



Senior Meals

Brewster-Bridgeport-Pateros

February 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 689-2815

1
 BBQ Chicken
 Macaroni & Cheese
 Broccoli Normandy
 Spiced Salad
 Bran Muffin
 Apple Crisp



5



6
 Swedish Meatballs
 Penne Pasta
 Italian Vegetables
 Caesar Salad
 Peaches
 Garlic Bread
 Dessert

7
 Dijon Chicken Breast
 Garden Rice
 Cauliflower & Chives
 Mixed Greens Salad
 Citrus Salad
 WW Bread
 Dessert

8
 Navy Bean & Ham Soup
 Roasted Squash
 Spinach Salad
 Apple Wedges
 Cornbread
 Dessert

9

12

13
 Chicken Salad on
 Croissant
 Vegetable Soup
 Spiced Pears
 Dessert

14
 Ham Steak
 Scalloped Potatoes
 Peas
 Garden Salad
 Pineapple
 WW Bread or Roll
 Dessert



15
 Spaghetti
 Caesar Salad
 Peaches
 Garlic Bread
 Dessert

16



19 CLOSED



20
 Beef Stew
 Caesar Salad
 Banana
 WW Bread
 Dessert

21
 Biscuits & Gravy
 Oven Brown Potatoes
 Fresh Fruit
 V8 Juice
 Dessert

22
 Chicken Parmesan
 Wild Rice
 Steamed Broccoli
 7 Layer Salad
 WW Bread or Roll
 Mixed Berries over
 Ice Cream

23

26

27
 Cheese Ravioli with
 Meat Sauce
 Spinach Salad
 Apple Celery Salad
 Garlic Bread
 Dessert

28
 Meatloaf
 Potatoes & Gravy
 Green Beans
 Carrot Raisin Salad
 Apricots
 WW Bread or Roll
 Dessert





Chelan Senior Meals

February 2018



Monday Tuesday Wednesday Thursday Friday-Manson

			<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>

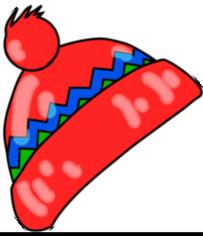
<p>5 Cheese Ravioli with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>6 Bacon & Egg Salad on Croissant Tomato Slices Spinach Salad Citrus Salad Dessert</p>	<p>7 Stuffed Cabbage Rolls Roasted Red Potatoes Corn Strawberries & Bananas WW Bread or roll Dessert</p>	<p>8 BBQ Chicken Macaroni & Cheese Broccoli Normandy Spiced Salad Bran Muffin Apple Crisp</p>	<p>9 Cheeseburger Pie Casserole Green Beans Tossed Veggies Salad Fruit Cocktail French Bread Dessert</p>
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<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>
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<p>19 CLOSED</p>	<p>20 Hamburger Steak with Grilled Onions Twice Bake Potatoes Trio Vegetables Garden Veggies 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 & Chives Mixed Greens Salad Citrus Salad WW Bread Dessert</p>	<p>23 Hot Beef Sandwich Mashed Potatoes Green Beans Tossed Veggies Salad Peach Crisp</p>
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<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 & Chips Carrots Coleslaw Fruit Cocktail WW Bread or Roll Dessert</p>	<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-888-4440 for more information about the Home Delivered Meal program.</p>	<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! Chelan 888-4440 Msndon 687-3636</p>
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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		

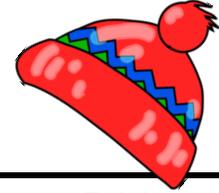
**Seniors Age 60 & over—suggested donation
\$4.00**

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.

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 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 CLOSURE President's Day	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, mush- rooms 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	<p style="text-align: center;">Seniors Age 60 & over—suggested do- nation \$4.00</p> <p style="text-align: center;">Under age 60—\$8.50 FEE</p> <p style="text-align: center;">Please call 509-548-6666 for more information about the Home Delivered Meal program.</p>	

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

*Happy
Valentine's
Day*

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

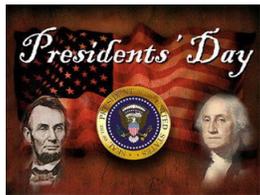
14
Chicken Parmesan
Parsley Potatoes
Steamed Broccoli
7 Layer Salad
WW Bread or Roll
Fruit Crisp



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

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.

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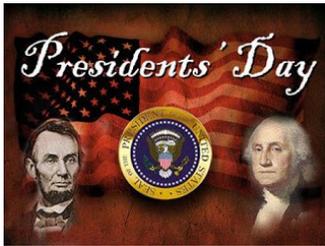
For Chelan 888-4440 between 8am & 2 pm

For Manson 687-3377



Odessa Senior Meals February 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Teriyaki Beef Rice Mixed Vegetables Spinach Salad Tropical Fruit Garlic Bread Dessert</p>	<p>2</p>
<p>5 Fish & Chips Carrots Coleslaw Fruit Cocktail Whole Wheat Roll Dessert</p>	<p>6</p> 	<p>7 Pork Chops Potatoes & Gravy Brussel Sprouts Green Salad Apple Wedges Whole Wheat Bread Dessert</p>	<p>8 Hamburger Steak w/grilled onions Twice Baked Potato Trio Vegetables Garden Veggie Salad Wheat Bread Berry Crisp</p>	<p>9</p>
<p>12 Meatloaf with Gravy Twice Baked Potato Green Beans Tossed Green Salad Apple Celery Salad WW Bread or Roll Dessert</p>	<p>13</p>	<p>14 Pot Roast Mashed Potatoes / Gravy Roasted Carrots Garden Salad WW Bread or Roll Fruit Cobbler</p> 	<p>15 Ham Steak Scalloped Potatoes Italian Vegetables Spinach Salad Citrus Salad Wheat Roll Dessert</p>	<p>16</p>
<p>19 CLOSED</p> 	<p>20</p>	<p>21 Pizza! Sausage, Peppers, Onions, Olives & Mush- rooms Caesar Salad Tropical Fruit Salad Ice Cream</p>	<p>22 Beef Fajitas Spanish Rice Tossed Green Salad Berries over Ice Cream</p>	<p>23</p>
<p>26 Navy Bean & Ham Soup Roasted Squash Tossed Green Salad Peaches Cornbread Dessert</p>	<p>27</p> 	<p>28 Beef Stew Caesar Salad Banana Biscuit Dessert</p>	<div style="border: 2px solid black; padding: 10px;"> <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>	



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	<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>	



Tonasket Senior Meals February 2018

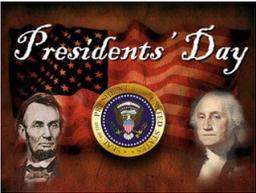


Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lemon Baked Fish Parsley Potatoes Steamed Broccoli Coleslaw Oregon Berries WW Bread or Roll Dessert	2
5 BBQ Chicken Macaroni & Cheese Trio Vegetables Spiced Salad Bran Muffin Apple Crisp	6	7 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie	8 Cheeseburger Pie Peas Tossed Veggie Salad Fruit Cocktail French Bread Dessert	
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
	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	<p>Seniors Age 60 & over—suggested do- nation \$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>	



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 <div style="text-align: center;">  </div>	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 <div style="text-align: center;">  </div>	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 style="text-align: center;">  </div>	<div style="border: 2px solid black; padding: 10px;"> <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

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

**Seniors Age 60 & over—suggested
 donation \$4.00**
Under age 60—\$8.50 FEE
 Please call the Nutrition Director for more infor-
 mation about the Home Delivered Meal program
 toll-free 844-826-7979