

#### Senior Meals Brewster-Bridgeport-Pateros February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 VOLUNTEER POWER!
4	5 Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Apple Celery Salad WW Bread or Roll Dessert	6 Navy Bean & Ham Soup Crunchy Pea Salad Tossed Green Salad Peaches Cornbread Dessert	7 Cheese Ravioli with Meat Sauce Spinach Salad Apricots Garlic Bread Ice Cream	8
11	12 Chicken Parmesan Pasta Steamed Broccoli 7 Layer Salad WW Bread or Roll Fruit Crisp	13 Fish & Chips Carrots Cabbage Apple Slaw Fruit Cocktail WW Bread or Roll Dessert	14 Beef Stew Caesar Salad Banana Biscuit Dessert	15
18 CLOSED President's Day	19 Biscuits & Gravy Carrot Raisin Salad Juice Fresh Fruit Blueberry Muffin	20 Chicken Salad on a Croissant Vegetable Soup Grapes Dessert	21 Spaghetti & Meat Sauce Spinach Salad Spiced Pears Garlic Bread Dessert	22
25	26 Swedish Meatballs Penne Pasta Italian Vegetables Spiced Salad Peaches WW Roll Dessert	27 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Oregon Berries WW Bread or Roll Dessert	28 Teriyaki Beef Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	
	Please call the Si	60 & over—suggested do Under age 60—\$8.50 FEF ite Director for more informatior elivered Meal program at 689-28	E n about the Home	



## Chelan Senior Meals February 2019



Monday	Tuesday	/	Wednesda	у	Thursday	Friday-Manson
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—Please call and cancel! Chelan 888-4440 Manson 687-3377	S U Ple	uggested do nder age 60 ease call 509-88	60 & over— nation \$4.00 —\$8.50 FEE 38-4440 for more t the Home De- l program.	N	Happy alentine's Dag	1 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie
4 Chicken Parmesan Pasta Steamed Broccoli 7 Layer Salad WW Bread or Roll Fruit Crisp	5 Teriyaki Be Steamed R Oriental Ve Spinach Sa Mandarin C Garlic Brea Dessert	lice getables alad Dranges	6 Dijon Chicken Garden Rice Cauliflower & C Mixed Greens Citrus Salad WW Bread Dessert	Chives	7 Beef Stew Caesar Salad Banana Biscuit Dessert	8 Beef Stroganoff Trio Vegetables Tossed Green Salad Apricots French Bread Dessert
11 Swedish Meatballs Penne Pasta Italian Vegetables Tossed Salad Peaches Garlic Bread Dessert	12 BBQ Chick Macaroni & Broccoli No Spiced Sala Muffin Apple Crisp	Cheese ormandy ad	13 Bacon & Egg S Sandwich Tomato Slices Spinach Salad Citrus Salad Dessert	alad	14 Hamburger Steak with Grilled Onions Twice Bake Style Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry & Pudding Parfait	15 Spaghetti & meat Sauce Caesar Salad Spiced Pears Garlic Bread Dessert
18 Presidents' Day	19 Supreme P Caesar Sal Tropical Fro Garlic Brea Dessert	ad uit	20 Lemon Baked Parsley Potato Steamed Broco Coleslaw Oregon Berries WW Bread or F Dessert	es coli	21 Pepper Steak Steamed Rice Green Salad Pineapple WW Bread or Roll Dessert	22 Country Fried Steak Potatoes & Gravy Buttered Corn Garden Salad Chilled Pears WW Bread or Roll Dessert
25 Beef Taco Pie Cottage Cheese Spanish Rice Baja Veggie Blend Garden Salad Spiced Applesauce Dessert	26 Hot Turkey Potatoes & Spinach Spring Sala Cranberry S Pumpkin P	Gravy ad Salad	27 Cheese Raviol Sauce Spinach Salad Apricots Garlic Bread Dessert	in Meat	28 Chicken Salad on a Croissant Vegetable Soup Grapes Dessert	

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



#### Davenport Senior Meals February 2019



Tuesday	Wednesday	Thursday	Friday
<b>Under age 60—\$8.50 FE</b> the Nutrition Director for more info	$\Sigma \mathbf{E}$		1 BBQ Chicken Macaroni & Cheese Broccoli Normandy Spiced Salad Muffin Apple Crisp
5 Hot Turkey Sandwich Mashed Potatoes Green Beans Spring Salad Cranberry Salad Pumpkin Pie	6	7 Teriyaki Beef over Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	8 Fish & Chips Carrots Cabbage/Apple Slaw Fruit Cocktail WW Bread or Roll Dessert
12 Hamburger Steak with Grilled Onions Twice Bake Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry Crisp	13	14 Dijon Chicken Breast Garden Rice Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Bread Dessert	15 Bacon & Egg Salad on Croissant Sandwich Tomato Slices Spinach Salad Waldorf Salad Dessert
19 Meatloaf & Gravy Mashed Potatoes Green Beans Carrot Raisin Salad Mandarin Oranges WW Bread orRoll Dessert	20	21 Chicken Spaghetti Casserole California Vegetables Greek Salad Fruit Salad Garlic Bread Dessert	22 Navy Bean & Ham Soup Crunchy Pea Salad Tossed Green Salad Peaches Cornbread Dessert
26 Cheeseburger Pie Corn Tossed Vegetable Salad Fruit cocktail French Bread Dessert	27	28 Pizza Supreme Caesar Salad Tropical Fruit Garlic Bread Dessert	
t	Age 60 & over—suggested of Under age 60—\$8.50 FF         the Nutrition Director for more information Delivered Meal program toll-free 8         the Nutrition Director for more information         Delivered Meal program toll-free 8         5         Hot Turkey Sandwich         Mashed Potatoes         Green Beans         Spring Salad         Cranberry Salad         Pumpkin Pie         12         Hamburger Steak with         Grilled Onions         Twice Bake Potatoes         Trio Vegetables         Garden Veggie Salad         WW Bread         Berry Crisp         19         Meatloaf & Gravy         Mashed Potatoes         Green Beans         Carrot Raisin Salad         Mandarin Oranges         WW Bread orRoll         Dessert         26         Cheeseburger Pie         Corn         Tossed Vegetable Salad         Fruit cocktail         French Bread	Age 60 & over—suggested donation \$4.00         Under age 60—\$8.50 FEE         the Nutrition Director for more information about the Delivered Meal program toll-free 844-826-7979         5       Hot Turkey Sandwich Mashed Potatoes Green Beans Spring Salad Cranberry Salad Pumpkin Pie         12       13         Hamburger Steak with Grilled Onions Twice Bake Potatoes Garden Veggie Salad WW Bread Berry Crisp       13         19       Meatloaf & Gravy Mashed Potatoes Green Beans Carrot Raisin Salad Mandarin Oranges WW Bread orRoll Dessert       20         26       Cheeseburger Pie Corn Tossed Vegetable Salad Fruit cocktail French Bread       27	Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEEthe Nutrition Director for more information about the Delivered Meal program toll-free 844-826-79795 Hot Turkey Sandwich Mashed Potatoes Green Beans Spring Salad Cranberry Salad Pumpkin Pie612 Hamburger Steak with Grilled Onions Twice Bake Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry Crisp1314 Meatloaf & Gravy Mashed Potatoes Green Beans Carabery Salad Pumpkin Pie1314 WW Bread Berry Crisp2021 Meatloaf & Gravy Mashed Potatoes Green Beans Garden Neggie Salad WW Bread Berry Crisp2021 Meatloaf & Gravy Mashed Potatoes Green Beans Green Beans Carrot Raisin Salad Mandarin Oranges WW Bread orRoll Dessert2022 Cheeseburger Pie Corn Tossed Vegetable Salad Fruit Cocktail French Bread2728 Pizza Supreme Caesar Salad Tropical Fruit Garic Bread Dessert27





#### Entiat Senior Meals February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
		WE VOLUNTEERS		1
4 Chicken Parmesan Pasta Steamed Broccoli 7 Layer Salad WW Bread or Roll Fruit Crisp	5	6	7 Beef Stew Caesar Salad Banana Biscuit Dessert	8
11 Swedish Meatballs Penne Pasta Italian Vegetables Tossed Salad Peaches Garlic Bread Dessert	12	13	14 Hamburger Steak with Grilled Onions Twice Bake Style Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry & Pudding Parfait	15
18 Presidents' Day	19	20	21 Pepper Steak Steamed Rice Green Salad Pineapple WW Bread or Roll Dessert	22
25 Beef Taco Pie Cottage Cheese Spanish Rice Baja Veggie Blend Garden Salad Spiced Applesauce Dessert	26	27	28 Chicken Salad on a Croissant Vegetable Soup Grapes Dessert	

#### 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 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	SOLUNTEEDS			1 BBQ Chicken Macaroni & Cheese Broccoli Norman- dy Spiced Salad Muffin
4	5 Hot Turkey Sandwich Mashed Potatoes Green Beans Spring Salad Cranberry Salad Pumpkin Pie	6	7 Teriyaki Beef over Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	8 Fish & Chips Carrots Cabbage/Apple Slaw Fruit Cocktail WW Bread or Roll Dessert
11	12 Hamburger Steak with Grilled Onions Twice Bake Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry Crisp	13	14 Dijon Chicken Breast Garden Rice Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Bread Dessert	15 Bacon & Egg Sal- ad on Croissant Sandwich Tomato Slices Spinach Salad Waldorf Salad Dessert
18 President's Day	19 Meatloaf & Gravy Mashed Potatoes Green Beans Carrot Raisin Salad Mandarin Oranges WW Bread orRoll Dessert	20 WE VOLUNTEERS	21 Chicken Spaghetti Casserole California Vegetables Greek Salad Fruit Salad Garlic Bread Dessert	22 Navy Bean & Ham Soup Crunchy Pea Sal- ad Tossed Green Salad Peaches Cornbread
25	26 Cheeseburger Pie Corn Tossed Vegetable Salad Fruit cocktail French Bread Dessert	27	28 Pizza Supreme Caesar Salad Tropical Fruit Garlic Bread Dessert	
	Seniors Age 60 & over-	-suggested donation \$4.	00	·
	Under age (	60—\$8.50 FEE		
		ector for more information abor program toll-free 844-826-7979		



#### Leavenworth Senior Meals February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over nation S Under age 60– Please call 509-548-6666 about the Home Delive	<b>54.00</b> - <b>\$8.50 FEE</b> for more information	<b>WE</b> VOLUN	TEERS	1 Cheeseburger Pie Corn Tossed Veggie Salad Fruit cocktail French Bread Dessert
4 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Muffin Apple Crisp	5 Ham Steak Scalloped Potatoes Italian Vegetables Spinach Salad Citrus Salad WW Bread or Roll Dessert	6 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Oregon Berries WW Bread or Roll Dessert	7 Hot Beef Sandwich Mashed Potatoes Green Beans Tossed Veggie Salad Peaches & Pound Cake	8 Supreme Pizza Caesar Salad Tropical Fruit Garlic Bread Dessert
11 Chicken Burger Deluxe Sweet Potato Fries Waldorf Salad Dessert	12 Pot Roast Roasted Red Potatoes Roasted Carrots Spinach Salad WW Bread or Roll Berry & Pudding Parfait	13 Chicken Parmesan Rice Pilaf Steamed Broccoli 7 Layer Salad Fruit Crisp	14 Cheese Ravioli in Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	15 Swedish Meatballs Over Egg Noodles Italian Vegetables Spiced Salad Peaches French Bread Dessert
18 Fresidents Day	19 Beef Stroganoff Trio Vegetables Tossed Green Salad Apricots French Bread Dessert	20 Chicken Salad Croissant Vegetable Soup Grapes Dessert	21 Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Apple Celery Salad WW Bread or Roll Dessert	22 Stuffed Cabbage Rolls Roasted Red Potatoes Green Beans Strawberries & Bananas WW Bread or Roll Dessert
25 Hamburger Steak with Grilled Onions Twice Baked Potatoes Trio Vegetables Garden Veggie Salad WW Roll Berry Crisp	26 Clam Chowder Cottage Cheese Broccoli Salad Three Bean Salad Peaches WW Roll Dessert	27 Country Fried Steak Potatoes & Gravy Buttered Corn Garden Salad Chilled Pears WW Bread or roll Dessert	28 Spaghetti & Meat Sauce Spinach Salad Spiced Pears Garlic Bread Dessert	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

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Manson Senior Meals February 2019



Monday	Tuesday	Wednesday	Thursday	Friday-MANSON
suggested do Under age 60 Please call 509-4 information about f	60 & over— onation \$4.00 )—\$8.50 FEE 70-0522 for more the Home Delivered rogram.	Happ	og tines g	1 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie
4 Chicken Parmesan Pasta Steamed Broccoli 7 Layer Salad WW Bread or Roll Fruit Crisp	5 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	6 Dijon Chicken Breast Garden Rice Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Bread Dessert	7 Beef Stew Caesar Salad Banana Biscuit Dessert	8 Beef Stroganoff Trio Vegetables Tossed Green Salad Apricots French Bread Dessert
11 Swedish Meatballs Penne Pasta Italian Vegetables Tossed Salad Peaches Garlic Bread Dessert	12 BBQ Chicken Macaroni & Cheese Broccoli Normandy Spiced Salad Muffin Apple Crisp	13 Bacon & Egg Salad Sandwich Tomato Slices Spinach Salad Citrus Salad Dessert	14 Hamburger Steak with Grilled Onions Twice Bake Style Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry & Pudding Parfait	15 Spaghetti & meat Sauce Caesar Salad Spiced Pears Garlic Bread Dessert
18 Presidents' Day	19 Supreme Pizza Caesar Salad Tropical Fruit Garlic Bread Dessert	20 Lemon Baked Fish Parsley Potatoes Steamed Broccoli Coleslaw Oregon Berries WW Bread or Roll Dessert	21 Pepper Steak Steamed Rice Green Salad Pineapple WW Bread or Roll Dessert	22 Country Fried Steak Potatoes & Gravy Buttered Corn Garden Salad Chilled Pears WW Bread or Roll Dessert
25 Beef Taco Pie Cottage Cheese Spanish Rice Baja Veggie Blend Garden Salad Spiced Applesauce Dessert	26 Hot Turkey Sandwich Potatoes & Gravy Spinach Spring Salad Cranberry Salad Pumpkin Pie	27 Cheese Ravioli in Meat Sauce Spinach Salad Apricots Garlic Bread Dessert	28 Chicken Salad on a Croissant Vegetable Soup Grapes Dessert	
24 H <u>C</u>	OURS IN ADVA	ANCE TO RE	<u>SERVE OR C</u> A	ANCEL

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 February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
dona Under age Please call the Nutrit mation about the Hor	<ul> <li>&amp; over—suggested ation \$4.00</li> <li>60—\$8.50 FEE ion Director for more infor- me Delivered Meal program 844-826-7979</li> </ul>	FE	ebruary	1
4 Hot Turkey Sandwich Potatoes & Gravy Spinach Spring Salad Cranberry Salad Pumpkin Pie	5	6 Teriyaki Beef Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	7 Fish & Chips Carrots Cabbage Apple Slaw Fruit Cocktail WW Bread or Roll Dessert	8
11 Swedish Meatballs Penne Pasta Italian Vegetables Spiced Salad Peaches Garlic Bread Dessert	12	13 Cheeseburger Pie Corn Tossed Veggie Salad Fruit Cocktail French Bread Dessert	14 Ham Steak Scalloped Potatoes Mixed Vegetables Spinach Salad Citrus Salad WW Bread or Roll Dessert	15
18 Presidents' De	19 <b>2</b>	20 Beef Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream	21 Navy Bean & Ham Sou Crunchy Pea Salad Tossed Green Salad Cornbread Dessert	22 Jp
25 Supreme Style Pizza Caesar Salad Tropical Fruit Garlic Bread Dessert	26	27 Clam Chowder Cottage Cheese Broccoli Salad Three Bean Salad Peaches WW Bread or Roll Dessert	28 Beef Stew Spinach Salad Banana Biscuit Dessert	



## Omak-Okanogan Senior Meals February 2019



Okanogan	Omak	Okanogan		Omak
Monday	Tuesday	Wednesday	Thursday	Friday
4	s s	6	7	1 Chicken Burger Deluxe Sweet Potato Fries Waldorf Salad Dessert
Chicken Spaghetti Casserole California Vegetables Greek Salad Fruit Salad Garlic Bread Dessert	Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie	Hamburger Steak with Grilled Onions Twice Baked Potatoes Trio Veggies Garden Veggie Salad WW Bread Berry Crisp		Stuffed Cabbage Rolls Garden Rice Green Beans Strawberries & Bananas WW Bread or Roll Dessert
11 Cheeseburger Pie Corn Caesar Salad Fruit cocktail French Bread Dessert	12 Navy Bean & Ham Soup Crunchy Pea Salad Tossed Green Salad Peaches Cornbread Dessert	13 Pork Chops Mashed Potatoes Green Beans Tossed Veggie Salad WW Roll Cherry Crisp	14	15 Pepper Steak Wild rice Garden Salad Cinnamon Pears WW Bread or Roll Dessert
18 CLOSED Presidents' Day	19 Chicken Stir Fry Garden Rice Coleslaw Mandarin Oranges Garlic Bread Dessert	20 Beef Stew Caesar Salad Banana Biscuits Dessert	21	22 Fish & Chips Peas & Carrots Green Salad Apple Wedges WW Roll Dessert
25 Ham Steak Scalloped Potatoes Italian Vegetables Spinach Salad Citrus Salad WW Bread or Roll Dessert	26 BBQ Chicken Potato Salad Broccoli Normandy Spiced Salad Muffin Apple Crisp	27 Beef Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream	donation \$4.00 Under age 60—	& over suggested \$8.50 FEE vered Meals please call





## Oroville Senior Meals February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Please call	Age 60 & over—suggeste \$4.00 Under age 60—\$8.50 FE the Site Director for more info e Home Delivered Meal progra 476-2412	CE rmation about	VOLUNTEER!	1 BBQ Chicken Macaroni & Cheese Broccoli Normandy Green Salad Muffin Apple Crisp
4	5 Meatloaf Mashed Potatoes Green Beans Caesar Salad Apple Celery Salad WW Bread or Roll Dessert	6	7 Ham & Navy Bean Soup Carrots Tossed Green Salad Peaches Cornbread Dessert	8 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Oregon Berries WW Bread or Roll Dessert
11	12 Cheese Ravioli in Meat Sauce Green Beans Garden Salad Apricots Garlic Bread Dessert	13	14 Country Fried Steak Potatoes & Gravy Buttered Corn Garden Salad Chilled Pears WW Bread or Roll Dessert	15 Supreme Pizza Caesar Salad Tropical Fruit Bread Sticks Dessert
18 CLOSED	19 Bacon & Egg Salad Sandwich Croissant Tomato Slices Spinach Salad Citrus Salad Dessert	20	21 Beef Stroganoff Trio Vegetables Tossed Green Salad Apricots French Bread Dessert	22 Fish & Chips Carrots Cabbage & Apple Slaw Fruit Cocktail WW Bread or Roll Dessert
25	26 Beef Stew Green Salad Peaches WW Roll Banana Cake	27	28 Biscuits & Sausage Gravy Carrot Raisin Salad V8 Juice Rhubarb Crisp	



## Tonasket Senior Meals February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & ov nation S Under age 60– Please call the Site Director about the Home Deliver 486-2	\$4.00 	ation	ruary	1
4 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Mandarin Oranges WW Roll Dessert	5	6 Dijon Chicken Breast Garden rice Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Bread Dessert	7 Hamburger Steak with Grilled Onions Twice Bake Style Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry Crisp	8
11 Meatloaf Potatoes & Gravy Green Beans Carrot Raisin Salad Apple Celery Salad WW Bread or Roll Dessert	12	13 Beef Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream	14 Ham Steak Scalloped Potatoes Italian Vegetables Spinach Salad Citrus Salad WW Bread or Roll Dessert	15
18 President's Day	19	20 Supreme Style Pizza Caesar Salad Tropical Fruit Garlic Bread Dessert	21 Pepper Steak Wild Rice Garden Salad Cinnamon Pears WW Bread or Roll Dessert	22
25 Biscuits & Gravy Carrot Raisin Salad Juice Fresh Fruit Blueberry Muffin	26	27 Cheese Ravioli in Meat Sauce Spinach Salad Apricots Garlic Bread Dessert	28 Chicken Stir Fry Garden Rice Coleslaw Mandarin Oranges WW bread or Roll Fortune Cookies	WE VOLUNTEERS



## Twisp Senior Meals February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
February		tion tion Under age 60 Please call the Site Direct	er—suggested dona- \$4.00 9—\$8.50 FEE etor for more information Meal program at 997-7722	1 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie
4 Dijon Chicken Breast Garden Rice Cauliflower w/chives Mixed Greens Salad Citrus Salad WW Bread Dessert	5	6	7 Fish & Chips Carrots Cabbage/Apple Slaw Fruit Cocktail WW Bread or Roll Dessert	8 Pork Chops Potatoes & Gravy Peas & Carrots Green Salad Apple Wedges WW Bread or Roll Dessert
11 Pot Roast Roasted Red Potatoes Roasted Carrots Spinach Salad WW Bread or Roll Fruit Cobbler	12	13	14 Beef Stroganoff Trio Vegetables Tossed Green Salad Apricots French Bread Dessert	15 Biscuits & Gravy Carrot Raisin Salad Juice Fresh Fruit Blueberry Muffin
18 CLOSED	19	20	21 Chicken Salad on a Croissant Vegetable Soup Grapes Dessert	22 Clam Chowder Cottage Cheese Broccoli Salad Three Bean Salad Peaches WW Bread or Roll Dessert
25 Beef Taco Pie Cottage Cheese Spanish Rice Baja Veggie Blend Garden Salad Spiced Applesauce Dessert	26	27 SSS	28 Beef Stew Caesar Salad Banana Biscuit Dessert	WE VOLUNTEERS



# Wilbur Senior Meals February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	Februa			1
4	5 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie	6 Teriyaki Beef Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	7 Lemon Baked Fish Parsley Potatoes Steamed Broccoli Coleslaw Oregon Berries WW Bread or Roll Dessert	8
11	12 BBQ Chicken Macaroni & Cheese Spiced Salad Muffin Apple Crisp	13 Bacon & Egg Salad Sandwich on Croissant Tomato Slices Spinach Salad Citrus Salad Dessert	14 Cheese Ravioli in Me Sauce Caesar Salad Apricots Garlic Bread Dessert	at 15
18 CLOSED	19 Supreme Style Pizza Caesar Salad Tropical Fruit Garlic Bread Dessert	20 Clam Chowder Cottage Cheese Broccoli Salad Three Bean Salad Peaches WW Bread or Roll Dessert	21 Ham Steak Scalloped Potatoes Italian Vegetables Spinach Salad Citrus Salad WW Bread or Roll Dessert	22
25	26 Pork Chops Potatoes & Gravy Peas & Carrots Green Salad Applesauce WW Roll Dessert	27 Chicken Spaghetti Casserole California Vegetables Greek Salad Fruit Salad Garlic Bread Dessert	28 Chicken Burger Delux Sweet Potato Fries Waldorf Salad Dessert	ke WE VOLUNTEERS
I		Seniors Age 60 & over– donation \$4.0 Under age 60—\$8.5	1	
	Please call the Nutrition Director for more infor- mation about the Home Delivered Meal program toll-free 844-826-7979			