



Senior Meals

Brewster-Bridgeport-Pateros

February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1
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 	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	

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



Chelan Senior Meals

February 2019



Monday Tuesday Wednesday Thursday Friday-Manson




<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>		<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call 509-888-4440 for more information about the Home Delivered Meal program.</p>		<p>Happy Valentine's Day</p>		<p>1 Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie</p>
<p>4 Chicken Parmesan Pasta Steamed Broccoli 7 Layer Salad WW Bread or Roll Fruit Crisp</p>	<p>5 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>6 Dijon Chicken Breast Garden Rice Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Bread Dessert</p>	<p>7 Beef Stew Caesar Salad Banana Biscuit Dessert</p> 		<p>8 Beef Stroganoff Trio Vegetables Tossed Green Salad Apricots French Bread Dessert</p>	
<p>11 Swedish Meatballs Penne Pasta Italian Vegetables Tossed Salad Peaches Garlic Bread Dessert</p>	<p>12 BBQ Chicken Macaroni & Cheese Broccoli Normandy Spiced Salad Muffin Apple Crisp</p>	<p>13 Bacon & Egg Salad Sandwich Tomato Slices Spinach Salad Citrus Salad Dessert</p>	<p>14 Hamburger Steak with Grilled Onions Twice Bake Style Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry & Pudding Parfait</p> 		<p>15 Spaghetti & meat Sauce Caesar Salad Spiced Pears Garlic Bread Dessert</p>	
<p>18</p> 	<p>19 Supreme Pizza Caesar Salad Tropical Fruit Garlic Bread Dessert</p> 	<p>20 Lemon Baked Fish Parsley Potatoes Steamed Broccoli Coleslaw Oregon Berries WW Bread or Roll Dessert</p>	<p>21 Pepper Steak Steamed Rice Green Salad Pineapple WW Bread or Roll Dessert</p>		<p>22 Country Fried Steak Potatoes & Gravy Buttered Corn Garden Salad Chilled Pears WW Bread or Roll Dessert</p>	
<p>25 Beef Taco Pie Cottage Cheese Spanish Rice Baja Veggie Blend Garden Salad Spiced Applesauce Dessert</p>	<p>26 Hot Turkey Sandwich Potatoes & Gravy Spinach Spring Salad Cranberry Salad Pumpkin Pie</p>	<p>27 Cheese Ravioli in Meat Sauce Spinach Salad Apricots Garlic Bread Dessert</p>	<p>28 Chicken Salad on a Croissant Vegetable Soup Grapes Dessert</p>			

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Davenport Senior Meals February 2019

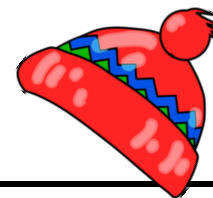


Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979				1 BBQ Chicken Macaroni & Cheese Broccoli Normandy Spiced Salad Muffin Apple Crisp
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 Salad on Croissant Sandwich Tomato Slices Spinach Salad Waldorf Salad Dessert
18 	19 Meatloaf & Gravy Mashed Potatoes Green Beans Carrot Raisin Salad Mandarin Oranges WW Bread or Roll 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
25 	26 Cheeseburger Pie Corn Tossed Vegetable Salad Fruit cocktail French Bread Dessert	27 	28 Pizza Supreme Caesar Salad Tropical Fruit Garlic Bread Dessert	

WE 
VOLUNTEERS



Entiat Senior Meals February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				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 	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
				1 BBQ Chicken Macaroni & Cheese Broccoli Normandy 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 Salad 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 or Roll Dessert	20  WE VOLUNTEERS	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
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

Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979



Leavenworth Senior Meals February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call 509-548-6666 for more information about the Home Delivered Meal program.				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 	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	<div> 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 </div>

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Manson

Senior Meals

February 2019



Monday

Tuesday

Wednesday

Thursday

Friday-MANSON

**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.

*Happy
Valentine's
Day*

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

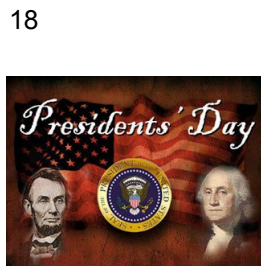
12
BBQ Chicken
Macaroni & Cheese
Broccoli Normandy
Spiced Salad
Muffin
Apple Crisp

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
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 HOURS IN ADVANCE TO RESERVE OR CANCEL

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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
<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>				1
<p>4</p> <p>Hot Turkey Sandwich Potatoes & Gravy Spinach Spring Salad Cranberry Salad Pumpkin Pie</p>	<p>5</p> 	<p>6</p> <p>Teriyaki Beef Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>7</p> <p>Fish & Chips Carrots Cabbage Apple Slaw Fruit Cocktail WW Bread or Roll Dessert</p>	8
<p>11</p> <p>Swedish Meatballs Penne Pasta Italian Vegetables Spiced Salad Peaches Garlic Bread Dessert</p>	<p>12</p>	<p>13</p> <p>Cheeseburger Pie Corn Tossed Veggie Salad Fruit Cocktail French Bread Dessert</p> 	<p>14</p> <p>Ham Steak Scalloped Potatoes Mixed Vegetables Spinach Salad Citrus Salad WW Bread or Roll Dessert</p>	15
<p>18</p> 	<p>19</p>	<p>20</p> <p>Beef Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream</p>	<p>21</p> <p>Navy Bean & Ham Soup Crunchy Pea Salad Tossed Green Salad Cornbread Dessert</p>	22
<p>25</p> <p>Supreme Style Pizza Caesar Salad Tropical Fruit Garlic Bread Dessert</p>	<p>26</p> 	<p>27</p> <p>Clam Chowder Cottage Cheese Broccoli Salad Three Bean Salad Peaches WW Bread or Roll Dessert</p>	<p>28</p> <p>Beef Stew Spinach Salad Banana Biscuit Dessert</p>	



Omak-Okanogan Senior Meals February 2019


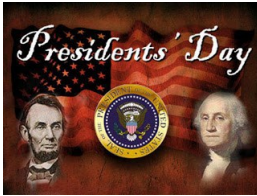



Okanogan

Omak

Okanogan





Omak

Monday	Tuesday	Wednesday	Thursday	Friday
<div>February</div>				<div>1</div> <div>Chicken Burger Deluxe Sweet Potato Fries Waldorf Salad Dessert</div> <div></div>
<div>4</div> <div>Chicken Spaghetti Casserole California Vegetables Greek Salad Fruit Salad Garlic Bread Dessert</div>	<div>5</div> <div>Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie</div>	<div>6</div> <div>Hamburger Steak with Grilled Onions Twice Baked Potatoes Trio Veggies Garden Veggie Salad WW Bread Berry Crisp</div>	<div>7</div>	<div>8</div> <div>Stuffed Cabbage Rolls Garden Rice Green Beans Strawberries & Bananas WW Bread or Roll Dessert</div>
<div>11</div> <div>Cheeseburger Pie Corn Caesar Salad Fruit cocktail French Bread Dessert</div>	<div>12</div> <div>Navy Bean & Ham Soup Crunchy Pea Salad Tossed Green Salad Peaches Cornbread Dessert</div>	<div>13</div> <div>Pork Chops Mashed Potatoes Green Beans Tossed Veggie Salad WW Roll Cherry Crisp</div>	<div>14</div> <div></div>	<div>15</div> <div>Pepper Steak Wild rice Garden Salad Cinnamon Pears WW Bread or Roll Dessert</div>
<div>18</div> <div>CLOSED</div> <div></div>	<div>19</div> <div>Chicken Stir Fry Garden Rice Coleslaw Mandarin Oranges Garlic Bread Dessert</div>	<div>20</div> <div>Beef Stew Caesar Salad Banana Biscuits Dessert</div> <div></div>	<div>21</div>	<div>22</div> <div>Fish & Chips Peas & Carrots Green Salad Apple Wedges WW Roll Dessert</div>
<div>25</div> <div>Ham Steak Scalloped Potatoes Italian Vegetables Spinach Salad Citrus Salad WW Bread or Roll Dessert</div>	<div>26</div> <div>BBQ Chicken Potato Salad Broccoli Normandy Spiced Salad Muffin Apple Crisp</div>	<div>27</div> <div>Beef Fajitas Spanish Rice Tossed Green Salad Oregon Berries over Ice Cream</div>	<div>28</div> <div><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></div>	



Oroville Senior Meals February 2019








Monday	Tuesday	Wednesday	Thursday	Friday
<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>				
<p>4</p> 	<p>5</p> <p>Meatloaf Mashed Potatoes Green Beans Caesar Salad Apple Celery Salad WW Bread or Roll Dessert</p>	<p>6</p>	<p>7</p> <p>Ham & Navy Bean Soup Carrots Tossed Green Salad Peaches Cornbread Dessert</p> 	<p>8</p> <p>BBQ Chicken Macaroni & Cheese Broccoli Normandy Green Salad Muffin Apple Crisp</p>
<p>11</p>	<p>12</p> <p>Cheese Ravioli in Meat Sauce Green Beans Garden Salad Apricots Garlic Bread Dessert</p>	<p>13</p> 	<p>14</p> <p>Country Fried Steak Potatoes & Gravy Buttered Corn Garden Salad Chilled Pears WW Bread or Roll Dessert</p>	<p>15</p> <p>Supreme Pizza Caesar Salad Tropical Fruit Bread Sticks Dessert</p>
<p>18 CLOSED</p> 	<p>19</p> <p>Bacon & Egg Salad Sandwich Croissant Tomato Slices Spinach Salad Citrus Salad Dessert</p>	<p>20</p>	<p>21</p> <p>Beef Stroganoff Trio Vegetables Tossed Green Salad Apricots French Bread Dessert</p>	<p>22</p> <p>Fish & Chips Carrots Cabbage & Apple Slaw Fruit Cocktail WW Bread or Roll Dessert</p>
<p>25</p>	<p>26</p> <p>Beef Stew Green Salad Peaches WW Roll Banana Cake</p>	<p>27</p>	<p>28</p> <p>Biscuits & Sausage Gravy Carrot Raisin Salad V8 Juice Rhubarb Crisp</p>	



Tonasket Senior Meals February 2019



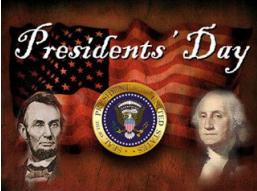




Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE Please call the Site Director for more information about the Home Delivered Meal program at 486-2483				1
4 Lemon Baked Fish Wild Rice Steamed Broccoli Coleslaw Mandarin Oranges WW Roll Dessert	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 	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	



Twisp Senior Meals February 2019








Monday	Tuesday	Wednesday	Thursday	Friday
	<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>			<p>1</p> <p>Hot Turkey Sandwich Mashed Potatoes Spinach Spring Salad Cranberry Salad Pumpkin Pie</p>
	<p>4</p> <p>Dijon Chicken Breast Garden Rice Cauliflower w/chives Mixed Greens Salad Citrus Salad WW Bread Dessert</p>	<p>5</p>	<p>6</p>	<p>7</p> <p>Fish & Chips Carrots Cabbage/Apple Slaw Fruit Cocktail WW Bread or Roll Dessert</p>
<p>11</p> <p>Pot Roast Roasted Red Potatoes Roasted Carrots Spinach Salad WW Bread or Roll Fruit Cobbler</p>	<p>12</p>	<p>13</p> 	<p>14</p> <p>Beef Stroganoff Trio Vegetables Tossed Green Salad Apricots French Bread Dessert</p>	<p>15</p> <p>Biscuits & Gravy Carrot Raisin Salad Juice Fresh Fruit Blueberry Muffin</p>
<p>18 CLOSED</p> 	<p>19</p>	<p>20</p>	<p>21</p> <p>Chicken Salad on a Croissant Vegetable Soup Grapes Dessert</p>	<p>22</p> <p>Clam Chowder Cottage Cheese Broccoli Salad Three Bean Salad Peaches WW Bread or Roll Dessert</p>
<p>25</p> <p>Beef Taco Pie Cottage Cheese Spanish Rice Baja Veggie Blend Garden Salad Spiced Applesauce Dessert</p>	<p>26</p> 	<p>27</p>	<p>28</p> <p>Beef Stew Caesar Salad Banana Biscuit Dessert</p>	<p>WE  VOLUNTEERS</p>



Wilbur Senior Meals

February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				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 Meat Sauce Caesar Salad Apricots Garlic Bread Dessert 	15
18 CLOSED  President's Day	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 Deluxe Sweet Potato Fries Waldorf Salad Dessert	

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

Under age 60—\$8.50 FEE

Please call the Nutrition Director for more information about the Home Delivered Meal program
toll-free 844-826-7979