








Chelan Senior Meals

March 2019



Monday Tuesday Wednesday Thursday Friday-Manson

<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>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>1 Country Style Ribs Macaroni & Cheese Trio Vegetables Cabbage Apple Slaw Pineapple & Cherries WW Bread or Roll Lemon Bars</p>
<p>4 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Bread Pudding</p>	<p>5 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Bread or Roll Dessert</p>	<p>6 Fish Sandwich Sweet Potato Fries Cabbage Apple Slaw Fruit Tray Dessert</p> 	<p>7 California Chicken Casserole Lettuce Tomato Salad Waldorf Salad Cheesy Biscuit Dessert</p>	<p>8 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert</p>
<p>11 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert</p>	<p>12 Pork Roast Stuffing & Gravy Roasted Cauliflower Spinach Salad WW Bread or Roll Peach Cobbler</p>	<p>13 Quiche Capri Vegetables Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>14 Rueben Sandwich Tossed Salad Mandarin Oranges Dessert</p> 	<p>15 Hamburger Steak with Grilled Onions Jo Jo's Green Bean Casserole Spiced Salad Pears WW Bread or Roll Dessert</p>
<p>18 Beef Enchiladas Refried Beans Spanish Rice Baja Veggie Blend Mexican Slaw Fruit Cup Dessert</p>	<p>19 1/2 Ham Sandwich Potato Soup Carrots Tropical Fruit Lemon Bars</p> 	<p>20 Stuffed Peppers Green Beans Pears & Blueberries WW Bread or Roll Dessert</p> 	<p>21 Chicken Cordon Bleu Parsley Potatoes Capri Blend Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>22 Sweet & Sour Chicken Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert</p>
<p>25 Chicken Fettuccine Crunchy Pea Salad Spring Salad Mixed Berries Garlic Bread Dessert</p>	<p>26 Country Style Ribs Macaroni & Cheese Trio Vegetables Cabbage Apple Slaw Pineapple & Cherries WW Bread or Roll Dessert</p>	<p>27 Baked Fish Rice Pilaf Mixed Vegetables Tossed Salad Apple Celery Salad French Bread Dessert</p>	<p>28 French Dip Beets Pea Salad Tropical Fruit Dessert</p>	<p>29 Teriyaki Beef Steamed Rice Mixed Vegetables 7 Layer Salad Mandarin Oranges Garlic Bread Dessert</p>

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Entiat Senior Meals March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Bread Pudding	5		7 California Chicken Casserole Lettuce Tomato Salad Waldorf Salad Cheesy Biscuit Dessert	8
11 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert	12 	13	14 Rubeen Sandwich Tossed Salad Mandarin Oranges Dessert	15
18 Beef Enchiladas Refried Beans Spanish Rice Baja Veggie Blend Mexican Slaw Fruit Cup Dessert	19	20	21 Chicken Cordon Bleu Parsley Potatoes Capri Blend Vegetables Greek Salad Fruit Salad WW Roll Dessert	22
25 Chicken Fettuccine Crunchy Pea Salad Spring Salad Mixed Berries Garlic Bread Dessert	26	27 	28 French Dip Beets Pea Salad Tropical Fruit Dessert	29

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 509-421-1593



Manson Senior Meals March 2019



Monday

Tuesday

Wednesday

Thursday

Friday-MANSON

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

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.



1
Country Style Ribs
Macaroni & Cheese
Trio Vegetables
Cabbage Apple Slaw
Pineapple & Cherries
WW Bread or Roll
Lemon Bars

4
Baked Chicken
Wild Rice
Carrots
Three Bean Salad
Peaches
Bread Pudding

5
Tater Tot Casserole
Cottage Cheese
Cuke & Tomato Salad
Apricots
WW Bread or Roll
Dessert

6
Fish Sandwich
Sweet Potato Fries
Cabbage Apple Slaw
Fruit Tray
Dessert

7
California Chicken
Casserole
Lettuce Tomato Salad
Waldorf Salad
Cheesy Biscuit
Dessert

8
Beef Tacos
Spanish Rice
Spiced Salad
Mandarin Oranges
Dessert

11
Lasagna
Green Beans
Tossed Salad
Pears
Bread Sticks
Dessert



12
Pork Roast
Stuffing & Gravy
Roasted Cauliflower
Spinach Salad
WW Bread or Roll
Peach Cobbler

13
Quiche
Capri Vegetables
Crunchy Pea Salad
Grapes
Blueberry Muffin

14
Rueben Sandwich
Tossed Green Salad
Mandarin Oranges
Dessert

15
Hamburger Steak w/
Grilled Onions
Jo Jo's
Green Bean Casserole
Spiced Salad
Pears
WW Bread or Roll

18
Beef Enchiladas
Refried Beans
Spanish Rice
Baja Veggie Blend
Mexican Slaw
Fruit Cup
Dessert

19
1/2 Ham Sandwich
Potato Soup
Carrots
Tropical Fruit
Lemon Bars

20
Stuffed Peppers
Green Beans
Pears & Blueberries
WW Bread or Roll
Dessert

21
Chicken Cordon Bleu
Parsley Potatoes
Capri Blend Vegetables
Greek Salad
Fruit Salad
WW Roll
Dessert

22
Sweet & Sour Chicken
Rice
Spinach Salad
Pineapple Tidbits
Garlic Bread
Dessert

25
Chicken Fettuccine
Crunchy Pea Salad
Spring Salad
Mixed Berries
Garlic Bread
Dessert

26
Country Style Ribs
Macaroni & Cheese
Trio Vegetables
Cabbage Apple Slaw
Pineapple & C
WW Bread or
Dessert

27
Baked Fish
Rice Pilaf
Mixed Vegetables
Tossed Salad
Apple Celery Salad
French Bread
Dessert

28
French Dip
Beets
Pea Salad
Tropical Fruit
Dessert






29
Teriyaki Beef
Steamed Rice
Mixed Vegetables
7 Layer Salad
Mandarin Oranges
Garlic Bread
Dessert

24 HOURS IN ADVANCE TO RESERVE OR CANCEL



Leavenworth Senior Meals March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Seniors Age 60 & over—suggested donation \$4.00</p> <p align="center">Under age 60—\$8.50 FEE</p> <p align="center">Please call 509-548-6666 for more information about the Home Delivered Meal program.</p>		<p align="center">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</p>		<p>1 Hawaiian Chicken Wild Rice Baby Carrots Kale Slaw Pineapple WW Bread or Roll Dessert</p>
<p>4 Country Style Ribs Mac & Cheese Trio Vegetables Tossed Green Salad Pineapple & Cherries WW Bread or roll Dessert</p>	<p>5 Chili with Cheese 1/2 Baked Potato Mixed Vegetables Broccoli Salad Peaches Cornbread Cookies</p>	<p>6 Fish Sandwich Sweet Potato Fries Cabbage Apple Slaw Fruit Tray Dessert</p>	<p>7 Beef Enchiladas Refried Beans Spanish Rice Baja Veggie Blend Mexican Slaw Fruit Cup Dessert</p>	<p>8 Quiche Capri Vegetables Crunchy Pea Salad Grapes Blueberry Muffin</p>
<p>11 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert</p> 	<p>12 Roast Beef Mashed Potatoes Broccoli Cuts Tossed Veggie Salad Apple Slices WW Bread or Roll Dessert</p>	<p>13 Chicken Fettuccine Crunchy Pea Salad Spring Salad Tropical Fruit Breadsticks Dessert</p>	<p>14 Sweet & Sour Pork Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert</p>	<p>15 Corned Beef & Cabbage Boiled Potatoes Carrots Tropical Fruit WW Bread or Roll Pistachio Pudding</p> 
<p>18 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Bread Pudding</p>	<p>19 Baked Fish Rice Pilaf Mixed Vegetables Tossed Salad Apple Celery Salad Garlic Bread Dessert</p>	<p>20 Lasagna Green Beans Tossed Salad Bread Sticks Dessert</p> 	<p>21 French Dip Beets Pea Salad Tropical Fruit Dessert</p>	<p>22 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert</p>
<p>25 Stuffed Peppers Green Beans Pears & Blueberries WW Bread or Roll Dessert</p>	<p>26 Tuna Noodle Casserole Peas & Carrots Caesar Salad Peaches Garlic Bread Dessert</p>	<p>27 Chicken Cordon Bleu Rice Pilaf Capri Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>28 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit Lemon Bars</p> 	<p>29 Hamburger Steak with Grilled Onions Jo Jo's Green Bean Casserole Spiced Salad Pears WW Bread or Roll Dessert</p>

24 HOURS IN ADVANCE TO RESERVE OR CANCEL