



# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Shepherd's Pie Tossed Salad Peaches WW Roll Rice Krispies Treats	3 Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke / Tomato Salad Grapes WW Roll Dessert	4	5 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Mandarin Oranges Garlic Bread Dessert
8	9 Teriyaki Chicken on Rice Asian Style Slaw Apple Wedges Egg Roll Dessert	10 Hearty Turkey Noodle Soup Cottage or String Cheese Tossed Salad Fresh Fruit Cornbread Dessert	11	12 Yankee Pot Roast Carrots & Potatoes Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies
15	16 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries Dessert	17 Chili with Cheese Cucumber Slices Peaches Caesar Salad Cornbread Dessert	18	19 Scrambled Eggs & Ham Potatoes O'Brien Pancake V-8 Juice Fresh Fruit Muffin
22	23 Tater Tot Casserole Tossed Salad Apricots WW Roll Apple Oatmeal Bars	24 BBQ Meatballs Rice Pilaf Peas & Carrots Spiced Salad Orange Quarters Cornbread Dessert	25	26 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert
29	30 Meatloaf Mashed Potatoes Green Beans Chilled Pears Biscuit Dessert	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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Established 1975



# CASHMERE / LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

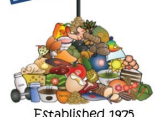
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Dessert	2	3 Honey Mustard Chicken Rice Pilaf Key West Veggies Spinach Salad Tropical Fruit WW Roll Dessert	4	5 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert
8 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	9	10 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	11	12 Beef Gyro's (Yee-Roh) Garlic Fries Greek Romaine Salad Apricots Dessert
15 Baked Ham Scalloped Potatoes Carrot Raisin Salad Pineapple WW Roll Cereal Bar	16	17 Meatloaf Mashed Potatoes/Gravy Green Beans Tossed Salad Apple Wedges Biscuit Dessert	18	19 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert
22 Seafood Fettuccine Key West Veggies Spinach Salad Oregon Berries Dessert	23	24 Country Fried Steak Mashed Potatoes Corn Tossed Green Salad Apricot Crisp	25	26 Pork Roast Mac & Cheese Roasted Carrots Greek Salad Applesauce Dessert
29 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert	30	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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Call 509-470-0522 for information on Meals on Wheels





# CHELAN

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509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Dessert	2 Yankee Pot Roast Carrots & Potatoes Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookie	3 Honey Mustard Chicken Rice Pilaf Key West Veggies Spinach Salad Tropical Fruit WW Roll Dessert	4 Pizza Casserole Tossed Salad Spiced Pears Dessert	5 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert
8 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	9 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert	10 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	11 Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes WW Roll Dessert	12 Beef Gyro's (Yee-Roh's) Garlic Fries Greek Romaine Salad Apricots Dessert
15 Baked Ham Scalloped Potatoes Carrot Raisin Salad Pineapple WW Roll Cereal Bar	16 Egg Salad Sandwich Minestrone Soup Pea Salad Oregon Berries Angel Food Cake	17 Meatloaf Mashed Potatoes/Gravy Green Beans Tossed Salad Apple Wedges Biscuit Dessert	18 Teriyaki Chicken on Rice Asian Style Slaw Tropical Fruit Egg Roll Dessert	19 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert
22 Seafood Fettuccine Key West Veggies Spinach Salad Oregon Berries Dessert	23 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Dessert	24 Country Fried Steak Mashed Potatoes Corn Tossed Green Salad Apricot Crisp	25 Tex Mex Beef Stew Cucumber Salad Mandarin Oranges Cornbread Dessert	26 Pork Roast Mac & Cheese Roasted Carrots Greek Salad Applesauce Dessert
29 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert	30 Calif. Chicken Casserole Spinach Salad Mandarin Oranges Cheesy Biscuit Dessert	<div style="border: 2px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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# DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Ham & Bean Soup Chopped Salad Orange Quarters Cornbread Dessert	3 Yankee Pot Roast Carrots & Potatoes Mixed Greens Salad Banana WW Roll Oatmeal Cookies	4 Baked Fish with Lemon Wild Rice Key West Veggies Coleslaw Peaches Garlic Bread Dessert	5
8	9 Scrambled Eggs & Ham Potatoes O'Brien V-8 Juice Pancake Fresh Fruit Muffin	10 Honey Mustard Chicken Rice Pilaf Tossed Salad Grapes WW Roll Dessert	11 Sweet & Sour Pork over Rice Oriental Veggies Asian Style Slaw Tropical Fruit Egg Roll Dessert	12
15	16 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries Dessert	17 Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad Chilled Pears Biscuit Dessert	18 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	19
22	23 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert	24 Bacon, Broccoli and Swiss Cheese Quiche Spinach Salad Fresh Fruit Muffin	25 Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes WW Roll Dessert	26
29	30 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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# ENTIAT

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509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Dessert	2	3	4 Pizza Casserole Tossed Salad Spiced Pears Dessert	5
8 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	9	10	11 Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes WW Roll Dessert	12
15 Baked Ham Scalloped Potatoes Carrot Raisin Salad Pineapple WW Roll Cereal Bar	16	17	18 Teriyaki Chicken on Rice Asian Style Slaw Tropical Fruit Egg Roll Dessert	19
22 Seafood Fettuccine Key West Veggies Spinach Salad Oregon Berries Dessert	23	24	25 Tex Mex Beef Stew Cucumber Salad Mandarin Oranges Cornbread Dessert	26
29 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert	30	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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# ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Dessert	2	3 Yankee Pot Roast Potatoes & Carrots Mixed Greens Salad Banana WW Roll Oatmeal Cookies	4 California Chicken Casserole Spinach Salad Mandarin Oranges Dessert	5
8 Chili with Cheese Veggie Tray Peaches Cornbread Dessert	9	10 Oven Fried Chicken Potato Casserole Chuck Wagon Corn Cuke & Tomato Salad Grapes WW Roll Dessert	11 Pork Roast Mac & Cheese Roasted Carrots Greek Salad Applesauce Dessert	12
15 Hearty Turkey Noodle Soup Cottage Cheese Tossed Salad Fresh Fruit Cornbread Dessert	16	17 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	18 Baked Ham Scalloped Potatoes Carrot Raisin Salad WW Roll Fruited Jell-O	19
22 Split Pea & Ham Soup Deluxe Turkey Sandwich Garden Salad Peaches Dessert	23	24 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Dessert	25 Baked Fish with Lemon Garlic Parmesan Pasta Chalet Vegetables Caesar Salad Pears Dessert	26
29 Ham & Cheese Sandwich Corn Chowder Pea Salad Berry & Pudding Parfait	30	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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# OKANOGAN / OMAK

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TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
<p>1 Shepherd's Pie Spinach Salad Peaches WW Roll Rice Krispies Treats</p>	<p>2 Hearty Turkey Noodle Soup Cottage Cheese Tossed Salad Fresh Fruit Cornbread Dessert</p>	<p>3 Baked Ham Scalloped Potatoes Carrot Raisin Salad Pineapple WW Roll Cereal Bar</p>	<p>4 Scrambled Eggs &amp; Ham Hash Brown Potatoes Fresh Fruit Juice French Toast Sticks  <b>No Home Delivery</b></p>	<p>5 Fish &amp; Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert</p>
<p>8 Honey Mustard Chicken Rice Pilaf Sunshine Mix Carrots Tossed Salad Grapes WW Roll Dessert</p>	<p>9 Tex-Mex Beef Stew Cucumber Salad Mandarin Oranges Cornbread Dessert</p>	<p>10 Sweet &amp; Sour Pork Steamed Rice Oriental Veggies Asian Style Slaw Pineapple Egg Roll Dessert</p>	<p>11 Biscuits &amp; Gravy Scrambled Eggs Hash Browns Fruit Juice  <b>No Home Delivery</b></p>	<p>12 Shrimp Fettuccine Key West Veggies Spinach Salad Oregon Berries over Angel Food Cake</p>
<p>15 Yankee Pot Roast Carrots &amp; Potatoes Mixed Greens Salad Strawberries &amp; Bananas WW Roll Oatmeal Cookies</p>	<p>16 Teriyaki Chicken on Rice Oriental Veggies Asian Style Slaw Apple Wedges Egg Roll Dessert</p>	<p>17 Tater Tot Casserole Tossed Salad Apricots WW Roll Apple Oatmeal Bars</p>	<p>18 Breakfast Burrito with Egg, Sausage, Cheese and Potato Fresh Salsa Fresh Fruit Pastry <b>No Home Delivery</b></p>	<p>19 Pasta Primavera w/Ham Caesar Salad Fresh Fruit Tray Dessert</p>
<p>22 Meatloaf Mac &amp; Cheese Green Beans Tossed Salad Chilled Pears Dessert</p>	<p>23 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert</p>	<p>24 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Spring Salad WW Roll Berry/Pudding Parfait</p>	<p>25 Quiche—Bacon, Spinach, and Cheese Hash Brown Potatoes Juice Fresh Fruit Muffin <b>No Home Delivery</b></p>	<p>26 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert</p>
<p>29 Beef Gyro's (Yee-Roh's) Garlic Fries Greek Romaine Salad Apricots Dessert</p>	<p>30 Spaghetti &amp; Meat Sauce Caesar Salad Pears Garlic Bread Dessert</p>	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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# OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
1 California Chicken Casserole Caesar Salad Mandarin Oranges Cheesy Biscuit Dessert	2 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad Apple Crisp	3	4 Beef Gyro's (Yee-Roh's) Garlic Fries Greek Romaine Salad Apricots Dessert	5 Seafood Fettuccine Key West Veggies Spinach Salad Oregon Berries Angel Food Cake
8 Scrambled Eggs & Ham Potatoes O'Brien V-8 Juice Fresh Fruit Pancakes	9 Baked Ziti with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	10	11 Beef Stew Green Salad Peaches Biscuit Cereal Bars	12 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert
15 Yankee Pot Roast Roasted Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies	16 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert	17	18 Ham & Cheese Sandwich Corn Chowder Pea Salad Berry & Pudding Parfait	19 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad Chilled Pears Biscuit Dessert
22 Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes WW Roll Dessert	23 Pasta Primavera w/Ham Caesar Salad Fresh Fruit Tray Dessert	24	25 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert	26 Lemon Baked Salmon Wild Rice Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert
29 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Angel Food Cake	30 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00            FEE for persons under age 60 is \$12.00</p> </div>		

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# TONASKET

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TO CHANGE OR CANCEL MEALS


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chili with Cheese Cucumber Slices Tossed Green Salad Peaches Cornbread Dessert</p>	<p>2 Scrambled Eggs &amp; Ham Potatoes O'Brien V-8 Juice Fresh Fruit Pancakes</p>	<p>3 Cheese Tortellini with Pesto Sauce Venetian Veggies Caesar Salad Apple Wedges Dessert</p>	<p>4 Pork Roast Mac &amp; Cheese Roasted Carrots Greek Salad Applesauce Dessert</p>	<p>5 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries Dessert</p>
<p>8 BBQ Meatballs Rice Pilaf Peas &amp; Carrots Coleslaw Orange Quarters Cornbread Dessert</p>	<p>9 Salmon with Dill Sauce Garlic Parmesan Pasta Venetian Veggie Blend Spinach Salad Citrus Salad Dessert</p>	<p>10 Tater Tot Casserole Tossed Salad Apricots WW Roll Apple Oatmeal Bars</p>	<p>11 Country Fried Steak Mashed Potatoes Buttered Corn Spring Salad Cherry Crisp</p>	<p>12 Sweet &amp; Sour Chicken Steamed Rice Oriental Veggies Asian Style Slaw Tropical Fruit Egg Roll Dessert</p>
<p>15 7 Can Chicken Taco Soup Mexican Coleslaw Watermelon Corn Chips Dessert</p>	<p>16 Yankee Pot Roast Roasted Carrots &amp; Potatoes Mixed Greens Salad Strawberries &amp; Bananas WW Roll Oatmeal Cookies</p>	<p>17 Seafood Fettuccine Key West Veggies Spinach Salad Oregon Berries Dessert</p>	<p>18 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert</p>	<p>19 Tex-Mex Beef Stew Cucumber Salad Mandarin Oranges Cornbread Dessert</p>
<p>22 Ham &amp; Bean Soup Chopped Salad Orange Quarters Cornbread Dessert</p>	<p>23 Pizza Casserole Tossed Salad Spiced Pears Dessert</p>	<p>24 Beef Gyro's (Yee-Roh's) Garlic Fries Greek Romaine Salad Apricots Dessert</p>	<p>25 Turkey Noodle Soup Cottage Cheese Tossed Salad Fresh Fruit Biscuit Dessert</p>	<p>26 Honey Mustard Chicken Rice Pilaf Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert</p>
<p>29 Fish &amp; Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert</p>	<p>30 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>			

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# TWISP

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Style Slaw Tropical Fruit Egg Roll Dessert	2	3	4 Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad Chilled Pears Biscuit Dessert	5 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert
8 Bacon, Broccoli and Swiss Cheese Quiche Spinach Salad Fresh Fruit Muffin	9	10	11 Beef Gyro's (Yee-Roh's) Garlic Fries Greek Romaine Salad Apricots Dessert	12 Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke Tomato Salad Grapes WW Roll Dessert
15 Baked Ham Scalloped Potatoes Carrot / Raisin Salad Chilled Pears WW Roll Cereal Bar	16	17	18 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries Dessert	19 Beef Stew Green Salad Biscuit Peach Crisp
22 Split Pea & Ham Soup Turkey Sandwich Deluxe Garden Salad Peaches Dessert	23	24	25 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert	26 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert
29 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	30			

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# WILBUR

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509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Beef Stew Green Salad Peaches Biscuit Cereal Bar	3 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries Dessert	4 BBQ Meatballs Rice Pilaf Peas & Carrots Three Bean Salad Orange Quarters Cornbread Dessert	5 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert
8	9 Baked Ham Scalloped Potatoes Carrot Raisin Salad Chilled Pears WW Roll Cereal Bar	10 Spaghetti & Meat Sauce Caesar Salad Garlic Bread Dessert	11 Split Pea & Ham Soup Turkey Sandwich Garden Salad Peaches Dessert	12 Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes WW Roll Dessert
15	16 Ham & Cheese Sandwich Corn Chowder Pea Salad Berry & Pudding Parfait	17 Meatloaf Mashed Potatoes/Gravy Green Beans Tossed Salad Chilled Pears Biscuit Dessert	18 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert	19 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert
22	23 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Style Slaw Tropical Fruit Egg Roll Dessert	24 Seafood Fettuccine Key West Veggies Spinach Salad Oregon Berries Angel Food Cake	25 Pork Roast Mac & Cheese Roasted Carrots Tossed Salad Applesauce Dessert	26 Beef Gyro's (Yee-Roh's) Garlic Fries Greek Romaine Salad Apricots Dessert
29	30 Teriyaki Chicken Steamed Rice Asian Style Slaw Apple Wedges Egg Roll Dessert	<div style="border: 2px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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