




Senior Meals Brewster-Bridgeport-Pateros November 2020

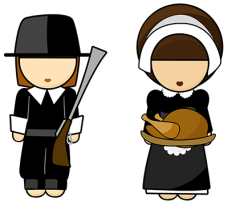


Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Pot Roast Roasted Potatoes Green Beans Spinach Salad Waldorf Salad WW Roll Dessert	4 Cheddar Potato Soup 1/2 Turkey Sandwich Pea Salad Fresh Fruit Tray Whole Grain Crackers Dessert	5 Tuna & Rice Bake California Vegetables Greek Salad Peaches Garlic Bread Dessert	6
9	10 Vegetable Lasagna Cottage Cheese Caesar Salad Apricots Garlic Bread Dessert	11 CLOSED 	12 Ham Scalloped Potatoes Glazed Carrots Green Salad WW Roll Apple Crisp	13
16	17 Chicken Parmesan Pasta Marinara California Vegetables Green Salad Mandarin Oranges Garlic Bread Dessert	18 Pepper Steak Steamed Rice Asian Style Slaw Tropical Fruit WW Roll Dessert	19 Pork Roast Stuffing & Gravy Peas & Carrots Spinach Salad Applesauce WW Bread Dessert	20
23	24. Cabbage Patch Stew Pasta Salad Pea Salad Pears Cornbread Dessert	25 Roast Turkey Mashed Potatoes Stuffing Green Beans Green Salad Cranberry Salad Pumpkin Pie	26 CLOSED 	27 CLOSED
30				



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

November 2020




Monday	Tuesday	Wednesday	Thursday	Friday-Manson
2 Beef & Broccoli Stir Fry over Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	3 Chicken Taco's Southwest Salad Waldorf Salad Dessert	4 Tuna & Rice Bake Peas & Carrots Greek Salad Peaches Garlic Bread Dessert	5 Hungarian Goulash Green Beans Spinach Salad Chilled Pears WW Roll Dessert	6 Bacon & Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin
9 Bacon & Egg Salad on Croissant Tomato Basil Soup Spinach Salad Citrus Salad Dessert	10 Ham Scalloped Potatoes Brussels Sprouts Mixed Greens Salad WW Roll Apple Crisp	11 CLOSED 	12 Pot Roast Roasted Potatoes Green Beans Tossed Salad Pineapple Tidbits WW Rp;; Dessert	13 Oven Fried Chicken Roast Sweet Potato Cuke Tomato Salad Grapes Biscuit Cereal Bars
16 Swedish Meatballs Egg Noodles Glazed Carrots Broccoli Salad Cherries & Pineapple WW Roll Dessert 	17 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	18 Shepherd's Pie Caesar Salad Waldorf Salad WW Roll Dessert	19 Deli Style Sandwich Vegetable Soup Mixed Berries Dessert	20 Pepper Steak Rice Garden Salad Mandarin Oranges WW Roll Dessert
23 Parmesan Chicken Pasta Marinara California Veggies Caesar Salad Mandarin Oranges Garlic Bread Dessert	24 Hamburger Steak Mashed Potatoes Trio Vegetables Garden Salad WW Roll Cherry Crisp	25 Roast Turkey Stuffing & Gravy Green Beans Sweet Potatoes Cranberry Salad Pumpkin Pie	26 CLOSED 	27 CLOSED
30 Taco Tater 1/2 Baked Potato with Taco Fixings Baja Veggies Chilled Pears Tortilla Chips Dessert	<div style="border: 2px solid black; padding: 10px;"> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.00 FEE</p> <p>Please call 509-470-0522 for more information about the Home Delivered Meal program.</p> </div>			



Davenport Senior Meals November 2020








Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Quiche Lorraine Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin	4	5 Salisbury Steak with Mushroom Gravy 1/2 Baked Potato Green Beans WW Roll Cherry Cobbler	6 Split Pea & Ham Soup 1/2 Turkey Sandwich Lettuce & Tomato Salad Pineapple Tidbits Whole Grain Crackers Dessert
9	10 Taco Tater 1/2 Baked Potato with all the Taco Fixings Chilled Pears Tortilla Chips Dessert	11 CLOSED 	12 Braised Pork Roast Stuffing & Gravy Roasted Carrots Spinach Salad Fruit Salad Dessert	13 Hungarian Goulash Peas Caesar Salad Waldorf Salad WW Bread or Roll Dessert
16	17 Tuna & Rice Bake California Vegetables Greek Salad Peaches Garlic Bread Dessert	18	19 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple WW Roll Dessert	20 Oven Fried Chicken Roast Sweet Potato Cuke & Tomato Salad Grapes Biscuit Cereal Bars
23	24 Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	25 	26 CLOSED 	27 CLOSED
30 	<div style="border: 2px solid black; padding: 10px;"> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.00 FEE</p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p> </div>			



Entiat Senior Meals November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef & Broccoli Stir Fry over Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	3	4	5 Hungarian Goulash Green Beans Spinach Salad Chilled Pears WW Roll Dessert	6
9 Bacon & Egg Salad on Croissant Tomato Basil Soup Spinach Salad Citrus Salad Dessert	10	11 CLOSED 	12 Pot Roast Roasted Potatoes Green Beans Tossed Salad Pineapple Tidbits WW Rp;; Dessert	13
16 Swedish Meatballs Egg Noodles Glazed Carrots Broccoli Salad Cherries & Pineapple WW Roll Dessert	17 	18	19 Deli Style Sandwich Vegetable Soup Mixed Berries Dessert	20
23 Parmesan Chicken Pasta Marinara California Veggies Caesar Salad Mandarin Oranges Garlic Bread Dessert	24	25	26 CLOSED 	27 CLOSED
30 Taco Tater 1/2 Baked Potato with Taco Fixings Baja Veggies Chilled Pears Tortilla Chips Dessert				

24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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

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 2020



Monday	Tuesday	Wednes-	Thursday	Friday
2	3 Quiche Lorraine Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin	4	5 Salisbury Steak with Mushroom Gravy 1/2 Baked Potato Green Beans WW Roll Cherry Cobbler	6 Split Pea & Ham Soup 1/2 Turkey Sandwich Lettuce & Tomato Salad Pineapple Tidbits Whole Grain Crackers Dessert
9	10 Taco Tater 1/2 Baked Potato with all the Taco Fixings Chilled Pears Tortilla Chips Dessert	11 CLOSED 	12 Braised Pork Roast Stuffing & Gravy Roasted Carrots Spinach Salad Fruit Salad Dessert	13 Hungarian Goulash Peas Caesar Salad Waldorf Salad WW Bread or Roll Dessert
16 	17 Tuna & Rice Bake California Vegetables Greek Salad Peaches Garlic Bread Dessert	18	19 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple WW Roll Dessert	20 Oven Fried Chicken Roast Sweet Potato Cuke & Tomato Salad Grapes Biscuit Cereal Bars
23	24 Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	25 	26 CLOSED	27 CLOSED 
30				

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Seniors Age 60 & over—suggested donation \$4.00

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 2020



Monday	Tuesday	Wednesday	Thursday	Friday	
2 Beef & Broccoli Stir Fry over Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	3	4 Tuna & Rice Bake Peas & Carrots Greek Salad Peaches Garlic Bread Dessert	5	6 Bacon & Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin	
9 Bacon & Egg Salad on Croissant Tomato Basil Soup Spinach Salad Citrus Salad Dessert	10 	11 CLOSED 	12	13 Oven Fried Chicken Roast Sweet Potato Cuke Tomato Salad Grapes Biscuit Cereal Bars	
16 Swedish Meatballs Egg Noodles Glazed Carrots Broccoli Salad Cherries & Pineapple WW Roll Dessert	17	18 Shepherd's Pie Caesar Salad Waldorf Salad WW Roll Dessert	19	20 Pepper Steak Rice Garden Salad Mandarin Oranges WW Roll Dessert	
23 Parmesan Chicken Pasta Marinara California Veggies Caesar Salad Mandarin Oranges Garlic Bread Dessert	24 	25 Roast Turkey Stuffing & Gravy Green Beans Sweet Potatoes Cranberry Salad Pumpkin Pie	26 CLOSED 	27 CLOSED	
30 Taco Tater 1/2 Baked Potato with Taco Fixings Baja Veggies Chilled Pears Tortilla Chips Dessert	<div style="border: 2px solid black; padding: 10px;"> <p>Seniors Age 60 & over—suggested do- nation \$4.00</p> <p>Under age 60—\$8.00 FEE</p> <p>Please call 509-548-6666 for more information about the Home Delivered Meal program.</p> </div>				

Odessa Senior Meals November 2020







Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2 Swiss Steak Garlic & Red Pepper Penne' Pasta California Vegetables Caesar Salad Fruit Cocktail French Bread Dessert</p>	<p>3</p>	<p>4 Chicken Cordon Bleu Casserole Glazed Carrots Tossed Green Salad Citrus Salad WW Bread or Roll Dessert</p>	<p>5 Baked Fish Garden Rice Green Beans Crunchy Pea Salad WW Roll Pear Crisp</p>	<p>6</p>	
<p>9 Split Pea & Ham Soup 1/2 Turkey Sandwich Lettuce & Tomato Salad Pineapple WW Crackers Dessert</p>	<p>10</p>	<p>11 CLOSED</p> <div style="text-align: center;">  </div>	<p>12 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert</p>	<p>13</p>	
<p>16 Biscuits & Gravy Scrambled Eggs Oven Brownd Potatoes V-8 Juice Orange Quarters Dessert</p>	<p>17</p> <div style="text-align: center;">  </div>	<p>18 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple WW Roll Dessert</p>	<p>19 Taco Stuffed Potato Baja Veggies Chilled Pears Tortilla Chips Dessert</p>	<p>20</p> <div style="text-align: center;">  </div>	
<p>23 Tuna & Rice Bake California Blend Veggies Greek Salad Peaches Garlic Bread Dessert</p>	<p>24</p>	<p>25 Roast Turkey & Gravy Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie</p>	<p>26 CLOSED</p> <div style="text-align: center;">  </div>	<p>27 CLOSED</p>	
<p>30 Salisbury Steak with Mushroom Gravy 1/2 Baked Potato Green Beans WW Bread or Roll Fruit Cobbler</p>	<div style="text-align: center;">  </div>	<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.00 FEE</p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p>			



Omak-Okanogan Senior Meals November 2020



Okanogan	Omak	Okanogan	Omak
Monday	Tuesday	Wednesday	Thursday
2 Parmesan Chicken Pasta Marinara Green Beans Tossed Salad Mandarin Oranges Garlic Bread Dessert	3 Swiss Steak Garlic & Pepper Pasta California Veggies Caesar Salad Fruit Cup French Bread Dessert	4 Biscuits & Gravy Oven Brown Potatoes V-8 Juice Orange Quarters Muffin	5 <div style="text-align: center;">  <p><i>Thankyou</i> Volunteers</p> </div>
9 Chicken Cordon Bleu Casserole Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Roll Dessert	10 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	11 CLOSURE <div style="text-align: center;">  <p><i>Veterans</i> DAY</p> </div>	12 13 Idaho Taco Baja Veggies Chilled Pears Tortilla Chips Dessert
16 Meatloaf Potatoes & Gravy Mixed Veggies Spinach Salad Chilled Pears WW Roll Dessert	17 BBQ Chicken Macaroni Salad Cauliflower & Chives Tossed Green Salad Mixed Fresh Fruit Biscuit Dessert	18 Swedish Meatballs Rice Pilaf Glazed Carrots Caesar Salad Tropical Fruit WW Roll Dessert	19 <div style="text-align: center;">  </div> 20 Split Pea & Ham Soup 1/2 Turkey Sandwich Lettuce & Tomato Salad Pineapple WW Crackers Dessert
23 Pork Taco's Southwest Salad Pineapple Dessert	24 Shepherd's Pie Caesar Salad Waldorf Salad WW Roll Dessert	25 Roast Turkey Mashed Potatoes Stuffing Roast Squash Green Salad Cranberry Salad Pumpkin Pie	26 CLOSURE <div style="text-align: center;">  <p>HAPPY THANKSGIVING!</p> </div> 27 CLOSURE
30 Chicken Stir Fry Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	Seniors Age 60 & over suggested donation \$4.00 Under age 60—\$8.00 FEE For Home Delivered Meals please call 509-826-7979		



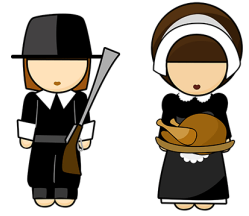
Oroville / Tonasket Senior Meals November 2020








Tonasket	Oroville	Tonasket	Oroville / Tonasket	Oroville
Monday	Tuesday	Wednesday	Thursday	Friday
2 Bacon & Egg Salad Carrot Raisin Salad Spinach Salad Oranges Dessert	3 Beef & Broccoli Stir Fry Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	4 Beef Burritos Southwest Salad Fruit Salad Dessert	5 Navy Bean Soup 1/2 Turkey Sandwich Tossed Salad Pickled Beets Cornbread Fruited Jell-O	6 BBQ Chicken Macaroni Salad Herbed Cauliflower Tossed Green Salad Mixed Fresh Fruit Corn Muffin Dessert
9 Shepherd's Pie Caesar Salad Pineapple WW Roll Dessert	10 Ham & Au Gratin Potato Casserole Green Beans Tossed Salad Fruit Cocktail WW Roll Dessert	11 CLOSED 	12 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Pineapple WW Roll Dessert	13 Baked Fish Garden Rice Buttered Peas Broccoli Salad WW Roll Pear Crisp
16 Biscuits & Gravy Oven Brown Potatoes V-8 Juice Blueberry Parfait	17 Sloppy Joe Sandwich Jo Jo's Frito Salad Fruit Salad Dessert 	18 Pork Roast Stuffing & Gravy Roasted Fall Veggies Spinach Salad Cinnamon Apples WW Roll Dessert	19 Chicken Cordon Bleu Casserole Normandy Vegetables Tossed Green Salad WW Bread or Roll Fruited Jell-O	20 Shepherd's Pie Caesar Salad Pineapple WW Roll Dessert
23 Baked Fish Garden Rice Buttered Peas Broccoli Salad WW Roll Pear Crisp	24 Roast Turkey Mashed Potatoes Green Beans Green Salad Waldorf Salad WW Roll Pumpkin Pie	25 Roast Turkey Mashed Potatoes Glazed Carrots Green Salad Cranberry Sauce WW Roll Pumpkin Pie	26 CLOSED 	27 CLOSED
30 Meatloaf Mashed Potatoes Brussels Sprouts Spiced Salad Chilled Pears Cheesy Biscuit Dessert		<div style="border: 2px solid black; padding: 10px;"> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.00 FEE</p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 486-2483</p> </div>		



Twisp Senior Meals November 2020





Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Meatloaf Mashed Potatoes Mixed Vegetables Spinach Salad Chilled Pears WW Roll Dessert</p>	<p>3</p> 	<p>4</p>	<p>5 Chicken Cordon Blue Casserole Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Roll Dessert</p>	<p>6 Biscuits & Gravy Scrambled Eggs Oven Browned Potatoes V-8 Juice Orange Quarters Dessert</p>
<p>9 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert</p>	<p>10</p>	<p>11 CLOSED</p> 	<p>12 Taco Stuffed Potato With all the toppings Chilled Pears Tortilla Chips Dessert</p>	<p>13 Parmesan Chicken Pasta Marinara California Blend Veggies Green Salad Mandarin Oranges Garlic Bread Dessert</p>
<p>16 Hungarian Goulash Green Beans Spinach Salad Waldorf Salad WW Roll Dessert</p>	<p>17</p>	<p>18</p>	<p>19 Cabbage Patch Stew Pea Salad Pears Whole Grain Crackers Corn Bread Dessert</p> 	<p>20 Bacon & Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin</p>
<p>23 Roast Turkey Stuffing Sweet Potatoes Green Beans WW Roll Pumpkin Pie</p>	<p>24</p> 	<p>25</p>	<p>26 CLOSED</p> 	<p>27 CLOSED</p>
<p>30 Vegetable Lasagna Cottage Cheese Caesar Salad Apricots Garlic Bread Dessert</p>			<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.00 FEE</p> <p>Please call the Site Director for more information about the Home Delivered Meal program at 997-7722</p>	



Wilbur Senior Meals November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Corn Chowder 1/2 Ham & Cheese Sandwich Pea Salad Fresh Fruit Tray Wheat Crackers Dessert	4 Meatloaf Potatoes & Gravy Mixed Vegetables Spinach Salad Chilled Pears WW Roll Dessert	5 Baked Fish Fillet Garlic Parmesan Pasta Steamed Broccoli Garden Salad WW Roll Cherry Cobbler	6
9	10 Vegetable Lasagna Cottage Cheese Caesar Salad Apricots Garlic Bread Dessert	11 CLOSURE 	12 Pulled Pork Sandwich Baked Beans Jo Jo's Coleslaw Tropical Fruit Dessert	13
16	17 Cheeseburger Deluxe Sweet Potato Fries Potato Salad Sliced Pears Dessert	18 Pork Curry Rice Cucumber Salad Grapes WW Roll Dessert	19 Bacon & Egg Salad on Croissant Tomato Basil Soup Spinach Salad Citrus Salad Dessert	20 
23	24 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	25 Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	26 CLOSURE 	27 CLOSURE
30 				

Seniors Age 60 & over—suggested donation \$4.00
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