



# Senior Meals

## Brewster-Bridgeport-Pateros

### September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Chicken Cordon Bleu Parsley Potatoes Buttered Corn Greek Salad Mixed Melons WW Bread or Roll Dessert	5 Taco Salad Spanish Rice Carrot Coins Salad Watermelon Tortilla Chips Custard	6 Bacon Mac n Cheese Green Beans Green Salad Mandarin Oranges WW Roll Dessert	7
10	11 Salmon with Dill Sauce Rosemary Potatoes Snow Peas Broccoli Salad Tropical Fruit Biscuit Dessert 	12 Spaghetti Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	13 Ham & Cheese Sandwich Potato Salad Pea Salad Mixed Berries Dessert	14 
17	18 BBQ Chicken Potato Salad Raw Veggie Tray Spinach Salad Pineapple Rings Cornbread Dessert	19 Teriyaki Beef over Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert	20 French Dip Veggie Pasta Salad Green Salad Peaches Dessert	21
24 	25 Beef Stew Spinach Salad Fruit Cup Biscuit Dessert	26 Chef Salad Macaroni Salad Pickled Beets WW Roll Blueberry & Pudding Parfait	27 Salisbury Steak Potatoes & Gravy Buttered Corn Cuke & Tomato Salad Mandarin Oranges WW Roll Dessert	28
<div style="text-align: center;">  </div>				



**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







shutterstock - 110925824

# Chelan Senior Meals

## September 2018



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
<p>3</p> <p>CLOSED FOR</p> <p><b>LABOR DAY</b></p> 	<p>4</p> <p>Chicken Burger Veggie Pasta Salad Fruit Tray Ice Cream</p>	<p>5</p> <p>Chili with Cheese 1/2 Baked Potato Garden Salad Vegetable Tray Bananas &amp; Blueberries WW Bread Dessert</p>	<p>6</p> <p>French Dip Pasta Salad Green Salad Peaches Dessert</p> 	<p>7</p> <p>BBQ Chicken Garlic Pasta Cauliflower &amp; Chives Spinach Salad WW Bread or Roll Fruit Cobbler</p>
<p>10</p> <p>Clam Chowder Cottage Cheese Green Salad V-8 Juice Fruit Cup Garlic Bread Dessert</p>	<p>11</p> <p>Hot Turkey Sandwich Mashed Potatoes &amp; Gravy Yams Green Beans WW Bread Cherry Tart</p> 	<p>12</p> <p>Chef Salad Macaroni Salad Pickled Beets WW Roll Blueberry Pudding Parfait</p>	<p>13</p> <p>Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or roll Fruit Ambrosia</p>	<p>14</p> <p>Taco Salad Spanish Rice Carrot Coins Salad Watermelon Tortilla Chips Dessert</p>
<p>17</p> <p>Roast Beef &amp; Gravy Mashed Potatoes Trio Vegetables Caesar Salad WW Bread or Roll Apple Crisp</p>	<p>18</p> <p>Sausage &amp; Sauerkraut Red Potatoes Mixed Vegetables Peaches WW Bread or Roll Dessert</p>	<p>19</p> <p>Ham &amp; Cheese Sandwich Potato Salad Pea Salad Oregon Berries Dessert</p>	<p>20</p> <p>Salmon with Dill Sauce Rosemary Potatoes Snow Peas Broccoli Salad Tropical Fruit Garlic Bread Lemon Bar</p>	<p>21</p> <p>Teriyaki Beef Steamed Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert</p>
<p>24</p> <p>Spaghetti in Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert</p>	<p>25</p> <p>Chicken Cordon Bleu Parsley Potatoes Buttered Corn Greek Salad Mixed Melons WW Bread or Roll Dessert</p>	<p>26</p> <p>Beef Stew Spinach Salad Fruit cup Biscuit Dessert</p>	<p>27</p> <p>Bacon Mac n Cheese Green Beans Green Salad Pears WW Roll Dessert</p> 	<p>28</p> <p>Sweet &amp; Sour Meatballs Garden Rice Mixed Vegetables Pineapple Roll Dessert</p>

**volunteer**  
*do good, feel good*

**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.







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

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



# Davenport Senior Meals September 2018










Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> <div>CLOSED</div> <div></div>	<div>4</div> <div>Sweet &amp; Sour Meatballs Garden Rice Mixed Vegetables Tossed Green Salad Pineapple Roll Dessert</div>	<div>5</div>	<div>6</div> <div>Crunchy Chicken Salad Sandwich Pasta Salad Broccoli Salad Mixed Melons Dessert</div>	<div>7</div> <div>Salmon &amp; Dill Sauce Rosemary Potatoes Snow Peas Coleslaw Tropical Fruit Garlic Bread Dessert</div>
<div>10</div>	<div>11</div> <div>Turkey Pot Pie Cottage Cheese Garden Salad Muffin Fruit Crisp</div> <div></div>	<div>12</div>	<div>13</div> <div>French Dip Veggie Pasta Salad Green Salad Peaches Dessert</div>	<div>14</div> <div>Chicken Cordon Bleu Parsley Potatoes Buttered Corn Greek Salad Mixed Melons WW Bread or Roll Dessert</div>
<div>17</div>	<div>18</div> <div>Chicken Fried Steak Potatoes &amp; Gravy Green Beans Garden Salad Apricots Bread Pudding</div>	<div>19</div>	<div>20</div> <div>1/2 Ham Sandwich Navy Bean Soup Veggie Pasta Salad Sliced Tomatoes Assorted Melons Dessert</div> <div></div>	<div>21</div> <div>Tuna Noodle Casserole Peas &amp; Carrots Spinach Salad Garlic Bread Peach Cobbler</div>
<div>24</div>	<div>25</div> <div>SALAD BAR Chef Salad Macaroni Salad Pickled Beets WW Roll Blueberry Pudding Parfait</div>	<div>26</div> <div></div>	<div>27</div> <div>Wieners &amp; Sauerkraut Boiled Potatoes Mixed Vegetables Oregon Berries WW Bread or Roll Dessert</div>	<div>28</div> <div>Sloppy Joe Green Beans Squash &amp; Melon Salad Waldorf Salad Dessert</div>
<div></div>	<div><div>Seniors Age 60 &amp; over—suggested donation \$4.00</div><div>Under age 60—\$8.50 FEE</div><div>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</div></div>			<div></div>



# Entiat Senior Meals September 2018



shutterstock - 112861828

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4	5 	6 French Dip Pasta Salad Green Salad Peaches Dessert	7
10 Clam Chowder Cottage Cheese Green Salad V-8 Juice Fruit Cup Garlic Bread Dessert	11 	12	13 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or roll Fruit Ambrosia	14 
17 Roast Beef & Gravy Mashed Potatoes Trio Vegetables Caesar Salad WW Bread or Roll Apple Crisp	18	19 	20 Salmon with Dill Sauce Rosemary Potatoes Snow Peas Broccoli Salad Tropical Fruit Garlic Bread Lemon Bar	21
24 Spaghetti in Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	25	26	27 Bacon Mac n Cheese Green Beans Green Salad Pears WW Roll Dessert	28 
<div>  </div>				

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.

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 509-421-1593





# Harrington Senior Meals September 2018





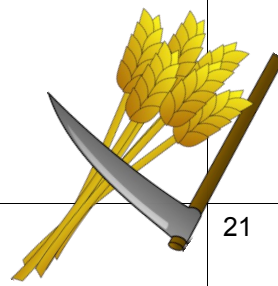
## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

3 	4 Crunchy Chicken Salad on Croissant Pasta Salad Broccoli Salad Mixed Melons Dessert	5 Salmon with Dill Sauce Rosemary Potatoes Snow Peas Spinach Salad Tropical Fruit Garlic Bread Dessert	6	7
10 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	11 Chicken Fried Steak Potatoes & Gravy Green Beans Garden Salad Peaches Bread Pudding 	12 Chicken Cordon Bleu Herbed Fettuccine Buttered Corn Greek Salad Mixed Melons WW Bread or Roll Dessert	13 	14
17 Chicken Parmesan Garlic Pasta Italian Blend Veggies Caesar Salad WW Bread or Roll Fruit Ambrosia	18 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Tossed Green Salad Pineapple Roll Dessert	19 Ham & Cheese Sandwich Potato Salad Pea Salad Mixed Berries Dessert	20	21
24 Hot Turkey Sandwich Potatoes & Gravy Yams Peas Peaches WW Bread Dessert	25 BBQ Chicken Macaroni Salad Carrots Spinach Salad Pineapple Rings Cornbread Dessert	26 Pork Roast Scalloped Potatoes Green Beans Garden Salad WW Bread or Roll Apple Crisp	27	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





# Leavenworth Senior Meals September 2018







Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 CLOSED FOR HOLIDAY</p> <p><b>LABOR DAY</b></p> 	<p>4 Navy Bean Soup 1/2 Ham Sandwich Veggie Pasta Salad Sliced tomatoes Assorted Melons Dessert</p>	<p>5 Chicken Cordon Bleu Parsley Potatoes Buttered Corn Greek Salad Oregon Berries WW Bread or Roll Dessert</p>	<p>6 Baked Fish Oven Brown Potatoes Green Beans Carrot Raisin Salad Tropical Fruit WW Bread or Roll Dessert</p>	<p>7 SALAD BAR</p> <p>Chef Salad Macaroni Salad Pickled Beets WW Roll Blueberry &amp; Vanilla Pudding Parfait</p>
<p>10 Sloppy Joe Corn Summer Squash and Watermelon Salad Waldorf Salad Dessert</p>	<p>11 Roast Beef Potatoes &amp; Gravy Peas Garden Salad WW Bread or Roll Peaches &amp; Ice Cream</p>	<p>12 Clam Chowder Cottage Cheese Broccoli Salad V-8 Juice Fruit Cup Garlic Bread Dessert</p>	<p>13 Chicken Parmesan Garlic Pasta Mixed Veggies Caesar Salad WW Bread or Roll Blueberry/Apple Crisp</p>	<p>14 Bacon Mac n Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert</p>
<p>17 Chili with Cheese Green Salad Vegetable Tray Pears Cornbread Dessert</p>	<p>18 Tuna Casserole Peas &amp; Carrots Tossed Salad Watermelon WW Bread or Roll Dessert</p>	<p>19 Spaghetti Caesar Salad Fresh Fruit Tray Garlic Bread Ice Cream</p> 	<p>20 Hot Turkey Sandwich Potatoes &amp; Gravy Yams Green Salad Peaches WW Bread Dessert</p>	<p>21 BBQ Chicken Potato Salad Raw Veggie Tray Spinach Salad Pineapple Rings Cornbread Dessert</p>
<p>24 French Dip Veggie Pasta Salad Green Salad Mixed Melons Dessert</p> 	<p>25 Sweet &amp; Sour Pork Rice Oriental Vegetables Asian Style Slaw Tropical Fruit WW Bread or Roll Dessert</p>	<p>26 Ham &amp; Cheese Sandwich Potato Salad Crunchy Pea Salad Mixed Berries Dessert</p>	<p>27 Chicken Fried Steak Potatoes &amp; Gravy Green Beans Garden Salad Peaches Bread Pudding</p>	<p>28 Beef Stew Spinach Salad Fruit Cup Biscuit Dessert</p> 
<p><b>WE LOVE OUR VOLUNTEERS</b></p>		<p><b>Seniors Age 60 &amp; over—suggested do- nation \$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>		<p>It is very costly to the senior meal program when you do not can- cel 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 September 2018



Monday	Tuesday	Wednesday	Thursday	Friday-Manson
<b>3</b> CLOSED FOR HOLIDAY  	<b>4</b> Chicken Burger Veggie Pasta Salad Fruit Tray Ice Cream	<b>5</b> Chili with Cheese 1/2 Baked Potato Garden Salad Vegetable Tray Bananas & Blueberries WW Bread Dessert	<b>6</b> French Dip Pasta Salad Green Salad Peaches Dessert	<b>7</b> BBQ Chicken Garlic Pasta Cauliflower & Chives Spinach Salad WW Bread or Roll Fruit Cobbler
<b>10</b> Clam Chowder Cottage Cheese Green Salad V-8 Juice Fruit Cup Garlic Bread Dessert	<b>11</b> Hot Turkey Sandwich Mashed Potatoes & Gravy Yams Green Beans WW Bread Cherry Tart 	<b>12</b> Chef Salad Macaroni Salad Pickled Beets WW Roll Blueberry & Vanilla Pudding Parfait	<b>13</b> Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad WW Bread or roll Fruit Ambrosia	<b>14</b> Taco Salad Spanish Rice Carrot Coins Salad Watermelon Tortilla Chips Dessert 
<b>17</b> Roast Beef & Gravy Mashed Potatoes Trio Vegetables Caesar Salad WW Bread or Roll Apple Crisp	<b>18</b> Sausage & Sauerkraut Red Potatoes Mixed Vegetables Peaches WW Bread or Roll Dessert	<b>19</b> Ham & Cheese Sandwich Potato Salad Pea Salad Oregon Berries Dessert	<b>20</b> Salmon with Dill Sauce Rosemary Potatoes Snow Peas Broccoli Salad Tropical Fruit Garlic Bread Lemon Bar	<b>21</b> Teriyaki Beef Steamed Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert
<b>24</b> Spaghetti in Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	<b>25</b> Chicken Cordon Bleu Parsley Potatoes Buttered Corn Greek Salad Mixed Melons WW Bread or Roll Dessert	<b>26</b> Beef Stew Spinach Salad Fruit cup Biscuit Dessert 	<b>27</b> Bacon Mac n Cheese Green Beans Green Salad Pears WW Roll Dessert	<b>28</b> Sweet & Sour Meatballs Garden Rice Mixed Vegetables Pineapple Roll Dessert

**WE LOVE**  
OUR VOLUNTEERS

**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.

**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—Please call and cancel!

For Chelan 888-4440 between 8am & 2 pm

For Manson 687-3377



# Odessa Senior Meals September 2018



shutterstock - 276993557

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 CLOSED</p> 	<p>4</p>	<p>5</p> <p>Crunchy Chicken Salad Sandwich on Croissant Broccoli Salad Pasta Salad Mixed Melons Dessert</p>	<p>6</p> <p>Salmon with Dill Sauce Rosemary Potatoes Snow Peas Green Salad Tropical Fruit Garlic Bread Dessert</p>	<p>7</p>
<p>10</p> <p>Chicken Burger Deluxe Potato Salad Fruit Tray Ice Cream</p>	<p>11</p> 	<p>12</p> <p>Sweet &amp; Sour Meatballs Garden Rice Mixed Vegetables Tossed Green Salad Pineapple WW Roll Dessert</p>	<p>13</p> <p>Turkey Pot Pie Cottage Cheese Garden Salad Muffin Peach Crisp</p>	<p>14</p>
<p>17</p> <p>Chicken Cordon Bleu Parsley Potatoes Buttered Corn Greek Salad Fresh Fruit Tray WW Bread or Roll Dessert</p>	<p>18</p>	<p>19</p> <p>Taco Salad Spanish Rice Carrot Coins Salad Watermelon Tortilla Chips Dessert</p>	<p>20</p> <p>German Sausage &amp; Sauerkraut Mixed Vegetables Green Salad Apple Strudel</p>	<p>21</p> 
<p>24</p> <p>Beef Stew Spinach Salad Fruit Cup Biscuit Dessert</p> 	<p>25</p>	<p>26</p> <p>Bacon Mac n Cheese Green Beans Green Salad Tropical Fruit Mix WW Roll Dessert</p>	<p>27 SALAD BAR</p> <p>Chef Salad Macaroni Salad Pickled Beets WW Roll Blueberry &amp; Vanilla Pudding Parfait</p>	<p>28</p>
<div>  <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> </div>				





shutterstock - 112861828

# Omak-Okanogan Senior Meals September 2018



Okanogan

Omak

Okanogan

Omak

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 CLOSED</b> <b>LABOR DAY</b> 	<b>4</b> Hot Turkey Sandwich Mashed Potatoes Yams Green Beans Peaches WW Bread or Roll Pumpkin Pie	<b>5</b> French Dip Veggie Pasta Salad Green Salad Grapes Dessert	<b>6</b>	<b>7</b> Ham & Cheese Sandwich Potato Salad Pea Salad Mixed Berries Dessert
<b>10 SALAD BAR</b> Chef Salad Macaroni Salad Pickled Beets Oregon Berries WW Roll Ice Cream	<b>11</b> Chili Green Salad Vegetable Tray Pears Cornbread Cereal Bar Cookies 	<b>12</b> Roast Beef Mashed Potatoes Peas Caesar Salad WW Bread or Roll Apple Crisp	<b>13</b>	<b>14</b> Turkey Pot Pie Cottage Cheese Garden Salad Grapes Biscuit Dessert 
<b>17</b> Chicken Parmesan Garlic Pasta Italian Blend Vegetables Caesar Salad WW Bread or Roll Fruit Ambrosia	<b>18</b> Sweet & Sour Meatballs Garden Rice Mixed Vegetables Tossed Salad Pineapple Roll Dessert	<b>19</b> Clam Chowder Cottage Cheese Green Salad V-8 Juice Fruit Cup Garlic Bread Dessert	<b>20</b> 	<b>21</b> Salisbury Steak Potatoes & Gravy Buttered Corn Cuke Tomato Salad Mandarin Oranges WW Roll or Bread Dessert
<b>24</b> Chicken Cordon Bleu Parsley Potatoes Corn Greek Salad Mixed Melons WW Bread or Roll Dessert	<b>25</b> Ham Roasted Sweet Potatoes Brussels Sprouts Garden Salad Fresh Fruit Tray WW Bread or Roll Pumpkin Pie 	<b>26</b> Bacon Mac & Cheese Green Beans Green Salad Peaches WW Roll Dessert	<b>27</b> 	<b>28</b> Salmon with Dill Sauce Rosemary Potatoes Snow Peas Broccoli Salad Tropical Fruit Garlic Bread Lemon Bars
	<div> <p>Seniors Age 60 &amp; over suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>For Home Delivered Meals please call 509-826-7979</p> </div>			

shutterstock - 276993557



# Oroville Senior Meals September 2018



shutterstock - 112861828

Monday	Tuesday	Wednesday	Thursday	Friday
3  	4 Turkey Pot Pie Garden Salad Muffin Berry Crisp	5	6 Taco Salad Spanish Rice Carrot Coins Salad Watermelon Corn Tortilla Chips Dessert	7 Chicken Cordon Bleu Parsley Potatoes Buttered Corn Greek Salad Mixed Melons WW Bread or Roll Dessert
10	11 Salisbury Steak Potatoes & Gravy Green Beans Cuke & Tomato Salad Mandarin Oranges WW Roll Dessert 	12	13 Sweet & Sour Pork Rice Oriental Vegetables Asian Style Slaw Tropical Fruit WW Bread or Roll Dessert	14 Salmon with Dill Sauce Rosemary Potatoes Snow Peas Broccoli Salad Pineapple Garlic Bread Dessert 
17  	18 Roast Beef Potatoes & Gravy Peas Caesar Salad WW Bread or Roll Apple Crisp	19	20 Bacon Mac n Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert 	21 Fish & Chips Broccoli Salad Coleslaw Garlic Bread Fruited Jell-O
24	25 Spaghetti with Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	26	27 Beef Stew Spinach Salad Fruit cup Biscuit Dessert	28 Wieners & Sauerkraut Boiled Potatoes Mixed Vegetables Oregon Berries WW Bread or Roll 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 476-2412</p> </div>	



# Tonasket Senior Meals September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 	4	5 Turkey Pot Pie Cottage Cheese Garden Salad Muffin Fruit Crisp	6 Bacon Mac n Cheese Green Beans Green Salad Tropical Fruit WW Roll Dessert	7
10 Wieners & Sauerkraut Boiled Potatoes Mixed Vegetables Oregon Berries WW Bread or Roll Dessert	11 	12 Sweet & Sour Meatballs Garden Rice Normandy Vegetables Tossed Green Salad Pineapple WW Roll Fortune Cookies	13 Roast Beef & Gravy Mashed Potatoes Peas Caesar Salad WW Bread or Roll Dessert	14 
17 French Dip Pasta Veggie Salad Green Salad Peaches Dessert	18	19 BBQ Chicken Potato Salad Raw Veggie Tray Spinach Salad Pineapple Rings Cornbread Dessert	20 Salmon with Dill Sauce Rosemary Potatoes Snow Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert	21
24 Chili with Cheese 1/2 Baked Potato Vegetable Tray Garden Salad Strawberries & Bananas WW Bread Dessert	25	26 SALAD BAR Chef Salad Macaroni Salad Pickled Beets WW Roll Blueberry & Pudding Parfait	27 Hot Turkey Sandwich Mashed Potatoes Yams Green Beans Peaches WW Bread Dessert	28 
<div> <div> <b>Seniors Age 60 &amp; over—suggested donation \$4.00</b>   <b>Under age 60—\$8.50 FEE</b>             Please call the Site Director for more information about the Home Delivered Meal program at 486-2483         </div> <div>  </div> <div>  </div> </div>				



# Twisp Senior Meals September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED  	4  	5  	6 Chicken Burger Deluxe Potato Salad Fruit Tray Dessert	7 Baked Fish Oven Browned Potatoes Green Beans Carrot Raisin Salad Tropical Fruit WW Bread or Roll Dessert
10 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	11  	12  	13 Hot Turkey Sandwich Mashed Potatoes Yams Green Beans Peaches WW Bread Dessert	14 Clam Chowder Cottage Cheese Green Salad V-8 Juice Fruit Cup WW Roll Dessert 
17 Sloppy Joe's Green Beans Summer Squash & Watermelon Salad Waldorf Salad Dessert	18  	19  	20 Salisbury Steak Potatoes & Gravy Buttered Corn Cuke & Tomato Salad Mandarin Oranges WW Roll Dessert	21 Salmon with Dill Sauce Rosemary Potatoes Snow Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert
24 BBQ Chicken Macaroni Salad Raw Veggie Tray Spinach Salad Pineapple Rings Cornbread Dessert	25  	26  	27 Wieners & Sauerkraut Boiled Potatoes Mixed Vegetables Oregon Berries WW Bread or Roll Dessert	28 Fish & Chips Carrot Raisin Salad Coleslaw Garlic Bread Fruited Jell-O
			<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

## September 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<div>3 CLOSED</div> <div>  </div>	<div>4</div> <div>Crunchy Chicken Salad on a Croissant</div> <div>Carrot Raisin Salad</div> <div>Pea Salad</div> <div>Berries</div> <div>Dessert</div>	<div>5</div> <div>Spaghetti &amp; Meat Sauce</div> <div>Caesar Salad</div> <div>Fresh Fruit Tray</div> <div>Garlic Bread</div> <div>Ice Cream</div>	<div>6 SALAD BAR</div> <div>Chef Salad</div> <div>Potato Salad</div> <div>Pickled Beets</div> <div>WW Roll</div> <div>Fruited Jell-O</div>	<div>7</div>
<div>10</div>	<div>11</div> <div>Teriyaki Beef over Rice</div> <div>Oriental Vegetables</div> <div>Asian Coleslaw</div> <div>Pineapple</div> <div>Garlic Bread</div> <div>Dessert</div>	<div>12</div> <div>Chicken Cordon Bleu</div> <div>Parsley Potatoes</div> <div>Buttered Corn</div> <div>Greek Salad</div> <div>Mixed Melons</div> <div>WW Bread or Roll</div> <div>Dessert</div>	<div>13</div> <div>Ham &amp; Cheese Sandwich</div> <div>Pea Salad</div> <div>Orange Quarters</div> <div>Carrot Cake</div> <div>  </div>	<div>14</div>
<div>17</div> <div>  </div>	<div>18</div> <div>Turkey Pot Pie</div> <div>Cottage Cheese</div> <div>Garden Salad</div> <div>Muffin</div> <div>Fruit Crisp</div>	<div>19</div> <div>Taco Salad</div> <div>Spanish Rice</div> <div>Carrot Coins Salad</div> <div>Watermelon</div> <div>Tortilla Chips</div> <div>Dessert</div>	<div>20</div> <div>Salmon with Dill Sauce</div> <div>Rosemary Potatoes</div> <div>Snow Peas</div> <div>Broccoli Salad</div> <div>Tropical Salad</div> <div>Garlic Bread</div> <div>Dessert</div>	<div>21</div>
<div>24</div>	<div>25</div> <div>Beef Stew</div> <div>Spinach Salad</div> <div>Fruit Cup</div> <div>Biscuit</div> <div>Dessert</div>	<div>26</div> <div>Ham</div> <div>Roasted Sweet Potatoes</div> <div>Peas</div> <div>Green Salad</div> <div>Fresh Fruit Tray</div> <div>WW Bread or Roll</div> <div>Pumpkin Pie</div>	<div>27</div> <div>Chicken Chow Mein</div> <div>Noodles or rice</div> <div>Asian Coleslaw</div> <div>Mandarin Oranges</div> <div>Garlic Bread</div> <div>Dessert</div>	<div>28</div>
<div>  </div>		<div>  </div>		
<div> <div>Seniors Age 60 &amp; over—suggested donation \$4.00</div> </div>				

**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

shutterstock - 276993557