







# Senior Meals

## Brewster-Bridgeport-Pateros

### August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Chicken Strips Tater Tots Trio Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	5 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	6 Baked Fish Fillet Garden Rice Peas Coleslaw Mixed Melons WW Roll Dessert	7
10	11 Garden Chili Cottage Cheese Caesar Salad Fruit Cocktail Corn Chips WW Roll Dessert	12 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Cobbler	13 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce Dessert	14 
17 	18 Fish & Chips Coleslaw Fruit Salad Garlic Bread Dessert	19 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	20 Pulled Pork Sandwich Corn on the Cob Three Bean Salad Applesauce Dessert	21
24	25 Meatballs Potatoes & Gravy Mixed Vegetables Lettuce & Tomato Salad Peaches WW Roll Dessert	26 Taco Salad Spanish Rice Mexi Corn Mixed Fruit Corn Chips Dessert	27 Ham Roast Sweet Potato Spinach Salad Pineapple Bread Pudding	28
31				

**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

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



# Chelan Senior Meals August 2020



## Monday      Tuesday      Wednesday      Thursday      Friday-Manson





<p>3 Hot Dogs Baked Beans Pickled Beets Watermelon Salad Apple Slices Dessert</p> 	<p>4 Paprika Chicken Egg Noodles Peas Caesar Salaad Peaches WW Bread or Roll Dessert</p>	<p>5 Stuffed Pepper Casserole Garden Salad Mixed Melons WW Roll Dessert</p>	<p>6 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Cobbler</p> 	<p>7 Tortellini Bacon Salad Mixed Berries WW Roll Dessert</p>
<p>10 Chicken Caesar Salad Tomato Wedges Watermelon Cheesy Garlic Toast Dessert</p>	<p>11 Pot Roast Roasted Red Potatoes &amp; Carrots Garden Salad Mixed Fruit WW Roll Oatmeal Cookies</p>	<p>12 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake</p> 	<p>13 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert</p>	<p>14 Meatloaf Potatoes &amp; Gravy Broccoli Caesar Salad Pears WW Roll Dessert</p>
<p>17 Salisbury Steak Mashed Potatoes Buttered Peas Tossed Veggie Salad Fruit Cocktail WW Bread Dessert</p>	<p>18 Fish &amp; Chips Coleslaw Apricots Garlic Bread Dessert</p> 	<p>19 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O</p>	<p>20 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Cereal Bars</p>	<p>21 Taco Salad Baja Veggie Blend Mixed Fruit Corn Chips Dessert</p>
<p>24 Chicken a La King Biscuits Normandy Vegetables Tossed Green Salad Dessert</p>	<p>25 Tuna Noodle Casserole Peas &amp; Carrots Garden Salad Oranges Garlic Bread Dessert</p>	<p>26 Ham &amp; Spinach Wrap Coleslaw Tortilla Chips Mixed Berries on Angel Food Cake</p> 	<p>27 Meatballs Potatoes &amp; Gravy Mixed Vegetables Lettuce &amp; Tomato Salad Peaches WW Roll Dessert</p>	<p>28 Beef Yakisoba Stir Fry Vegetables Asian Salad Cinnamon Pears Egg Roll Fortune Cookies</p>
<p>31 Sweet &amp; Sour Pork Garden Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit WW Roll Dessert</p>		<div style="border: 2px solid black; padding: 10px; text-align: center;"> <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 509-470-0522 for more information about the Home Delivered Meal program.</p> </div>		



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# Davenport Senior Meals August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Pot Roast Roasted Red Potatoes & Carrots Garden Salad Watermelon WW Roll Dessert	5	6 Texas Chili with Cheese Pea Salad Tossed Green Salad Fruit Ambrosia Corn Chips Cornbread Dessert	7 Pulled Pork Sandwich Baked Beans Coleslaw Peaches Dessert 
10	11 Chicken Cacciatore Wild Rice Carrot Raisin Salad Garlic Bread Fruited Jell-O	12 	13 Tuna Noodle Casserole Peas & Carrots Garden Salad Mixed Berries Onion Bread Dessert	14 BBQ Chicken Potatoes Au Gratin Trio Vegetables Broccoli Salad Biscuit Cherry Cobbler
17 	18 Ham Steak Roasted Sweet Potatoes Spinach Pineapple Bread Pudding	19	20 Chicken Strips Jo Jo's Trio Vegetables Tossed Salad Mandarin Oranges Garlic Bread Dessert	21 Sweet & Sour Pork Rice Pilaf Stir Fry Veggies Cucumber Salad Tropical Fruit WW Roll Dessert
24	25 Salisbury Steak Potatoes & Gravy Broccoli Tossed Veggie Salad Fruit Cocktail Herb Bread Dessert	26 	27 Fish Fillet Sandwich French Fries Coleslaw Mixed Melons Apple Pudding	28 Paprika Chicken Egg Noodles Peas Garden Salad Peaches WW 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








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# Entiat Senior Meals August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Dogs Baked Beans Pickled Beets Watermelon Salad Apple Slices Dessert	4	5	6 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Cobbler 	7
10 Chicken Caesar Salad Tomato Wedges Watermelon Cheesy Garlic Toast Dessert	11	12	13 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	14 
17 Salisbury Steak Mashed Potatoes Buttered Peas Tossed Veggie Salad Fruit Cocktail WW Bread Dessert	18 	19	20 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Cereal Bars	21
24 Chicken a La King Biscuits Normandy Vegetables Tossed Green Salad Dessert	25	26	27 Meatballs Potatoes & Gravy Mixed Vegetables Lettuce & Tomato Salad Peaches WW Roll Dessert	28 
31 Sweet & Sour Pork Garden Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit WW Roll 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 509-470-0522 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 August 2020



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p>3</p> 	<p>4</p> <p>Pot Roast Roasted Red Potatoes &amp; Carrots Garden Salad Watermelon WW Roll Dessert</p>	<p>5</p>	<p>6</p> <p>Texas Chili with Cheese Pea Salad Tossed Green Salad Fruit Ambrosia Corn Chips Cornbread Dessert</p>	<p>7</p> <p>Pulled Pork Sandwich Baked Beans Coleslaw Peaches Dessert</p>
<p>10</p>	<p>11</p> <p>Chicken Cacciatore Wild Rice Carrot Raisin Salad Garlic Bread Fruited Jell-O</p>	<p>12</p> 	<p>13</p> <p>Tuna Noodle Casserole Peas &amp; Carrots Garden Salad Mixed Berries Onion Bread Dessert</p>	<p>14</p> <p>BBQ Chicken Potatoes Au Gratin Trio Vegetables Broccoli Salad Biscuit Cherry Cobbler</p>
<p>17</p> 	<p>18</p> <p>Ham Steak Roasted Sweet Potatoes Spinach Pineapple Bread Pudding</p>	<p>19</p>	<p>20</p> <p>Chicken Strips Jo Jo's Trio Vegetables Tossed Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>21</p> <p>Sweet &amp; Sour Pork Rice Pilaf Stir Fry Veggies Cucumber Salad Tropical Fruit WW Roll Dessert</p>
<p>24</p>	<p>25</p> <p>Salisbury Steak Potatoes &amp; Gravy Broccoli Tossed Veggie Salad Fruit Cocktail Herb Bread Dessert</p>	<p>26</p>	<p>27</p> <p>Fish Fillet Sandwich French Fries Coleslaw Mixed Melons Apple Pudding</p>	<p>28</p> <p>Paprika Chicken Egg Noodles Peas Garden Salad Peaches WW Bread Dessert</p>
<p>31</p>				

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

**Under age 60—\$8.50 FEE**

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





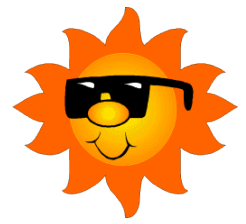
# Odessa Senior Meals August 2020









Monday	Tuesday	Wednesday	Thursday	Friday
3 BLT Sandwich Cottage Cheese Vegetable Soup Fresh Fruit Tray Dessert	4	5 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce Dessert	6 Fish Fillet Sandwich Sweet Potato Fries Coleslaw Watermelon Dessert 	7
10 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	11 	12 Meatloaf Mashed Potatoes / Gravy Broccoli Tossed Salad Pears WW Roll Dessert	13 BBQ Ribs Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	14 
17 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	18	19 Salisbury Steak Mashed Potatoes / Gravy Green Beans Tossed Salad Fruit Cocktail WW Bread Dessert	20 Tuna Noodle Casserole Peas & Carrots Garden Salad Fresh Fruit Biscuit Dessert	21 
24 Ham or Turkey Spinach Wrap Style Sandwich Coleslaw Tortilla Chips Berries on Angel Food Cake	25	26 Pot Roast Roasted Potatoes & Carrots Garden Salad Watermelon WW Roll Oatmeal Cookies	27 Pulled Pork Sandwich Baked Beans Three Bean Salad Coleslaw Peaches Dessert	28 
31 Bacon & Egg Salad Sandwich on Croissant Vegetable Tray Pea Salad Mixed Berries Dessert		<div style="border: 2px solid black; padding: 10px;"> <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>		



# Omak-Okanogan Senior Meals August 2020



Okanogan	Omak	Okanogan	Okanogan—9am	Omak
Monday	Tuesday	Wednesday	Thursday	Friday
3 Paprika Chicken Egg Noodles Peas Garden Salad Peaches WW Bread Dessert	4 Taco Salad Spanish Rice Mexi Corn Mixed Fruit Corn Chips Dessert	5 Cheese Tortellini in Cream Sauce Glazed Carrots Spinach Salad WW Roll Berries & Ice Cream	6 	7 Pulled Pork Sandwich Baked Beans Three Bean Salad Coleslaw Peaches Dessert
10 BBQ Ribs Baked Beans Crunchy Pea Salad Spiced Salad Cornbread Strawberry Shortcake 	11 Chicken Spaghetti Casserole Tossed Salad Fresh Fruit WW Roll Dessert	12 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	13	14 Fish & Chips Coleslaw Apricots Garlic Bread Dessert 
17 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	18 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce Dessert	19 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert 	20	21 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert
24 Yakisoba Stir Fry Vegetables Asian Style Slaw Cinnamon Pears Egg Roll Fortune Cookies	25 Chicken Enchilada Casserole Green Salad & Tomato Fresh Fruit Dessert 	26 Stuffed Peppers Garden Sald Mixed Melons WW Roll Dessert	27	28 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert
31 Pork Chop Suey Noodles or Rice Asian Style Slaw Mandarin Oranges Garlic Bread Dessert			<p style="text-align: center;">             Seniors Age 60 &amp; over suggested              donation \$4.00              Under age 60—\$8.50 FEE              For Home Delivered Meals please call              509-826-7979           </p>	







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# Oroville Senior Meals

## August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Chicken Caesar Salad Tomato Wedges Fresh Fruit Tray Cheesy Garlic Toast Dessert	5 	6 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Cobbler	7 Beef Taco Pie Coleslaw Southwest Salad Watermelon Dessert
10 	11 Tortellini Bacon Salad With Lettuce & Broccoli Mixed Berries WW Roll Angel Food Cake	12	13 Meatloaf Potatoes & Gravy Green Beans Caesar Salad Pears WW Roll Dessert 	14 Tuna Salad Sandwich Pickled Beets Crunchy Pea Salad Mandarin Oranges Dessert
17	18 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	19 	20 BBQ Ribs Baked Beans Corn on the Cob Crunchy Pea Salad Spring Salad Mixed Fruit Biscuit Dessert	21 Fish & Chips Coleslaw Honeydew Melon Garlic Bread Cherry Cheesecake
24 	25 Pulled Pork Sandwich Baked Beans Jo Jo's Coleslaw Fresh Apricots Dessert	26	27 Taco Salad Spanish Rice Black Beans Mexi Corn Tortilla Chips Dessert	28 Baked Fish Fillet Garlic & Parm Noodles Brussels Sprouts Green Salad Melon & Berries Breadstick Dessert
31			<p><b>Seniors Age 60 &amp; over—suggested donation</b>  <b>\$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>	

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# Tonasket Senior Meals August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 Taco Salad Black Beans Mixed Fruit Corn Chips Rice Krispy Treats	4	5 Baked Fish Fillet Garden Rice Asparagus Mixed Greens Salad Melons WW Roll Dessert	6 Pot Roast Roasted Carrots & Potatoes Garden Salad Watermelon WW Roll Oatmeal Cookies	7 
10 Scrambled Eggs & Ham Oven Brown Potatoes Stewed Tomatoes Mixed Melons Blueberry Muffin	11	12 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Cobbler	13 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	14
17 Hot Dogs Three Bean Salad Green Salad Watermelon Dessert 	18	19 Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Asian Style Slaw Pineapple Egg Roll Dessert	20 BBQ Ribs Baked Beans Crunchy Pea Salad Garden Sala Cornbread Strawberry Shortcake	21 
24 Meatballs & Gravy Mashed Potatoes Mixed Vegetables Greek Salad Peaches WW Roll Dessert	25 	26 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	27 Bacon & Egg Salad Sandwich on Croissant Pickled Beets Pea Salad Mixed Berries Dessert	28
31 Pulled Pork Sandwich Baked Beans Jo Jo's Coleslaw Apricots 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  
486-2483

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# Twisp Senior Meals

## August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	4	5 	6 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	7 Fish & Chips Coleslaw Apricots Garlic Bread Dessert
10 Chicken Cacciatore Rice Pilaf Carrot Raisin Salad Garlic Bread Fruited Jell-O	11	12	13 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	14 Beef Taco Pie Southwest Salad Coleslaw Watermelon Dessert 
17 Chicken Enchiladas Spanish Rice Mixed Vegetables Green Salad & Tomatoes Peaches Dessert	18	19 	20 Pulled Pork Sandwich Baked Beans Three Bean Salad Coleslaw Waldorf Salad Dessert	21 Meatloaf Potatoes & Gravy Broccoli Tossed Green Salad Pears WW Roll Dessert
24 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake 	25	26	27 Hot Dogs Sweet Potato Fries Three Bean Salad Watermelon Salad Dessert	28 Taco Salad Spanish Rice Mexi Corn Mixed Fruit Corn Chips Dessert 
31 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	 <small>shutterstock · 72067507</small>	<div style="border: 2px solid black; padding: 10px;"> <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

## August 2020



Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Cobbler	5 Fish & Chips Coleslaw Apricots Garlic Bread Dessert	6 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	7
10	11 Tortellini Bacon Salad Served over Greens Mixed Berries WW Roll Dessert	12 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	13 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	14
17	18 Sweet & Sour Pork Garden Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit WW Roll Dessert	19 Bacon & Egg Salad Sandwich on Croissant Vegetable Tray Pea Salad Mixed Berries Ice Cream	20 Yakisoba Stir Fry Vegetables Asian Style Slaw Cinnamon Pears Egg Roll Dessert	21 
24	25 Tacos & Refried Beans Spanish Rice Mexican Style Slaw Mixed Fruit Dessert	26 Spaghetti & Meat Sauce Tossed Salad Peaches Garlic Bread Dessert	27 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	28 
31				



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