

### BREWSTER - BRIDGEPORT—PATEROS

## HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		donation for seniors over age 60 ons under age 60 is \$12.00	0 is \$5.00	1	2 Fish & Chips Coleslaw Apricots Garlic Bread Dessert
5		6 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert	7 BBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake	8	9 Beef Taco Pie Baja Veggies Watermelon Dessert
12		13 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert	14 White Bean Chicken Chili Tossed Salad Melon Slices Tortilla Chips Dessert	15	16 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert
19		20 Lemony Cheese Tortellini Salad with Bacon and Broc- coli on a bed of salad greens Mixed Berries Dessert	21 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp	22	23 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons WW Roll Dessert
26		27 Cheese Stuffed Shells with Alfredo Sauce Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	28 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert	29	30 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert

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### OKANOGAN / OMAK

#### HOME DELIVERED CLIENTS: 509-826-7979

#### TO CHANGE OR CANCEL MEALS

OKANOGAN		OMAK	OKANOGAN	OKANOGAN 9am	OMAK
		nation for seniors over age 60 i s under age 60 is \$12.00	s \$5.00	1 Breakfast Burrito with Sausage, Egg & Potato Fresh Salsa Fresh Fruit Juice Muffin	2 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp
5 BBQ Riblets Potato Salad Coleslaw Cornbread Strawberry Sh	nortcake	6 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	7 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Mixed Berries on Angel Food Cake	8 Biscuits & Gravy Hash Brown Potatoes V-8 Juice Fresh Fruit Pastry	9 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert
12 Chicken Enchi Spanish Rice Mixed Vegeta Green Salad w Peaches Dessert	bles	13 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Mixed Berries Dessert	14 Fish & Chips Coleslaw Pineapple Chunks Garlic Bread Dessert	15 Scrambled Eggs Bacon Hash Brown Potatoes V-8 or Fruit Juice Fresh Fruit Muffin	16 Meatballs Mashed Potatoes / Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats
19 Salisbury Stea room Gravy Mashed Potat Asparagus Pears WW Roll Oatmeal Cook	toes	20 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert	21 Chicken Stir Fry Steamed Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	22 Scrambled Eggs Sausage Patty Potatoes O'Brien Juice Fresh Fruit Waffles	23 Taco Salad Spanish Rice Cinnamon Pears Tortilla Chips Dessert
26 Ham & Cheese Corn Chowder Coleslaw Fruit Cocktail Dessert		27 Chicken Caesar Salad Melon Slice Cheesy Garlic Toast Dessert	28 Beef Stroganoff Steamed Carrots Garden Salad Fruit Salad Dessert	29 Breakfast Sandwich Hash Brown Juice Berry / Pudding Parfait	30 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons WW Roll Dessert

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### **OROVILLE**

# HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
	ion for seniors over age 60 is \$ nder age 60 is \$12.00	55.00	1 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp	2 Fish & Chips Coleslaw Apricots Garlic Bread Dessert
5 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears WW Bread Oatmeal Cookie	6 Cheese Stuffed Shells with Alfredo Sauce Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	7	8 BBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake	9 Baked Fish Fillet Rice Pilaf Peas Spinach Salad Mixed Melons WW Roll Dessert
12 Pork Roast Stuffing & Gravy Venetian Vegetables Tossed Salad Applesauce Dessert	13 Spaghetti & Meatballs Caesar Salad Peaches Garlic Bread Dessert	14	15 Stuffed Pepper Casserole Garden Salad Chilled Pears WW Roll Dessert	16 Chicken Enchiladas Spanish Rice Baja Veggies Mexi Slaw Mandarin Oranges Dessert
19 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert	20 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert	21	22 Swedish Meatballs Egg Noodles Normandy Veggies Tossed Green Salad Tropical Fruit Dessert	23 Biscuits & Gravy Hash Brown Potatoes V-8 Juice Grapes Muffin
26 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	27 Ham & Cheese Sandwich Corn Chowder Tossed Salad Fruit Cocktail Dessert	28	29 White Bean Chicken Chili Tortilla Chips Coleslaw Melon Slices Dessert	30 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert

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### **TONASKET**

## HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	onation for seniors over age 60 ons under age 60 is \$12.00	is \$5.00	1 Taco Salad Spanish Rice Tortilla Chips Mixed Fruit Dessert	2 BBQ Chicken Macaroni Salad Mixed Greens Salad WW Roll Berry Shortcake
5 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	6 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert	7 Cheeseburger Deluxe Three Bean Salad Coleslaw Peaches Dessert	8 Meatloaf Mashed Potatoes/Gravy Green Beans WW Roll Mixed Berries over Angel Food Cake	9 Ham & Cheese Sandwich Corn Chowder Pea Salad Fruit Cocktail Dessert
12 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert	13 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert	14 Beef Stroganoff Carrots Garden Salad Fruit Salad Dessert	15 Fish & Chips Coleslaw Apricots Garlic Bread Dessert	16 Biscuits & Gravy Hash Brown Potatoes Stewed Tomatoes Orange Quarters Muffin
19 Beef Gyro's (Yee-roh) Garlic Fries Greek Romaine Salad Mixed Melons Blueberry Muffin	20 Lemony Cheese Tortellini & Bacon Salad on a bed of greens with broccoli Mixed Berries Dessert	21 Sweet & Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Salad Egg Roll Dessert	22 White Bean Chicken Chili Tortilla Chips Tossed Salad Melon Slices Dessert	23 Baked Fish Fillet Rice Pilaf Peas Coleslaw Apples & Grapes WW Roll Dessert
26 Chicken Enchiladas Seasoned Rice Mixed Vegetables Green Salad with Tomato Cinnamon Pears Dessert	27 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	28 Pot Roast with Potatoes and Carrots Garden Salad Watermelon WW Roll Oatmeal Cookies	29 Swedish Meatballs Egg Noodles Normandy Veggies Tossed Green Salad Pineapple Dessert	30 Breakfast Sandwich Oven Brown Potatoes V-8 or Fruit Juice Orange Quarters

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#### **TWISP**

# HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for se	niors over age 60 is \$5.00 60 is \$12.00		1 Pot Roast Roasted with Potatoes & Carrots Garden Salad Watermelon WW Roll Oatmeal Cookies	Pulled Pork Sandwich Coleslaw Pea Salad Apple Slices Dessert
5 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert	6	7	8 Cheeseburger Deluxe Potato Salad Three Bean Salad Peaches Dessert	9 Fish & Chips Coleslaw Apricots Garlic Bread Dessert
12 BBQ Chicken Jo Jo's Macaroni Salad Mixed Greens Salad Berry Shortcake	13	14	15 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus WW Roll Pear Crisp	16 Ham & Cheese Sandwich Corn Chowder Spiced Salad Fruit Cocktail Dessert
19 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	20	21	22 Biscuits & Gravy Hash Brown Potatoes V-8 Juice Fresh Fruit Muffin	23 Baked Fish Fillet Rice Pilaf Buttered Peas Coleslaw Mixed Melons WW Roll Dessert
26 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce Dessert	27	28	29 White Bean Chicken Chili Tortilla Chips Tossed Salad Melon Slices Dessert	30 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Egg Roll Dessert

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