



# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>			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 Broccoli 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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# CASHMERE / LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$5.00            FEE for persons under age 60 is \$12.00</p>			1	2 Beef Stir Fry Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert
5 Cheeseburger Deluxe Three Bean Salad Coleslaw Peaches Dessert	6	7 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar	8	9 Tuna Noodle Casserole Peas & Carrots Mixed Greens Salad Orange Quarters Dessert
12 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	13	14 Cheese Stuffed Shells with Alfredo Sauce Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	15	16 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail Dessert
19 Chicken Cordon Blue Casse- role on Noodles Peas Garden Salad Apple Wedges Dessert	20	21 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce Dessert	22	23 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Egg Roll Sherbet
26 BBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake	27	28 Beef Stroganoff Carrots Garden Salad Fruit Salad Dessert	29	30 Fish & Chips Coleslaw Apricots Garlic Bread Dessert

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





# CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			1 BBQ Chicken Macaroni Salad Veggie Tray Mixed Greens Salad Berry Shortcake	2 Beef Stir Fry Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert
5 Cheeseburger Deluxe Three Bean Salad Coleslaw Peaches Dessert	6 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert	7 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar	8 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears WW Bread Oatmeal Cookies	9 Tuna Noodle Casserole Peas & Carrots Mixed Greens Salad Orange Quarters Dessert
12 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	13 Bacon & Egg Salad Sand- wich on a Croissant Vegetable Tray Pea Salad Orange Quarters Dessert	14 Cheese Stuffed Shells with Alfredo Sauce Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	15 Meatloaf Potatoes & Gravy Green Beans WW Roll Mixed Berries Angel Food Cake	16 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail Dessert
19 Chicken Cordon Blue Cas- serole on Noodles Peas Garden Salad Apple Wedges Dessert	20 Beef Gyro's (Yee-roh) Garlic Fries Greek Romaine Salad Mixed Melons Dessert	21 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce Dessert	22 Chicken Strips Jo Jo's Pea Salad Mandarin Oranges Garlic Bread Dessert	23 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Egg Roll Sherbet
26 BBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake	27 Baked Chicken Mashed Potatoes & Gravy Buttered Corn Caesar Salad Peaches WW Roll Dessert	28 Beef Stroganoff Carrots Garden Salad Fruit Salad Dessert	29 Lemony Cheese Tortellini and Bacon Salad on a Bed or Greens with Broccoli Mixed Berries Dessert	30 Fish & Chips Coleslaw Apricots Garlic Bread Dessert

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





# COULEE CITY

PLEASE CALL OR TEXT 509-632-8701 THE DAY BEFORE  
TO RESERVE MEALS

MONDAY 8-10am

TUESDAY 5pm

WEDNESDAY 5pm

THURSDAY 5pm

FRIDAY 8-10am

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$9.00</p>			<p>1 BBQ Ribs Potato Salad Corn Fresh Fruit Bread or Roll Cook's Choice Dessert</p>	<p>2 Roasted Chicken Mashed Potatoes / Gravy Green Beans Pea Salad Pears Cook's Choice Dessert</p>
<p>5</p>	<p>6 Tuna Noodle Casserole Peas &amp; Carrots Tossed Salad Fruit Dessert</p>	<p>7 Taco Salad Spanish Rice Tortilla Chips &amp; Salsa Fruited Jell-O Dessert</p>	<p>8 Meatloaf Mashed Potatoes/Gravy Carrot Coins Peaches Whole Wheat Roll Dessert</p>	<p>9 Navy Bean Soup Veggie Sticks Fruit Bowl Cornbread Dessert</p>
<p>12</p>	<p>13 Corned Beef &amp; Cabbage Potatoes &amp; Carrots Tossed Salad Fruit Bread or Roll Dessert</p>	<p>14 French Dip Sandwich Jo Jo Potatoes Caesar Salad Apple Wedges Dessert</p>	<p>18 Baked Chicken Thighs Baked Potatoes Steamed Zucchini Mandarin Oranges Bread or Roll Dessert</p>	<p>16 Sausage with Peppers and Onions Macaroni Salad Sliced Cucumbers Fruit Bread or Roll Dessert</p>
<p>19</p>	<p>20 Spaghetti &amp; Meat Sauce Green Salad Garlic Bread Orange Quarters Dessert</p>	<p>21 Crispy Chicken Sandwich Potato Salad Coleslaw Fresh Fruit Dessert</p>	<p>22 Chicken Fried Steak Mashed Potatoes / Gravy Green Beans Fruit Bread or Roll Dessert</p>	<p>23 Tuna Salad Sandwich Pea Salad Veggie Sticks Fruit Dessert</p>
<p>26</p>	<p>27 Vegetable Beef Soup Coleslaw Watermelon Garlic Bread Dessert</p>	<p>28 Chili Dogs Macaroni Salad Veggie Sticks Apple Wedges Dessert</p>	<p>29 Roasted Pork Loin Stuffing &amp; Gravy Zucchini &amp; Tomato Bake Fresh Fruit Bread or Roll Dessert</p>	<p>30 Chicken Enchilada Casserole Spanish Rice Green Salad Cinnamon Pears Dessert</p>

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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 BBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake	2
5	6 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons WW Roll Dessert	7 Swedish Meatballs Eff Noodles Normandy Veggies Tossed Green Salad Spicy Apples Dessert	8 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert	9
12	13 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	14 Sweet & Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert	15 Tuna Noodle Casserole Pea & Carrots Garden Salad Orange Quarters Dessert	16
19	20 Cheese Stuffed Shells Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	21 Pork Roast Stuffing & Gravy Green Beans Spinach Salad Applesauce Dessert	22 Chicken Enchiladas Spanish Rice Green Salad with Tomatoes Peaches Dessert	23
26	27 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert	28 Chicken Stir Fry Steamed Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	29 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert	30

Suggested donation for seniors over age 60 is \$5.00  
FEE for persons under age 60 is \$12.00

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# ENTIAT

PLEASE CALL 509-888-4440 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>			<p>1 BBQ Chicken Macaroni Salad Veggie Tray Mixed Greens Salad Berry Shortcake</p>	<p>2</p>
<p>5 Cheeseburger Deluxe Three Bean Salad Coleslaw Peaches Dessert</p>	<p>6</p>	<p>7</p>	<p>8 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears WW Bread Oatmeal Cookies</p>	<p>9</p>
<p>12 Meatballs &amp; Gravy Mashed Potatoes Lettuce &amp; Tomato Salad Peaches WW Roll Rice Krispies Treats</p>	<p>13</p>	<p>14</p>	<p>15 Meatloaf Potatoes &amp; Gravy Green Beans WW Roll Mixed Berries Angel Food Cake</p>	<p>16</p>
<p>19 Chicken Cordon Blue Casse- role on Noodles Peas Garden Salad Apple Wedges Dessert</p>	<p>20</p>	<p>21</p>	<p>22 Chicken Strips Jo Jo's Pea Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>23</p>
<p>26 BBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake</p>	<p>27</p>	<p>28</p>	<p>29 Lemony Cheese Tortellini and Bacon Salad on a Bed or Greens with Broccoli Mixed Berries Dessert</p>	<p>30</p>

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# GRAND COULEE DAM

PLEASE CALL 509-633-2321 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS


MONDAY 8-10am

TUESDAY 5pm

WEDNESDAY 5pm

THURSDAY 5pm

FRIDAY 8-10am

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$9.00</p>			<p>1 Meatloaf Mashed Potatoes/Gravy Salad Bar Mixed Fruit WW Roll Cook's Choice Dessert</p>	<p>2 Bacon &amp; Eggs Hash Browns Juice Fruit Bowl WW Toast</p>
<p>5 Eggs Sausage Patty Hash Browns Pancakes Juice Fruit Bowl</p>	<p>6 All American Beef Hot Dog Potato Wedges Pasta Veggie Salad Melon Pudding</p>	<p>7 Pulled Pork Sandwich Salad Bar Fruit Bar Cookie</p>	<p>8 Chicken Fried Steak Mashed Potatoes/Gravy Peas &amp; Carrots Mixed Fruit WW Bread or Roll Brownies</p>	<p>9 Biscuits &amp; Gravy Eggs Juice Fruit Bowl</p>
<p>12 Breakfast Sandwich German Sausage Hash Browns Juice Fruit Bowl</p>	<p>13 Hawaiian Chicken Sandwich Salad Bar Fruit Bar Rice Krispies Treats</p>	<p>14 Teriyaki Beef on Rice Stir Fry Veggies Orange Salad WW Roll Ice Cream</p>	<p>15 Country Ribs Baked Potato Buttered Corn Watermelon Cupcake</p>	<p>16 Ham Scramble &amp; Cheese Hash Browns Juice Fruit Bowl Toast</p>
<p>19 Cheese Omelet Sausage Links Hash Browns Juice Fruit Bowl Toast</p>	<p>20 Pot Roast Potatoes, Carrots &amp; Onions Mixed Fruit WW Roll Birthday Cake</p> 	<p>21 Fish &amp; Chips Coleslaw Fruited Jell-O Garlic Toast Cook's Choice Dessert</p>	<p>22 Lasagna with Meat Sauce Salad Bar Fruit Bar Bread Stick Jell-O Parfait</p>	<p>23 Bacon &amp; Eggs Potato Cakes Juice Fruit Bowl WW Toast</p>
<p>26 Biscuits &amp; Gravy Eggs Juice Fruit Bowl</p>	<p>27 Tater Tot Casserole Tossed Salad Apples w/Dip WW Roll Cook's Choice Dessert</p>	<p>28 Pizza-Supreme Style Salad Bar Fruit Bar Dessert</p>	<p>29 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Mixed Fruit WW Roll Ice Cream</p>	<p>30 Ham &amp; Eggs French Toast Juice Fruit Bowl</p>

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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 BBQ Chicken Jo Jo's Macaroni Salad Mixed Greens Salad Berry Shortcake	2
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>				
5 Chicken Caesar Salad Elon Slices Cheesy Garlic Toast Dessert	6	7 BBQ Riblets Sweet Potato Waffle Fries Cucumber Salad Cornbread Strawberry Shortcake	8 Fish & Chips Coleslaw Apricots Garlic Bread Dessert	9
12 Chicken Cordon Bleu Garlic Noodles Peas Garden Salad Peaches Dessert	13	14 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears WW Bread Oatmeal Cookies	15 Sweet & Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert	16
19 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert	20	21 Pork Roast Stuffing & Gravy Spinach Salad Applesauce Dessert	22 Bacon & Egg Salad Sandwich Veggie Tray Pea Salad Fresh Fruit Dessert	23
26 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail Dessert	27	28 Meatloaf Mashed Potatoes & Gravy Green Beans Pears WW Roll Dessert	29 Pot Roast with Roasted Potatoes and Carrots Garden Salad Watermelon WW Roll Oatmeal Cookies	30

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# OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
<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>			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 Shortcake	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 Enchiladas Spanish Rice Mixed Vegetables Green Salad w/ Tomatoes Peaches Dessert	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 Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears WW Roll Oatmeal Cookie	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 Sandwich 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
<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00            FEE for persons under age 60 is \$12.00</p> </div>			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

<div style="border: 2px solid black; padding: 5px; margin: 10px;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>			<p>1 Taco Salad Spanish Rice Tortilla Chips Mixed Fruit Dessert</p>	<p>2 BBQ Chicken Macaroni Salad Mixed Greens Salad WW Roll Berry Shortcake</p>
<p>5 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>6 Tuna Noodle Casserole Peas &amp; Carrots Garden Salad Orange Quarters Dessert</p>	<p>7 Cheeseburger Deluxe Three Bean Salad Coleslaw Peaches Dessert</p>	<p>8 Meatloaf Mashed Potatoes/Gravy Green Beans WW Roll Mixed Berries over Angel Food Cake</p>	<p>9 Ham &amp; Cheese Sandwich Corn Chowder Pea Salad Fruit Cocktail Dessert</p>
<p>12 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert</p>	<p>13 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert</p>	<p>14 Beef Stroganoff Carrots Garden Salad Fruit Salad Dessert</p>	<p>15 Fish &amp; Chips Coleslaw Apricots Garlic Bread Dessert</p>	<p>16 Biscuits &amp; Gravy Hash Brown Potatoes Stewed Tomatoes Orange Quarters Muffin</p>
<p>19 Beef Gyro's (Yee-roh) Garlic Fries Greek Romaine Salad Mixed Melons Blueberry Muffin</p>	<p>20 Lemony Cheese Tortellini &amp; Bacon Salad on a bed of greens with broccoli Mixed Berries Dessert</p>	<p>21 Sweet &amp; Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Salad Egg Roll Dessert</p>	<p>22 White Bean Chicken Chili Tortilla Chips Tossed Salad Melon Slices Dessert</p>	<p>23 Baked Fish Fillet Rice Pilaf Peas Coleslaw Apples &amp; Grapes WW Roll Dessert</p>
<p>26 Chicken Enchiladas Seasoned Rice Mixed Vegetables Green Salad with Tomatoes Cinnamon Pears Dessert</p>	<p>27 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>28 Pot Roast with Potatoes and Carrots Garden Salad Watermelon WW Roll Oatmeal Cookies</p>	<p>29 Swedish Meatballs Egg Noodles Normandy Veggies Tossed Green Salad Pineapple Dessert</p>	<p>30 Breakfast Sandwich Oven Brown Potatoes V-8 or Fruit Juice Orange Quarters</p>

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# TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$5.00            FEE for persons under age 60 is \$12.00</p>			<p>1            Pot Roast Roasted with Potatoes &amp; Carrots            Garden Salad            Watermelon            WW Roll            Oatmeal Cookies</p>	<p>2            Pulled Pork Sandwich            Coleslaw            Pea Salad            Apple Slices            Dessert</p>
<p>5            Chicken Caesar Salad            Melon Slices            Cheesy Garlic Toast            Dessert</p>	<p>6</p>	<p>7</p>	<p>8            Cheeseburger Deluxe            Potato Salad            Three Bean Salad            Peaches            Dessert</p>	<p>9            Fish &amp; Chips            Coleslaw            Apricots            Garlic Bread            Dessert</p>
<p>12            BBQ Chicken            Jo Jo's            Macaroni Salad            Mixed Greens Salad            Berry Shortcake</p>	<p>13</p>	<p>14</p>	<p>15            Salisbury Steak with Mushroom Gravy            Mashed Potatoes            Asparagus            WW Roll            Pear Crisp</p>	<p>16            Ham &amp; Cheese Sandwich            Corn Chowder            Spiced Salad            Fruit Cocktail            Dessert</p>
<p>19            Spaghetti &amp; Meat Sauce            Caesar Salad            Peaches            Garlic Bread            Dessert</p>	<p>20</p>	<p>21</p>	<p>22            Biscuits &amp; Gravy            Hash Brown Potatoes            V-8 Juice            Fresh Fruit            Muffin</p>	<p>23            Baked Fish Fillet            Rice Pilaf            Buttered Peas            Coleslaw            Mixed Melons            WW Roll            Dessert</p>
<p>26            Pork Roast            Stuffing &amp; Gravy            Venetian Veggies            Spinach Salad            Applesauce            Dessert</p>	<p>27</p>	<p>28</p>	<p>29            White Bean Chicken Chili            Tortilla Chips            Tossed Salad            Melon Slices            Dessert</p>	<p>30            Beef &amp; Broccoli            Steamed Rice            Spiced Salad            Tropical Fruit            Egg Roll            Dessert</p>

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# WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			1 BBQ Chicken Jo Jo's Macaroni Salad Mixed Greens Salad Berry Shortcake	2 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats
5	6 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert	7 Fish & Chips Coleslaw Apricots Garlic Bread Dessert	8 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	9 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert
12	13 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears WW Bread Oatmeal Cookies	14 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons WW Roll Dessert	15 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar	16 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert
19	20 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert	21 Stir Fry-Pork or Chicken Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	22 Meatloaf Mashed Potatoes/Gravy Green Beans WW Roll Mixed Berries on Angel Food Cake	23 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail Dessert
26	27 Biscuits & Gravy Hash Brown Potatoes V-8 Juice Fresh Fruit Muffin	28 Cheeseburger Deluxe Three Bean Salad Coleslaw Peaches Dessert	29 Cabbage Patch Stew Mozzarella Breadsticks Pea Salad Waldorf Salad Dessert	30 Bacon & Egg Salad on a Croissant Vegetables Tray Spinach Salad Mixed Berries Dessert

For information about Home Delivered Meals call 509-826-7979.

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