pie Cottage Cheese Spanish Rice Steamed Broccoli Garden Salad Spiced Applesauce Dessert	13	14 	15 Beef Stew Caesar Salad Banana Biscuits Dessert	16 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Oregon Berries WW Bread or Roll Dessert
19 CLOSED 	20	21	22 BBQ Chicken Macaroni & Cheese Broccoli Normandy Spiced Salad Peaches Bran Muffin Rice Crispy Bars	23 Meatloaf Potatoes & Gravy Green Beans Carrot / Raisin Salad Apple Celery Salad WW Bread or Roll Dessert
26 Pot Roast Mashed Potatoes / Gravy Roasted Carrots Spinach Salad WW Bread or Roll Apple Crisp	27	28 	<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>	



# Wilbur Senior Meals

## February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lemon Baked Fish Penne Pasta Steamed Broccoli Spiced Salad Oregon Berries WW Bread or Roll Dessert	2 
5 12 19 26 	6 Teriyaki Beef over Rice Mixed Vegetables Spinach Salad Tropical Fruit Garlic Bread Dessert 13 Bacon & Egg Salad on Croissant Sandwich Tomato Slices Spinach Salad Citrus Salad Dessert 20 Beef Stroganoff Trio Vegetables Tossed Green Salad Pears French Bread Dessert 27 Cheese Ravioli with Meat Sauce Spinach Salad Apricots Garlic Bread Dessert	7 Chicken Burger Deluxe Sweet Potato Fries Waldorf Salad Dessert 14 Hamburger Steak with Grilled Onions Twice Bake Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry Crisp  21 Clam Chowder Cottage Cheese Broccoli Salad Three Bean Salad Peaches WW Bread or Roll Dessert 28 Beef Stew Caesar Salad Banana Biscuit Dessert	8 Meatloaf Potatoes & Gravy Green Beans Carrot & Raisin Salad Fruit Cocktail WW Bread or Roll Dessert 15 Chicken Chop Suey Rice Stir Fry Vegetables Coleslaw Mandarin Oranges Garlic Bread Fortune Cookies 22 Country Fried Steak Potatoes & Gravy Buttered Corn Garden Salad WW Bread or Roll Fruited Jell-O WE  VOLUNTEERS	9 16 23

**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