









Senior Meals

Brewster-Bridgeport-Pateros

July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Deluxe Cheeseburger Coleslaw Melon Dessert	4 	5 Beef Stew Garden Salad Pears Roll Pudding Parfait	6
9 	10 Teriyaki Beef over Rice Stir Fry Vegetables Spinach Salad WW Roll Apple Cobbler	11 Chili 1/2 Baked Potato Vegetable Tray Garden Salad Bananas & Blueberries WW Bread Dessert	12 Fish & Chips Carrot/Raisin Salad Coleslaw Tropical Fruit WW Roll Dessert	13
16	17 Baked Ham Scalloped Potatoes Sugar Snap Peas Tossed Veggie Salad Pineapple WW Bread or Roll Dessert	18 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	19 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Beans Tossed Salad WW Bread or Roll Apple & Berry Crisp	20 
23	24 Chef Salad Macaroni Salad 3 Bean Salad Mixed Melons Roll Dessert 	25 Biscuits & Gravy Juice Sliced Tomatoes Orange Quarters Blueberry Muffin	26 Spinach Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert	27
30 	31 Chicken Fettuccine Buttered Peas Garden Salad Fresh Fruit WW Roll 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 689-2815</p> </div>		



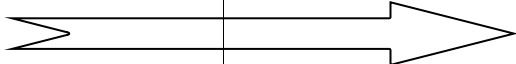

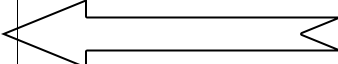




volunteer
do good, feel good



Chelan Senior Meals

July 2018









Monday	Tuesday	Wednesday	Thursday	Friday-Manson
2 Tater Tot Casserole Garden Salad Peaches WW Bread or Roll Dessert	3 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	4 CLOSED  Happy 4th of July!	5 Quiche—Bacon & Swiss With Mushrooms Spinach Salad Pea Salad Pineapple & Cherries Muffin Dessert	6 Tacos & Refried Beans Spanish Rice Southwest Salad Sliced Peaches Dessert 
9 	10 	11 KITCHEN CLOSED FOR REMODELING 	12 	13 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert
16 Fish Fillet Sandwich Sweet Potato Fries Coleslaw Watermelon Dessert 	17 Baked Ham Scalloped Potatoes Sugar Snap Peas Tossed Veggie Salad Pineapple Slices WW Bread or Roll Dessert	18 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit Roll Dessert	19 PIZZA Cheese, sausage, peppers, onions, mushrooms 7 Layer Salad Waldorf Salad Bread Sticks Dessert 	20 Deluxe Cheeseburger Coleslaw Melon Dessert
23 Spinach Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert 	24 Pepper Steak Wild Rice Zucchini Tomato Bake Sour Cream & Cukes Grapes WW Bread or Roll Dessert	25 BLT Sandwich Cottage Cheese Vegetable Soup Fresh Fruit Tray Dessert	26 Hamburger Steak with Sautéed Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread or Roll Fruit Crisp	27 SALAD BAR Chef Salad Cottage Cheese Macaroni Salad Pea Salad w/ham Mixed Melons Roll Dessert
30 California Chicken Casserole Marinated Vegetables Mixed Berries WW Roll Dessert	31 Burger Dip Sandwich Cuke & Watermelon Salad Beets Peach Cobbler 		<div> <p>Seniors Age 60 & over— suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-470-0522 for more information about the Home Delivered Meal program.</p> </div> <div> <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 Manson 687-3377</p> </div>	

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Davenport Senior Meals July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>	<p>3</p> <p>Deluxe Cheeseburger Coleslaw Melon Dessert</p>	<p>4</p>  <p>Happy 4th of July!</p>	<p>5</p> <p>Biscuits & Gravy Juice Sliced Tomatoes Orange Quarters Dessert</p>	<p>6</p> <p>Spinach Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert</p>
<p>9</p> 	<p>10</p> <p>Chili 1/2 Baked Potato Garden Salad Vegetable Tray Bananas & Blueberries WW Bread Dessert</p>	<p>11</p>	<p>12</p> <p>Baked Ham Scalloped Potatoes Sugar Snap Peas Tossed Veggie Salad Pineapple Slices WW Bread or Roll Dessert</p>	<p>13</p> <p>Chicken Enchiladas Spanish Rice Cuke/Watermelon Salad Coleslaw Mandarin Oranges Dessert</p>
<p>16</p>	<p>17</p> <p>Tater Tot Casserole Garden Salad Peaches WW Bread or Roll Dessert</p>	<p>18</p> 	<p>19</p> <p>Pepper Steak Wild Rice Zucchini & Tomato Bake Sour Cream & Cukes Grapes WW Bread or Roll Dessert</p>	<p>20</p> <p>Hot Dog Baked Beans Pea Salad Garden Salad Strawberry Rhubarb Crisp</p>
<p>23</p>	<p>24</p> <p>Tacos Refried Beans Spanish Rice Southwest Salad Sliced Peaches Dessert</p>	<p>25</p>	<p>26</p> <p>Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>27</p> <p>Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert</p>
<p>30</p>  <p>It's SUMMER!</p>	<p>31 PIZZA!</p> <p>Sausage, peppers, onions, olives & mushrooms 7 Layer Salad Waldorf Salad Bread Sticks Dessert</p>			

**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 July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	4 	5 Quiche—Bacon & Swiss With Mushrooms Spinach Salad Pea Salad Pineapple & Cherries Muffin	6
9 REMODELING	10 KITCHEN CLOSED	11 	12 KITCHEN CLOSED	13 REMODELING
16 	17 Baked Ham Scalloped Potatoes Sugar Snap Peas Tossed Veggie Salad Pineapple Slices WW Bread or Roll Dessert	18	19 PIZZA Cheese, sausage, peppers, onions, mushrooms 7 Layer Salad Waldorf Salad Bread Sticks Dessert	20 
23	24 Pepper Steak Wild Rice Zucchini Tomato Bake Sour Cream & Cukes Grapes WW Bread or Roll	25	26 Hamburger Steak with Sauteed Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread or Roll Fruit Crisp	27
30 	31 Burger Dip Sandwich Cuke & Watermelon Salad Beets Peach Cobbler			

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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

Under age 60—\$8.50 FEE

Please call 509-470-0522 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 509-421-1593



Harrington Senior Meals July 2018



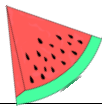





Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 Deluxe Cheeseburger Coleslaw Melon Dessert</p> 	<p>3 Fish & Chips Peas Garden Salad Peaches WW Bread or Roll Dessert</p>	<p>4 CLOSED</p> 	<p>5</p>	<p>6</p>
<p>9 Tater Tot Casserole Garden Salad Peaches WW Bread or Roll Dessert</p>	<p>10 Turkey Sandwich Squash/Watermelon Salad Waldorf Salad Pumpkin Salad</p>	<p>11 Biscuits & Gravy Juice Sliced Tomatoes Orange Quarters Dessert</p>	<p>12</p> 	<p>13</p>
<p>16 Chicken Fried Steak Potatoes & Gravy Green Beans Carrot Raisin Salad Peaches WW Bread or Roll Dessert</p>	<p>17 BLT Sandwich Cottage Cheese Vegetable Soup Fresh Fruit Tray Dessert</p> 	<p>18 Baked Fish Herbed Fettuccine Carrots Coleslaw Mixed Berries Garlic Bread Dessert</p>	<p>19</p>	<p>20</p>
<p>23 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit Roll Dessert</p>	<p>24 Bacon & Swiss Quiche with mushrooms Spinach Salad Pea Salad Pineapple & Cherries Muffin</p>	<p>25 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread or Roll Apricot Crisp</p>	<p>26</p>	<p>27</p> 
<p>30 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>31 Beef Stroganoff Peas Carrot Salad Fruit Salad WW Bread or Roll Dessert</p>			

Volunteer Opportunities

Seniors Age 60 & over—suggested donation \$4.00

Under age 60—\$8.50 FEE

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the Home Delivered Meal program toll-free 844-826-7979



Leavenworth Senior Meals July 2018




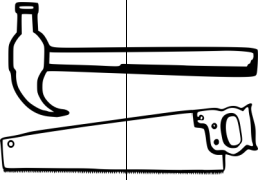

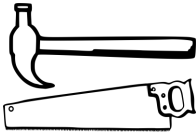


Monday	Tuesday	Wednesday	Thursday	Friday
2 Hungarian Goulash Green Beans Caesar Salad Pears WW Bread Dessert	3 Hot Dog Baked Beans Pea Salad Garden Salad WW Bread or Roll Strawberry Shortcake	4 CLOSED  Happy 4th of July!	5 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	6 Chicken Chop Suey Rice Tossed Veggie Salad Tropical Fruit Egg Roll Dessert
9 Beef Stroganoff Peas Greek Salad Fruit Salad WW Bread or Roll Dessert 	10 Country Fried Steak Potatoes & Gravy Corn Carrot Raisin Salad Peaches WW Bread or Roll Dessert	11 Baked Ham Scalloped Potatoes Sugar Snap Peas Tossed Veggie Salad Pineapple Rings WW Bread or Roll Dessert	12 Tater Tot Casserole Garden Salad Peaches WW Bread or Roll Dessert	13 Chicken Enchiladas Spanish Rice Cucumber & Water- melon Salad Coleslaw Mandarin Oranges Dessert
16 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad WW Roll Dessert	17 Hamburger Steak with Sauteed Onions Mashed Potatoes Green Beans Tossed Green Salad WW Bread or Roll Fruit Crisp	18 Baked Fish Herbed Fettuccine Broccoli Cucumber Tomato Salad Mixed Berries Garlic Bread Dessert	19 SALAD BAR Chef Salad Macaroni Salad Pea Salad Mixed Melons WW Roll Dessert 	20 PIZZA Hawaiian Style OR Supreme Style 7 Layer Salad Waldorf Salad Breadsticks Dessert
23 Bacon & Swiss Quiche with Mushrooms Spinach Salad Pea Salad Pineapple & Cherries Muffin	24 Tacos & Refried Beans Spanish Rice Southwest Salad Sliced Peaches Dessert	25 Turkey & Cheese Sandwich Summer Squash and Watermelon Salad Waldorf Salad Pumpkin Pie 	26 Teriyaki Beef & Rice Stir Fry Vegetables Garden Salad WW Roll Fruit Cobbler	27 Deluxe Cheeseburger Coleslaw Melon Dessert 
30 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit Mix Roll Dessert	31 Shepherd's Pie Garden Salad Fresh Fruit Tray WW Bread or Roll Dessert	<div> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-548-6666 for more information about the Home Delivered Meal program.</p> </div>		<div> <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</p> <p>509-548-6666</p> </div>

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Manson Senior Meals July 2018



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
2 Tater Tot Casserole Garden Salad Peaches WW Bread or Roll Dessert	3 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	4 CLOSED  Happy 4th of July!	5 Quiche—Bacon & Swiss With Mushrooms Spinach Salad Pea Salad Pineapple & Cherries Muffin Dessert	6 Tacos & Refried Beans Spanish Rice Southwest Salad Sliced Peaches Dessert
9 	10	11 KITCHEN CLOSED FOR REMODELING 	12 	13 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert
16 Fish Fillet Sandwich Sweet Potato Fries Coleslaw Watermelon Dessert	17 Baked Ham Scalloped Potatoes Sugar Snap Peas Tossed Veggie Salad Pineapple Slices WW Bread or Roll Dessert	18 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit Roll Dessert	19 PIZZA Cheese, sausage, pep- pers, onions, mushrooms 7 Layer Salad Waldorf Salad Bread Sticks Dessert	20 Deluxe Cheeseburger Coleslaw Melon Dessert 
23 Spinach Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert	24 Pepper Steak Wild Rice Zucchini Tomato Bake Sour Cream & Cukes Grapes WW Bread or Roll Dessert	25 BLT Sandwich Cottage Cheese Vegetable Soup Fresh Fruit Tray Dessert	26 Hamburger Steak with Sauteed Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread or Roll Fruit Crisp	27 SALAD BAR Chef Salad Cottage Cheese Macaroni Salad Pea Salad w/ham Mixed Melons Roll Dessert
30 California Chicken Casserole Marinated Vegetables Mixed Berries WW Roll Dessert	31 Burger Dip Sandwich Cuke & Watermelon Salad Beets Peach Cobbler		<div> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</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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 For Chelan 888-4440 between 8am & 2 pm For Manson 687-3377



Odessa Senior Meals July 2018








Monday	Tuesday	Wednesday	Thursday	Friday
2 Deluxe Cheeseburger Pea Salad Melon Cookie	3	4 CLOSED 	5 Chicken Enchiladas Spanish Rice Cucumber/ Watermelon Salad Coleslaw Mandarin Oranges Dessert	6
9 Baked Ham Scalloped Potatoes Sugar Snap Peas Tossed Veggie Salad Pineapple Slices WW Bread or Roll Dessert	10 	11 Pepper Steak Wild Rice Zucchini Tomato Bake Sour Cream & Cukes Grapes WW Bread or Roll Dessert	12 Chicken Chop Suey Steamed Rice Oriental Vegetables Asian Slaw Peaches Egg Roll Fortune Cookies	13
16 Hot Dog Baked Beans Pea Salad Garden Salad Strawberry Rhubarb Crisp	17 	18 Teriyaki Beef over Rice Stir Fry Vegetables Garden Salad WW Roll Fruit Cobbler	19 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	20 
23 Turkey Sandwich Squash and Watermelon salad Waldorf Salad Pumpkin Pie	24	25 Tacos & Refried Beans Spanish Rice Southwest Salad Sliced Peaches Dessert	26 Baked Fish Herbed Fettuccine Carrots Coleslaw Mixed Berries Garlic Bread Angel Food Cake	27
30 BLT Sandwich Cottage cheese Vegetable Soup Fresh Fruit Tray Dessert	31 	<div> <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>		



Omak-Okanogan Senior Meals July 2018



Okanogan	Omak	Okanogan	Omak
Monday	Tuesday	Wednesday	Thursday
2 Hungarian Goulash Green Beans Caesar Salad Pears WW Bread Dessert	3 BLT Sandwich Cottage Cheese Vegetable Soup Fresh Fruit Tray Dessert	4 CLOSED 	5
9 Pepper Steak Wild Rice Zucchini Tomato Bake Sour Cream & Cukes Grapes WW Bread or Roll Dessert	10 Beef Stew Garden Salad Pears Roll Dessert	11 Deluxe Cheeseburger Coleslaw Melon Dessert	12 
16 Burger Dip Sandwich Crunchy Pea Salad Pickled Beets Peaches Dessert 	17 Hot Dog Baked Beans Broccoli Salad Garden Salad Strawberry Rhubarb Crisp	18 Chili with Cheese 1/2 Baked Potato Mixed Greens Salad Vegetable Tray Bananas & Blueberries WW Bread Dessert	19
23 Hamburger Steak with Sauteed Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread or Roll Fruit Crisp	24 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	25 SALAD BAR Chef Salad Macaroni Salad 3 Bean Salad Mixed Melons WW Roll Dessert	26 
30 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon Dessert	31 Fish Fillet Sandwich Sweet Potato Fries Coleslaw Peaches Dessert	<div> Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.50 FEE For Home Delivered Meals please call 509-826-7979 </div> 	

Volunteer Opportunities



Oroville Senior Meals July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>Deluxe Cheeseburger Coleslaw Melon Dessert</p>	<p>4</p>  <p>Happy 4th of July!</p>	<p>5</p> <p>Chili with Cheese 1/2 Baked Potato Garden Salad Vegetable Tray Bananas & Blueberries WW Bread Dessert</p>	<p>6</p> <p>Biscuits & Gravy Juice Sliced Tomatoes Orange Quarters Dessert</p>
<p>9</p> 	<p>10</p> <p>Country Fried Steak Potatoes & Gravy Green Beans Carrot Raisin Salad Peaches WW Bread or Roll Dessert</p>	<p>11</p>	<p>12</p> <p>Pepper Steak Wild rice Zucchini & Tomato Bake Sour Cream & Cukes Grapes WW Bread or Roll Dessert</p>	<p>13</p> <p>Hot Dog Baked Beans Pea Salad Garden Salad WW Bread or Roll Strawberry & Rhubarb Crisp</p>
<p>16</p>	<p>17</p> <p>Turkey Sandwich Squash & Watermelon Salad Waldorf Salad Pumpkin Pie</p>	<p>18</p> 	<p>19</p> <p>Teriyaki Beef over Rice Stir Fry Vegetables Garden Salad WW Roll Fruit Cobbler</p>	<p>20</p> <p>Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Pineapple Upside Down Cake</p>
<p>23</p> 	<p>24</p> <p>SALAD BAR Chef Salad Macaroni Salad 3 Bean Salad Mixed Melons Roll Dessert</p>	<p>25</p>	<p>26</p> <p>Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit WW Roll Dessert</p>	<p>27</p> <p>Baked Fish Herbed Fettuccine Carrots Coleslaw Mixed Berries Garlic Bread Angel Food Cake</p>
<p>30</p>	<p>31</p> <p>PIZZA! Cheese, sausage, peppers, onions & mushrooms 7 Layer Salad Waldorf Salad Bread Sticks Ice Cream</p>		<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 476-2412</p> </div>	



Tonasket Senior Meals July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger Steak with Grilled Onions Mashed Potatoes & Gravy Green Beans WW Bread or Roll Dessert	3	4 CLOSED 	5 Chef Salad Cottage Cheese Macaroni Salad 3 Bean Salad Mixed Melons WW Roll Dessert	6
9 Pepper Steak Wild Rice Zucchini Tomato Bake Sour Cream & Cukes Grapes WW Bread or Roll Dessert	10	11 Chicken Fettuccine Buttered Peas Garden Salad Fresh Fruit Garlic Bread Dessert	12 Baked Ham Scalloped Potatoes Mixed Vegetables Tossed Veggie Salad Pineapple Slices WW Bread or Roll Dessert	13 
16 Hot Dog Baked Beans Pea Salad Garden Salad Strawberry Rhubarb Crisp	17 	18 Biscuits & Gravy Juice Sliced Tomatoes Orange Quarters Dessert	19 Shepherd's Pie Tossed Salad Fresh Fruit Tray WW Bread or Roll Dessert	20
23 Hungarian Goulash Green Beans Caesar Salad Pears WW Bread Dessert	24	25 Turkey Sandwich Squash/Watermelon Salad Waldorf Salad Pumpkin Pie	26 Country Fried Steak Potatoes & Gravy Corn Carrot Raisin Salad Peaches WW Bread or Roll Dessert	27
30 Tacos & Refried Beans Spanish Rice Southwest Salad Mandarin Oranges Dessert	31 	<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 486-2483</p> </div>		



Twisp Senior Meals July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2 BLT Sandwich Cottage Cheese Vegetable Soup Fresh Fruit Tray Dessert	3 	4 CLOSED	5 Shepherd's Pie Garden Salad Mixed Berries WW Bread or Roll Dessert	6 Fish Filet Sandwich Sweet Potato Fries Coleslaw Watermelon Dessert
9 Hungarian Goulash Green Beans Caesar Salad Pears WW Bread Dessert	10	11	12 Chicken Fettuccine Buttered Peas Garden Salad Fresh Fruit Garlic Bread Dessert	13 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert 
16 Tacos & Refried Beans Spanish Rice Southwest Salad Sliced Peaches Dessert	17 	18	19 Beef Stroganoff Peas Carrot Salad Fruit Salad Garlic Bread Dessert	20 Baked Fish Garlic Mashed Potatoes Carrots Coleslaw Mixed Berries WW Bread or Roll Angel Food Cake
23 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	24	25	26 Chili with Cheese 1/2 Baked Potato Garden Salad Vegetable Tray Bananas & Blueberries WW Bread Dessert	27 Chicken Enchiladas Spanish Rice Coleslaw Cuke & Watermelon Salad Mandarin Oranges Dessert
30 Biscuits & Gravy Juice Sliced Tomatoes Orange Quarters Dessert	31 	<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>		



Wilbur Senior Meals

July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Deluxe Cheeseburger Coleslaw Mixed Berries Dessert	4 	5 Biscuits & Gravy Sliced Tomatoes Orange Quarters Juice Dessert	6
9	10 PIZZA Sausage, Peppers, Onions & Mushrooms 7 Layer Salad Cuke & Watermelon Salad Bread Sticks Dessert	11 Chicken Fettuccine Green Beans Garden Salad Melon WW Roll Dessert	12 Baked Ham Scalloped Potatoes Sugar Snap Peas Tossed Veggie Salad Pineapple WW Bread or Roll Dessert	13
16 	17 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit Mix Roll Dessert	18 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	19 Baked Fish Herbed Fettuccine Carrots Coleslaw Mixed Berries Garlic Bread Angel Food Cake	20
23	24 Country Fried Steak Mashed Potatoes/Gravy Green Beans Carrot/Raisin "Salad" Cinnamon Pears WW Bread or Roll Dessert	25 Pork Chop Suey Steamed Rice Tossed Vegetable Salad Cherries & Pineapple Egg Roll Fortune Cookies	26 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	27
30 	31 Tacos Refried Beans Spanish Rice Southwest Salad Sliced Peaches Dessert			

Seniors Age 60 & over—suggested donation \$4.00

Under age 60—\$8.50 FEE

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