



# Senior Meals

## Brewster-Bridgeport-Pateros

### November 2017






**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

		<p>1 Chicken Cordon Bleu Parsley Potatoes Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Bread or Roll Dessert</p>	<p>2 Split Pea &amp; Ham Soup Cottage Cheese Carrot/Raisin Salad Lettuce &amp; Tomato Salad Pineapple Tidbits Crackers WW Roll Dessert</p>	<p>3</p>
<p>6 Biscuits &amp; Gravy Oven Brown Potatoes V-8 Juice Orange Quarters Pudding Parfait</p>	<p>7 Spinach Lasagna Caesar Salad Apricots Garlic Bread Dessert</p>	<p>8 Hamburger Steak Potatoes &amp; Gravy Trio Vegetables Garden Salad WW Bread or Roll Fruit Crisp</p>	<p>9 Parmesan Chicken Scalloped Potatoes CA Blend Vegetables Green Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>10</p> 
<p>13 Deli Style Roast Beef &amp; Cheese Sandwich Vegetable Soup Mixed Berries Dessert</p>	<p>14 Sloppy Joe Sandwich Coleslaw Pear &amp; Apple Salad Cookies</p>	<p>15 Salisbury Steak &amp; gravy Mashed Potatoes Green Beans Carrot/Raisin Salad WW Bread or Roll Fruit Cobbler</p>	<p>16 Tune &amp; Rice Bake CA Blend Vegetables Greek Salad Peaches Garlic Bread Dessert</p>	<p>17</p>
<p>20 Cabbage Patch Stew Garlic &amp; Red Pepper Penne' Pasta Carrot Coins Salad Pears WW Roll Dessert</p>	<p>21 Baked Fish Basil &amp; Garlic Pasta Spinach Coleslaw WW Roll Peach Cobbler</p>	<p>22 Roast Turkey &amp; Gravy Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Dessert</p>	<p>23</p> 	
<p>27 Swiss Steak with Tomato Sauce Shell Pasta California Vegetables French Bread Fruit Crisp</p>	<p>28 Meatball Sub Sandwich Green Beans Caesar Salad Mandarin Oranges Ice Cream</p>	<p>29 Ham &amp; Navy Bean Soup Garlic &amp; Red Pepper Penne' Pasta Baked Squash Pickled Beets Waldorf Salad Cornbread Dessert</p>	<p>30 Hot Turkey Sandwich Mashed Potatoes &amp; Gravy Steamed Broccoli Mixed Green Salad Chilled Peaches WW Bread or Roll Pineapple Upside Down Cake</p>	

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

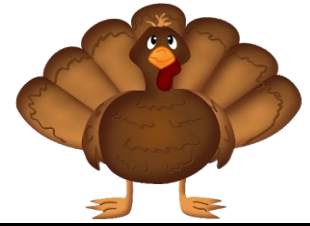
**Under age 60—\$8.00 FEE**



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



# Chelan Senior Meals

## November 2017







Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Seniors Age 60 &amp; over—suggested donation \$3.50</b></p> <p><b>Under age 60—\$8.00 FEE</b></p> <p>Please call 509-470-0522 for more information about the Home Delivered Meal program.</p>		<p>1</p> <p>Deli Style Sandwich Beef, Turkey OR Ham With cheese Vegetable Soup Mixed Berries Ice Cream</p>	<p>2</p> <p>Parmesan Chicken Scalloped Potatoes California Vegetables Green Salad Mandarin Oranges Bread Pudding</p>	<p>3</p> <p>Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke/Tomato Salad Grapes Biscuit Dessert</p>
<p>6</p> <p>Baked Fish Basil &amp; Garlic Pasta Spinach Coleslaw WW Roll Peach Cobbler</p>	<p>7</p> <p>BBQ Chicken Macaroni &amp; Cheese Cauliflower &amp; Chives Kale Slaw Mixed Fresh Fruit Biscuit Dessert</p>	<p>8</p> <p>Swedish Meatballs Angel Hair Pasta Glazed Carrots Caesar Salad Cherries &amp; Pineapple WW Bread or Roll Dessert</p>	<p>9</p> <p>Pepper Steak Rice Green Beans Tossed Vegetable Salad Pears WW Bread or Roll Dessert</p>	<p>10</p> 
<p>13</p> <p>Meatball Sub Sandwich Green Beans Caesar Salad Waldorf Salad Ice Cream</p>	<p>14</p> <p>Bacon &amp; Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Tray Blueberry Muffin</p>	<p>15</p> <p>Spinach Lasagna Caesar Salad Apricots Garlic Bread Dessert</p>	<p>16</p> <p>Chicken Cordon Bleu Parsley Potatoes Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Bread or Roll Dessert</p>	<p>17</p> <p>Philly Steak Sandwich with Swiss Cheese Tater Tots Garden Salad Fruit Tray Dessert</p>
<p>20</p> <p>Swiss Steak with Tomato Sauce Shell Pasta Calif. Blend Veggies Fruit Cup French Bread Dessert</p>	<p>21</p> <p>Beef &amp; Broccoli Stir Fry Rice Asian Coleslaw Mandarin Oranges Garlic Bread Dessert</p>	<p>22</p> <p>Roast Turkey Stuffing &amp; Gravy Sweet Potato Casserole Green Beans Cranberry Salad Roll Pumpkin Pie</p>	<p>23</p> 	
<p>27</p> <p>Hamburger Goulash Spinach Salad Waldorf Salad WW Bread Dessert</p>	<p>28</p> <p>Biscuits and Sausage Gravy Oven Brown Potatoes V-8 Juice Orange Quarters Pudding Parfait</p>	<p>29</p> <p>Ham Noodles Romanoff Peas &amp; Carrots Green Salad WW Bread or Roll Fruited Jell-O</p>	<p>30</p> <p>Sloppy Joe Sandwich Coleslaw Apple &amp; Pear Salad Dessert</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 Manson 687-3636</p>

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



# Davenport Senior Meals November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Meatball Sub Sandwich Green Beans Caesar Salad Waldorf Salad Dessert	3 Country Fried Steak Red Potatoes Brussels Sprouts Garden Salad Chilled Peaches WW Bread Dessert
6	7 Biscuits & Gravy Oven Browned Potatoes V-8 Juice Orange Quarters Pumpkin Pie	8	9 Shepherd's Pie Cottage Cheese Caesar Salad Pineapple WW Roll Dessert	10 CLOSED 
13 	14 Swedish Meatballs Pasta Glazed Carrots Caesar Salad Cherries & Pineapple WW Bread or Roll Dessert	15	16 Beef Roast Potatoes & Gravy Peas & Carrots Spinach Salad Chilled Pears WW Bread or Roll Dessert	17 Ham & Au Gratin Potato Casserole Steamed Broccoli Garden Salad Waldorf Salad WW Roll Dessert
20	21 Roast Turkey Stuffing & Gravy Sweet Potatoes Green Beans Fruit Ambrosia Salad Roll Pumpkin Pie	22	23 	
27	28 Split Pea & Ham Soup Cottage Cheese Carrot/Raisin Salad Lettuce & Tomato Salad Pineapple Tidbits Crackers WW Roll Dessert	29	30 Sloppy Joe Sandwich Apple Pear Salad Coleslaw Tapioca	

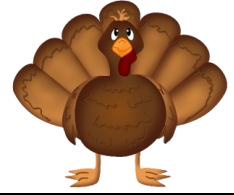
**Seniors Age 60 & over—suggested donation  
\$3.50**

**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 November 2017



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Parmesan Chicken Scalloped Potatoes California Vegetables Green Salad Mandarin Oranges Bread Pudding	3
6 Baked Fish Basil & Garlic Pasta Spinach Coleslaw WW Roll Peach Cobbler	7	8	9 Pepper Steak Rice Green Beans Tossed Vegetable Salad Pears WW Bread or Roll Dessert	10 
13 Meatball Sub Sandwich Green Beans Caesar Salad Waldorf Salad Ice Cream	14 	15	16 Chicken Cordon Bleu Parsley Potatoes Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Bread or Roll Dessert	17
20 Swiss Steak with Tomato Sauce Shell Pasta Calif. Blend Veggies Fruit Cup French Bread Dessert	21	22	23 	24
27 Hamburger Goulash Spinach Salad Waldorf Salad WW Bread Dessert	28	29	30 Sloppy Joe Sandwich Coleslaw Apple & Pear Salad Dessert	

**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 November 2017





**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

		1 Bacon & Egg Salad Sandwich on Croissant Tomato Slices Spinach Salad Citrus Salad Dessert	2	3
6 Biscuits & Gravy Oven Brown Potatoes V-8 Juice Orange Quarters Pudding Parfait	7 Split Pea & Ham Soup Cottage Cheese Crackers Carrot & Raisin Salad Lettuce & Tomato Salad Pineapple WW Roll Dessert	8 Swedish Meatballs Angel Hair Pasta Green Beans Caesar Salad Pears WW Bread or Roll Dessert	9	10 
13 Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	14 Hamburger Goulash Spinach Salad Waldorf Salad WW Bread Dessert	15 Salisbury Steak Potatoes & Gravy Trio Vegetables Green Salad WW Bread or Roll Fruit Cobbler	16	17
20 BBQ Chicken Macaroni & Cheese Cauliflower & Chives Kale Slaw Mixed Fresh Fruit Biscuit Dessert	21 Baked Fish Basil & Garlic Pasta Spinach Coleslaw WW Roll Berry Cobbler	22 Hot Turkey Sandwich Mashed Potatoes Steamed Broccoli Mixed Green Salad Chilled Peaches WW Bread or Roll Pineapple Upside Down Cake	23 	24
27 Meatloaf Potatoes & Gravy Mixed Vegetables Caesar Salad Chilled Pears Bran Muffin Dessert	28 Ham Noodles Romanoff Peas & Carrots Green Salad WW Bread or Roll Apple Crisp	29 Deli Style Turkey & Cheese Sandwich Vegetable Soup Mixed Berries Dessert	30	

**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 November 2017

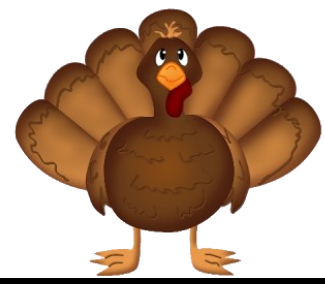


Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Seniors Age 60 &amp; over—suggested donation \$3.50</b></p> <p style="text-align: center;"><b>Under age 60—\$8.00 FEE</b></p> <p style="text-align: center;">Please call 509-470-0522 for more information about the Home Delivered Meal program.</p>		<p>1 Ham &amp; Navy Bean Soup Garlic &amp; Red Pepper Penne Pasta Baked Squash Pickled Beets Cornbread Dessert</p>	<p>2 BBQ Chicken Macaroni &amp; Cheese Cauliflower &amp; Chives Kale Slaw Mixed Fresh Fruit Biscuit Dessert</p>	<p>3 Sloppy Joe Sandwich Apple &amp; Pear Salad Coleslaw Ice Cream</p>
<p>6 Beef Roast Potatoes &amp; Gravy Peas &amp; Carrots Spinach Salad Chilled Pears WW Bread or Roll Dessert</p>	<p>7 Deli Sandwich with Ham &amp; Cheese Vegetable Soup Mixed Berries Dessert</p>	<p>8 Swedish Meatballs Angel Hair Pasta Glazed Carrots Caesar Salad Cherries &amp; Pineapple WW Bread or Roll Dessert</p>	<p>9 Parmesan Chicken Scalloped Potatoes CA Blend Vegetables Green Salad Mandarin Oranges Bread Pudding</p>	<p>10 <b>CLOSED</b></p> <div style="text-align: center;">  </div>
<p>13 Swiss Steak with Tomato Sauce Shell Pasta Mixed Vegetables Fruit Cup French Bread Dessert</p>	<p>14 Chicken Cordon Bleu Parsley Potatoes Normandy Veggies Tossed Green Salad Tropical Fruit WW Bread or Roll Dessert</p>	<p>15 Roast Beef Sandwich Corn Chowder Fresh Fruit Tray Ice Cream</p>	<p>16 Country Fried Steak Roasted Red Potatoes Brussels Sprouts Garden Salad Chilled Peaches Bran Muffin Dessert</p>	<p>17 Baked Fish Basil &amp; Garlic Pasta Spinach Coleslaw WW Roll Peach Cobbler</p>
<p>20 Meatloaf &amp; Gravy Mashed Potatoes Mixed Vegetables Pea &amp; Cheese Salad Chilled Pears Bran Muffin Dessert</p>	<p>21 Split Pea &amp; Ham Soup Cottage Cheese Carrot Raisin Salad Lettuce/Tomato Salad Pineapple Tidbits WW Roll Dessert</p>	<p>22 Roast Turkey &amp; Gravy Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie</p>	<p>23</p> <div style="text-align: center;">  </div> <p>24</p>	
<p>27 Ham Noodles Romanoff Peas &amp; Carrots Green Salad WW Bread or roll Apple Crisp</p>	<p>28 Cabbage Patch Stew Garlic &amp; Red Pepper Penne Pasta Carrot Coins Salad Pears WW Roll Dessert</p>	<p>29 Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke/Tomato Salad Grapes Biscuit Dessert</p>	<p>30 Philly Steak Sandwich Tater Tots Garden Salad Fruit Tray Dessert</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 509-548-6666</p>

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



# Manson Senior Meals November 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.

1  
Deli Style Sandwich  
Beef, Turkey OR Ham  
With cheese  
Vegetable Soup  
Mixed Berries  
Ice Cream

2  
Parmesan Chicken  
Scalloped Potatoes  
California Vegetables  
Green Salad  
Mandarin Oranges  
Bread Pudding

3  
Oven Fried Chicken  
Sweet Potatoes  
Creamed Peas  
Cuke/Tomato Salad  
Grapes  
Biscuit  
Dessert

6  
Baked Fish  
Basil & Garlic Pasta  
Spinach  
Coleslaw  
WW Roll  
Peach Cobbler

7  
BBQ Chicken  
Macaroni & Cheese  
Cauliflower & Chives  
Kale Slaw  
Mixed Fresh Fruit  
Biscuit  
Dessert

8  
Swedish Meatballs  
Angel Hair Pasta  
Glazed Carrots  
Caesar Salad  
Cherries & Pineapple  
WW Bread or Roll  
Dessert

9  
Pepper Steak  
Rice  
Green Beans  
Tossed Vegetable Salad  
Pears  
WW Bread or Roll  
Dessert



13  
Meatball Sub Sandwich  
Green Beans  
Caesar Salad  
Waldorf Salad  
Ice Cream

14  
Bacon & Swiss Quiche  
Steamed Broccoli  
Garden Salad  
Fresh Fruit Tray  
Blueberry Muffin

15  
Spinach Lasagna  
Caesar Salad  
Apricots  
Garlic Bread  
Dessert

16  
Chicken Cordon Bleu  
Parsley Potatoes  
Normandy Vegetables  
Tossed Green Salad  
Fruit Cocktail  
WW Bread or Roll  
Dessert

17  
Philly Steak Sandwich  
with Swiss Cheese  
Tater Tots  
Garden Salad  
Fruit Tray  
Dessert

20  
Swiss Steak with  
Tomato Sauce  
Shell Pasta  
Calif. Blend Veggies  
Fruit Cup  
French Bread  
Dessert

21  
Beef & Broccoli Stir Fry  
Rice  
Asian Coleslaw  
Mandarin Oranges  
Garlic Bread  
Dessert

22  
Roast Turkey  
Stuffing & Gravy  
Sweet Potato Casse-  
role  
Green Beans  
Cranberry Salad  
Roll  
Pumpkin Pie



24

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

27  
Hamburger Goulash  
Spinach Salad  
Waldorf Salad  
WW Bread  
Dessert

28  
Biscuits and Sausage  
Gravy  
Oven Brown Potatoes  
V-8 Juice  
Orange Quarters  
Pudding Parfait

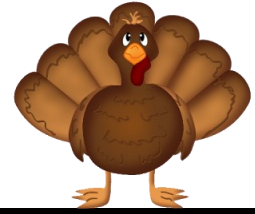
29  
Ham  
Noodles Romanoff  
Peas & Carrots  
Green Salad  
WW Bread or Roll  
Fruited Jell-O

30  
Sloppy Joe Sandwich  
Coleslaw  
Apple & Pear Salad  
Dessert

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



# Odessa Senior Meals November 2017



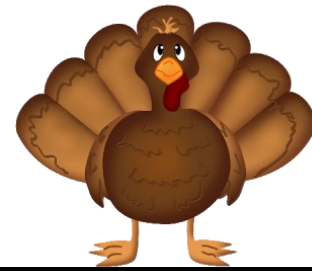
Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Seniors Age 60 &amp; over—suggested donation \$3.50</b></p> <p style="text-align: center;"><b>Under age 60—\$8.00 FEE</b></p> <p style="text-align: center;">Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p>		<p style="text-align: center;">1</p> <p>Pot Roast with Gravy Mashed Potatoes Orange Sauced Beets Spinach Salad Pineapple Tidbits WW Bread or Roll Dessert</p>	<p style="text-align: center;">2</p> <p>Swiss Steak with Tomato Sauce Shell Pasta California Blend Veggies Fruit Cup French Bread Dessert</p>	3
<p style="text-align: center;">6</p> <p>Cabbage Patch Stew Garlic &amp; Red Pepper Penne' Pasta Carrot Coins Salad Pears WW Roll Dessert</p>	<p style="text-align: center;">7</p> 	<p style="text-align: center;">8</p> <p>Chicken &amp; Rice Bake California Vegetables Greek Salad Mixed Berries Garlic Bread Sugar Cookies</p>	<p style="text-align: center;">9</p> <p>Meatloaf Potatoes &amp; Gravy Italian Vegetables Tossed Salad Chilled Peaches Bran Muffin Dessert</p>	10
<p style="text-align: center;">13</p> <p>Salisbury Steak Potatoes &amp; Gravy Trio Vegetables Spinach Salad WW Bread or Roll Fruit Cobbler</p>	14	<p style="text-align: center;">15</p> <p>Ham &amp; Au Gratin Potato Casserole Glazed Carrots Garden Salad Waldorf Salad WW Roll Frosted Cake</p>	<p style="text-align: center;">16</p> <p>Sloppy Joe Sandwich Coleslaw Apple &amp; Pear Salad Dessert</p>	17
<p style="text-align: center;">20</p> <p>Chili &amp; Cheese Stuffed Baked Potato Broccoli Salad Chilled Pears Garlic Bread Dessert</p>	21	<p style="text-align: center;">22</p> <p>Roast Turkey &amp; Gravy Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie</p>	<p style="text-align: center;">23</p> 	24
<p style="text-align: center;">27</p> <p>Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke &amp; Tomato Salad Grapes Biscuit Dessert</p>	28	<p style="text-align: center;">29</p> <p>Country Fried Steak Roasted Red Potatoes Brussels Sprouts Garden Salad Chilled Peaches Bran Muffin Dessert</p>	<p style="text-align: center;">30</p> <p>Ham &amp; Navy Bean Soup Garlic &amp; Red Pepper Penne' Pasta Baked Squash Pickled Beets Waldorf Salad Cornbread Dessert</p>	









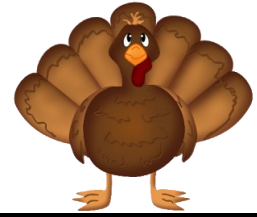
# Omak-Okanogan Senior Meals November 2017



Okanogan	Omak	Okanogan	Omak
Monday	Tuesday	Wednesday	Thursday
Seniors Age 60 & over suggested donation \$3.50 Under age 60—\$8.00 FEE For Home Delivered Meals please call 509-826-7979		1 Turkey & Cheese Deli Style Sandwich Vegetable Soup Mixed Berries Ice Cream	2 3 Shepherd's Pie Cottage Cheese Caesar Salad Pineapple WW Roll Dessert
6 Swedish Meatballs Angel Hair Pasta Glazed Carrots Caesar Salad Cherries & Pineapple WW Bread or Roll Dessert	7 Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	8 Pepper Steak over Rice Green Beans Tossed Veggie Salad Pears WW Bread or Roll Dessert	9 10 
13 Baked Fish Basil & Garlic Pasta Spinach Coleslaw Citrus Salad WW Roll Spice Cake	14 Hamburger Steak Mashed Potatoes Trio Vegetables Garden Salad Spiced Pears WW Bread or Roll Dessert	15 Roast Beef Sandwich Corn Chowder Fresh Fruit Tray Dessert	16 17 Ham Noodles Romanoff Peas & Carrots Green Salad WW Bread or Roll Apple Crisp
20 Salisbury Steak Mashed Potatoes Green Beans Carrot & Raisin Salad WW Bread or Roll Fruit Cobbler	21 Chicken Cordon Bleu Parsley Potatoes Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Bread or Roll Dessert	22 Roast Turkey & Gravy Mashed Potatoes Stuffing Glazed Carrots Green Salad Apple Celery Salad Pumpkin Pie	23 24 
27 Meatloaf Potatoes & Gravy Mixed Vegetables Pea & Cheese Salad Chilled Pears Bran Muffin Dessert	28 Meatball Sub Sandwich Green Beans Caesar Salad Waldorf Salad Ice Cream	29 Chicken & Broccoli Stir Fry Rice Asian Coleslaw Mandarin Orange Garlic Bread Fortune Cookies	30






# Oroville Senior Meals November 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Seniors Age 60 &amp; over—suggested donation \$3.50</b></p> <p style="text-align: center;"><b>Under age 60—\$8.00 FEE</b></p> <p style="text-align: center;">Please call the Site Director for more information about the Home Delivered Meal program at 476-2412</p>		1	2 Beef & Broccoli Stir Fry Rice Asian Coleslaw Mandarin Oranges Garlic Bread Dessert	3 Chicken Cordon Bleu Parsley Potatoes Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Bread or Roll Dessert
6	7 Meatball Sub Sandwich Green Beans Caesar Salad Waldorf Salad Dessert	8	9 Split Pea & Ham Soup Cottage Cheese Carrot Raisin Salad Lettuce & Tomato Salad Pineapple Tidbits Crackers WW Roll Dessert	10 
13 	14 Sloppy Joe Sandwich Coleslaw Apple & Pear Salad Dessert	15	16 BBQ Chicken Macaroni & Cheese Cauliflower & Chives Kale Slaw Mixed Fresh Fruit Biscuit Dessert	17 Baked Fish Basil & Garlic Pasta Spinach Coleslaw WW Roll Peach Cobbler
20	21 Roast Turkey Stuffing & Gravy Green Beans Carrot Raisin Salad Waldorf Salad Roll Pumpkin Pie	22	23 	24
27 	28 Bacon & Egg Salad Sandwich Tomato Slices Spinach Salad Citrus Salad Dessert	29	30 Parmesan Chicken Scalloped Potatoes CA Blend Vegetables Green Salad Mandarin Oranges Bread Pudding	





# Tonasket Senior Meals November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Seniors Age 60 &amp; over— suggested donation \$3.50</b></p> <p style="text-align: center;"><b>Under age 60—\$8.00 FEE</b></p> <p style="text-align: center;">Please call the Site Director for more information about the Home Delivered Meal program at 486-2483</p>		<p style="text-align: center;">1</p> BBQ Chicken Macaroni & Cheese Cauliflower & Chives Chopped Kale Salad Mixed Fresh Fruit Biscuit Dessert	<p style="text-align: center;">2</p> Baked Fish Garden Rice Spinach Coleslaw WW Roll Peach Cobbler	<p style="text-align: center;">3</p>
<p style="text-align: center;">6</p> Swiss Steak with Tomato Sauce Shell Pasta California Vegetables Fruit Cup French Bread Dessert	<p style="text-align: center;">7</p>	<p style="text-align: center;">8</p> Ham Noodles Romanoff Carrots Green Salad WW Bread or Roll Apple Crisp	<p style="text-align: center;">9</p> Meatloaf Mashed Potatoes & gravy Mixed Vegetables Pea & Cheese Salad Chilled Pears Bran Muffin Dessert	<p style="text-align: center;">10</p> 
<p style="text-align: center;">13</p> Bacon & Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Tray Blueberry Muffin	<p style="text-align: center;">14</p>	<p style="text-align: center;">15</p> Salisbury Steak Mashed Potatoes & Gravy Green Beans Caesar Salad WW bread or Roll Fruit Cobbler	<p style="text-align: center;">16</p> Split Pea & Ham Soup Cottage Cheese Carrot & Raisin Salad Lettuce & Tomato Salad Pineapple Tidbits WW Roll Dessert	<p style="text-align: center;">17</p>
<p style="text-align: center;">20</p> Swedish Meatballs Angel Hair Pasta Glazed Carrots Caesar Salad Cherries & Pineapple WW Bread or Roll Dessert	<p style="text-align: center;">21</p>	<p style="text-align: center;">22</p> Roasted Turkey Stuffing & Gravy Sweet Potato Casserole Green Beans Waldorf Salad Roll Pumpkin Pie	<p style="text-align: center;">23</p> 	<p style="text-align: center;">24</p>
<p style="text-align: center;">27</p> Broccoli Beef Stir Fry Rice Asian Coleslaw Mandarin Oranges Garlic Bread Sherbet	<p style="text-align: center;">28</p> 	<p style="text-align: center;">29</p> Country Fried Steak Roasted Red Potatoes Brussels Sprouts Garden Salad Chilled Peaches Bran Muffin Dessert	<p style="text-align: center;">30</p> Ham & Navy Bean Soup Garlic & Red Pepper Penne' Pasta Baked Squash Pickled Beats Waldorf Salad Cornbread Dessert	



# Twisp Senior Meals November 2017






Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Seniors Age 60 &amp; over—suggested donation \$3.50</b></p> <p style="text-align: center;"><b>Under age 60—\$8.00 FEE</b></p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 997-7722</p>		1	2 Shepherd's Pie Cottage Cheese Caesar Salad Pineapple WW Bread or Roll Dessert	3 Hot Turkey Sandwich Potatoes & Gravy Green Beans Garden Salad Chilled Peaches WW Bread or Roll Pineapple Upside Down cake
6 Meatloaf Mashed Potatoes/Gravy Mixed Vegetables Pea & Cheese Salad Chilled Pears Bran Muffin Dessert	7	8	9 Chicken Cordon Bleu Parsley Potatoes Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Bread or Roll Dessert	10 
13 Ham & Au Gratin Potato Casserole Glazed Carrots Garden Salad Waldorf Salad WW Roll Dessert	14	15	16 Sloppy Joe Sandwich Coleslaw Apple & Pear Salad Dessert	17 Chili & Cheese Stuffed Baked Potato Broccoli Salad Chilled Peaches Garlic Bread Dessert
20 Roast Turkey & Gravy Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	21	22	23 	24
27 Hamburger Goulash Spinach Salad Waldorf Salad WW Bread Dessert	28 	29	30 Country Fried Steak Roasted Red Potatoes Brussels Sprouts Garden Salad Chilled Peaches WW Roll Dessert	



# Wilbur Senior Meals

## November 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Seniors Age 60 &amp; over—suggested donation \$3.50</b>  <b>Under age 60—\$8.00 FEE</b></p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p>		<p>1            Deli Style Roast Beef &amp; Cheese Sandwich            Vegetable Soup            Mixed Berries            Ice Cream and Connie's Dessert</p>	<p>2            Baked Fish            Basil &amp; Garlic Pasta            Spinach            Coleslaw            WW Roll            Peach Cobbler</p>	<p>3</p>
<p>6  </p>	<p>7            Oven Fried Chicken            Sweet Potatoes            Creamed Peas            Cuke &amp; Tomato Salad            Biscuit            Dessert</p>	<p>8            Pepper Steak            Rice            Green Beans            Tossed Vegetable Salad            Pears            WW Bread or Roll            Connie's Dessert</p>	<p>9            Chili &amp; Cheese Stuffed Baked Potato            Broccoli Salad            Chilled Peaches            Garlic Bread            Dessert</p>	<p>10  </p>
<p>13</p>	<p>14            Hamburger Steak            Potatoes &amp; Gravy            Trio Vegetables            Garden Salad            Spiced Pears            WW Bread or Roll            Dessert</p>	<p>15            Bacon &amp; Egg Salad            Sandwich on Croissant            Tomato Slices            Spinach Salad            Citrus Salad            Connie's Dessert</p>	<p>16            Ham &amp; Au Gratin            Potato Casserole            Glazed Carrots            Mixed Greens Salad            WW Bread or Roll            Waldorf Salad            WW Bread or roll            Dessert</p>	<p>17</p>
<p>20</p>	<p>21            Chicken Cordon Bleu            Parsley Potatoes            Normandy Vegetables            Tossed Green Salad            Fruit Cocktail            WW Bread or Roll            Dessert</p>	<p>22            Roast Turkey &amp; Gravy            Mashed Potatoes            Stuffing            Glazed Carrots            Green Salad            Apple Celery Salad            Pumpkin Pie</p>	<p>23</p> <p>24</p> 	
<p>27</p>	<p>28            Meatball Sub Sandwich            Green Beans            Caesar Salad            Waldorf Salad            Ice Cream</p>	<p>29            Chicken &amp; Broccoli Stir Fry            Rice            Asian Coleslaw            Mandarin Oranges            Garlic Bread            Connie's Dessert</p>	<p>30            Salisbury Steak            Potatoes &amp; Gravy            Trio Vegetables            Carrot Raisin Salad            WW Bread or Roll            Fruit Cobbler</p>	