



# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 California Chicken Casserole Lettuce &amp; Tomato Salad Orange Quarters Garlic Bread Dessert</p>	<p>2 Yankee Pot Roast Roasted Potatoes &amp; Carrots Green Beans Mixed Fruit WW Roll Cereal Bars</p>	<p>3</p>	<p>4 Tater Tot Casserole Greek Salad Chilled Peaches WW Bread or Roll Dessert</p>
<p>7</p>	<p>8 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>9 Beef Stew 7 Layer Salad Orange Quarters Biscuit Dessert</p>	<p>10</p>	<p>11 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Peaches Dessert</p>
<p>14</p>	<p>15 Sweet &amp; Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert</p>	<p>16 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>17</p>	<p>18 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce &amp; Tomato Salad Cherry Crisp</p>
<p>21</p>	<p>22 Bacon, Mushroom and Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots Muffin</p>	<p>23 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert</p>	<p>24</p>	<p>25 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp</p>
<p>28</p>	<p>29 Honey Mustard Chicken Wild Rice Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>30 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert</p>	<p>31</p>	

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Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840

Call 509-826-7979 for information on Meals on Wheels



Suggested donation for seniors over age 60 is \$5.00

FEE for persons under age 60 is \$12.00



# CASHMERE / LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Dessert	3	4 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert
7 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	8	9 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	10	11 Teriyaki Beef on Rice Garlic Green Beans Green Salad Pineapple Tidbits WW Roll Dessert
14 Ham Wild Rice Green Beans Spinach Salad Orange Quarters WW Roll Dessert	15	16 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	17	18 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Apple Wedges Dessert
21 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	22	23 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert	24	25 Fish & Chips Coleslaw Grapes Rice Krispies Treats
28 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp	29	30 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp	31	

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



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# CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 California Chicken Casserole Lettuce &amp; Tomato Salad Orange Quarters Garlic Bread Dessert</p>	<p>2 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Dessert</p>	<p>3 Yankee Pot Roast Roast Potatoes &amp; Carrots Green Beans Mixed Fruit WW Roll Cereal Bars</p>	<p>4 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert</p>
<p>7 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert</p>	<p>8 Ham &amp; Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert</p>	<p>9 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>10 Vegetarian Chili Tossed Salad Fruit Salad Cornbread Cereal Bar</p>	<p>11 Teriyaki Beef on Rice Garlic Green Beans Green Salad Pineapple Tidbits WW Roll Dessert</p>
<p>14 Ham Wild Rice Green Beans Spinach Salad Orange Quarters WW Roll Dessert</p>	<p>15 Personal Size Omelets Potatoes O'Brien V-8 Juice Fresh Fruit Cereal Bar Blueberry Muffin</p>	<p>16 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert</p>	<p>17 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert</p>	<p>18 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Apple Wedges Dessert</p>
<p>21 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>22 Pork Roast Stuffing &amp; Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert</p>	<p>23 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert</p>	<p>24 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert</p>	<p>25 Fish &amp; Chips Coleslaw Grapes Rice Krispies Treats</p>
<p>28 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp</p>	<p>29 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Bread or Roll Dessert</p>	<p>30 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce &amp; Tomato Salad Cherry Crisp</p>	<p>31 Bacon, Mushroom and Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots Muffin</p>	

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# COULEE CITY

PLEASE CALL OR TEXT 509-632-8701 TO RESERVE MEALS  
24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Shepherd's Pie Tossed Salad Mandarin Oranges WW Bread Dessert</p>	<p>2 Baked Chicken Thighs Mashed Potatoes/Gravy Buttered Corn Apple Wedges Veggie Tray WW Roll Dessert</p>	<p>3 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>4 Lemon Baked Fish Garlic Pasta Glazed Carrots Spinach Salad Peaches Dessert</p>
7	<p>8 Chicken Fried Steak Mashed Potatoes &amp; Gravy Buttered Corn Lettuce &amp; Tomato Salad Cherry Crisp</p>	<p>9 Hot Dogs Potato Salad Pea Salad Fruited Jell-O</p>	<p>10 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert</p>	<p>11 Fish Sandwich Deluxe Potato Wedges Three Bean Salad Grapes Rice Krispies Treats</p>
14	<p>15 Crunchy Chicken Salad on a Bed of Greens Buttered Veggies Grapes WW Roll Dessert</p>	<p>16 Hamburger Soup Spiced Salad Apple Slices Multi Grain Bread Dessert</p>	<p>17 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>18 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert</p>
21	<p>22 Hamburger Steak with Grilled Onions Baked Potato Green Beans WW Roll Pear Crisp</p>	<p>23 Hearty Chicken Noodle Soup Cottage Cheese Tossed Green Salad Apple Wedges 9 Grain Bread Oatmeal Cookies</p>	<p>24 French Dip Sandwich Broccoli &amp; Cauliflower Green Salad Waldorf Salad Dessert</p>	<p>25 Tuna Noodle Casserole Peas &amp; Carrots Spiced Salad Oregon Berries Dessert</p>
28	<p>29 Chicken Sandwich Deluxe Roasted Red Potatoes Mixed Veggies Sliced Pears Oatmeal Cookier</p>	<p>30 Sweet &amp; Sour Pork Fried Rice Stir Fry Veggies Asian Style Slaw Tropical Fruit Dessert</p>	<p>31 Pork Roast Stuffing &amp; Gravy Roasted Fall Veggies Tossed Salad Applesauce Dessert</p>	

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Call 509-826-7979 for information on Meals on Wheels



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FEE for persons under age 60 is \$9.00



# DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 California Chicken Casserole Lettuce &amp; Tomato Salad Orange Quarters Garlic Bread Dessert</p>	<p>2 Yankee Pot Roast Potatoes &amp; Carrots Green Beans Mixed Fruit WW Roll Cereal Bars</p>	<p>3 Chicken Fried Steak Mashed Potatoes Buttered Corn Tossed Salad Cherry Crisp</p>	<p>4</p>
<p>7</p>	<p>8 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>9 Beef Stew 7 Layer Salad Orange Quarters Dessert</p>	<p>10 Pork Roast Stuffing &amp; Gravy Roast Fall Veggies Pea Salad Applesauce Dessert</p>	<p>11</p>
<p>14</p>	<p>15 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert</p>	<p>16 Sweet &amp; Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert</p>	<p>17 Teriyaki Beef Rice Garlic Green Beans Green Salad Pineapple Tidbits WW Roll Dessert</p>	<p>18</p>
<p>21</p>	<p>22 Wild Rice &amp; Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert</p>	<p>23 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Peaches Dessert</p>	<p>24 Sweet &amp; Sour Pork Served Over Noodles Stir Fry Veggies Asian Style Slaw Tropical Fruit Dessert</p>	<p>25</p>
<p>28</p>	<p>29 Hearty Veggie Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies</p>	<p>30 Broccoli Chicken Bake Garden Salad Tropical Fruit WW Roll Dessert</p>	<p>31 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp</p>	

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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
	1	2	3 Yankee Pot Roast Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	4
7 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	8	9	10 Vegetarian Chili Tossed Salad Fruit Salad Cornbread Cereal Bar	11
14 Ham Wild Rice Green Beans Spinach Salad Orange Quarters WW Roll Dessert	15	16	17 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert	18
21 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	22	23	24 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	25
28 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp	29	30	31 Bacon, Mushroom and Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots Muffin	

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# GRAND COULEE DAM

PLEASE CALL 509-633-2321 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Meatloaf Mashed Potatoes / Gravy Mixed Veggies Pears WW Roll Fruit Cobbler	2 Tuna Noodle Casserole Peas & Carrots Green Salad Oregon Berries Dessert	3 Chicken Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Applesauce WW Roll Cook' Choice Dessert	4 Bacon & Eggs Hash Brown Potatoes Juice Fruit Bowl Toast
	7 Meat & Cheese Omelet Hash Browns Juice Fruit Bowl Toast	8 Chicken Strips French Fries Green Beans Fruit Salad WW Roll Cook's Choice Dessert	9 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Fruit Dessert	10 Pulled Pork Sandwich Green Salad Sweet Slaw Fruit Crisp
14 Breakfast Sandwich Hash Browns Juice Fruit Bowl	15 Oven Fried Chicken Baked Potato Mixed Veggies Fruit Cocktail Garlic Bread Cook's Choice Dessert	16 Lasagna Caesar Salad Peaches Bread Stick Dessert	17 Beef Taco's / Hard or Soft Salad Bar Fruit Bar Cook's Choice Dessert	18 Country Scramble Hash Browns Juice Fruit Bowl Toast
21 German Sausage & Eggs Waffles Juice Fruit Bowl	22 Pork Chops Mashed Potatoes / Gravy Green Salad Applesauce WW Roll Dessert	23 Hearty Beef Stew String Cheese Tossed Green Salad Fruit Cup WW Roll Oatmeal Cookies	24 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Chocolate Pears	25 Cheese Omelet Bacon Hash Browns Juice Fruit Bowl Toast
28 Sausage & Eggs Hash Browns Juice Fruit Bowl Toast	29 Orange Chicken Rice Asian Vegetables Coleslaw Mandarin Oranges WW roll Cook's Choice Dessert	30 Fish & Chips Coleslaw Applesauce Koolwich	31 Frito Pie Fiesta Corn Monster Salad Carmel Apples	
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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	2 Garden Chili Tossed Salad Peaches Mozzarella Breadsticks Dessert	3 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	4
7 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp	8	9 California Chicken Casserole Cucumber Salad Orange Quarters Garlic Bread Dessert	10 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	11
14 Crunchy Chicken Salad on a Croissant Minestrone Soup Grapes Dessert	15	16 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	17 Pork Chops Au Gratin Potatoes Green Salad Applesauce Dessert	18
21 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	22	23 Wild Rice & Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert	24 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Dessert	25
28 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert	29	30 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	31 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Peaches Dessert	

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# OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
	1 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	2 Sweet & Sour Pork Served Over Noodles Stir Fry Veggies Asian Style Slaw Tropical Fruit Dessert	3 Breakfast Burritos Fresh Salsa Fresh Fruit Pastry	4 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries Ice Cream
	7 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	8 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp	9 Pork Chops Au Gratin Potatoes Green Salad Applesauce WW Roll Dessert	10 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes Juice Fresh Fruit
14 Hot Turkey Sandwich Mashed Potatoes / Gravy Nantucket Veggie Blend Chilled Peaches Pumpkin Pie	15 Cheese Ravioli with Meat Sauce Italian Vegetables Tossed Salad Cinnamon Pears Bread Stick Dessert	16 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert	17 Scrambled Eggs Sausage Links Hash Browns Juice Fresh Fruit Waffles	18 Fish & Chips Coleslaw Grapes Rice Krispies Treats
21 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	22 Teriyaki Beef Rice Garlic Green Beans Green Salad Pineapple Tidbits WW Roll Dessert	23 Tuna Salad Croissant Clam Chowder Cucumber Salad Fruit Tray Dessert	24 Farmer's Casserole Juice Orange Quarters French Toast	25 Pork Roast Stuffing & Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert
28 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread	29 Honey Mustard Chicken Wild Rice Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert	30 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp	31 Veggie Loaded Breakfast Bake Hash Brown Potatoes Fruit Salad Muffin	

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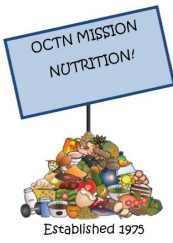
FEE for persons under age 60 is \$12.00



# OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
	<p>1 California Chicken Casserole Lettuce &amp; Tomato Salad Orange Quarters Garlic Bread Dessert</p>	<p>2</p>	<p>3 Yankee Pot Roast Roast Potatoes &amp; Carrots Green Beans Mixed Fruit WW Roll Cereal Bar</p>	<p>4 Garden Chili Spinach Salad Peaches Mozzarella Breadsticks Dessert</p>
<p>7 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>8 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>9</p>	<p>10 Beef Stew 7 Layer Salad Orange Quarters Biscuit Dessert</p>	<p>11 Pork Roast Stuffing &amp; Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert</p>
<p>14 Crunchy Krab Salad Sammy Minestrone Soup Grapes Dessert</p>	<p>15 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>16</p>	<p>17 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert</p>	<p>18 Teriyaki Beef Rice Garlic Green Beans Cucumber Salad Pineapple Tidbits WW Roll Dessert</p>
<p>21 Pork Chops Au Gratin Potatoes Green Salad Applesauce WW Roll Dessert</p>	<p>22 Wild &amp; Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert</p>	<p>23</p>	<p>24 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Peaches Dessert</p>	<p>25 Vegetable Beef Stew Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies</p>
<p>28 Ham &amp; Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert</p>	<p>29 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert</p>	<p>30</p>	<p>31 Tune Noodle Casserole Peas &amp; Carrots Spiced Salad Oregon Berries Dessert</p>	

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# TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Meatloaf Potatoes &amp; Gravy Green Beans WW Roll Pear Crisp</p>	<p>2 Crunchy Chicken Sammy Minestrone Soup Orange Quarters Dessert</p>	<p>3 Fish &amp; Chips Coleslaw Grapes Rice Krispies Treats</p>	<p>4 Personal Size Omelet Potatoes O'Brien V-8 Juice Peaches Blueberry Muffin</p> <p><i>No Home Delivery</i></p>
<p>7 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies</p>	<p>8 Hawaiian Chicken Rice Asian Vegetables Cucumber Salad Tropical Fruit WW Roll Dessert</p>	<p>9 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert</p>	<p>10 Pork Roast Stuffing &amp; Gravy Roasted Veggies Pea Salad Applesauce Dessert</p>	<p>11 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Oatmeal Cookies</p> <p><i>No Home Delivery</i></p>
<p>14 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert</p>	<p>15 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>16 Wild Rice &amp; Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert</p>	<p>17 Chicken Fried Steak Potatoes &amp; Gravy Buttered Corn Lettuce / Tomato Salad Cherry Crisp</p>	<p>18 Bacon, Mushroom &amp; Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots Muffin</p> <p><i>No Home Delivery</i></p>
<p>21 Ham &amp; Cheese Sandwich w/ Lettuce &amp; Tomato Tomato Basil Soup Peaches Dessert</p>	<p>22 Tuna Noodle Casserole Peas Carrots Spiced Salad Oregon Berries Dessert</p>	<p>23 Meatless Chili w/Cheese Tossed Salad Fruit Salad Cornbread Cereal Bar</p>	<p>24 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert</p>	<p>25 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert</p> <p><i>No Home Delivery</i></p>
<p>28 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>29 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert</p>	<p>30 Beef Stew 7 Layer Salad Orange Quarters Biscuit Dessert</p>	<p>31 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert</p>	

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# TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Cheeseburger Deluxe Jo Jo's Pea Salad Sliced Pears Oatmeal Cookies	4 Tuna Salad on Croissant Clam Chowder Coleslaw Fruit Tray Dessert
7 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	8	9	10 Honey Mustard Chicken Wild Rice Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert	11 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert
14 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert	15	16	17 Beef Stew 7 Layer Salad Orange Quarters Biscuit Dessert	18 Fish & Chips Coleslaw Grapes Rice Krispies Treats
21 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	22	23	24 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	25 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread
28 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	29	30	31 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert	

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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
	<b>1</b> Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	<b>2</b> Chicken Fried Steak Mashed Potatoes/Gravy Corn Lettuce & Tomato Salad Cherry Crisp	<b>3</b> Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	<b>4</b> Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert
	<b>7</b>	<b>8</b> Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	<b>9</b> Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	<b>10</b> Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert
<b>14</b>	<b>15</b> Pork Chops Au Gratin Potatoes Green Salad Applesauce Dessert	<b>16</b> Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert	<b>17</b> Meatloaf Mashed Potatoes/Gravy Green Beans WW Roll Pear Crisp	<b>18</b> Tuna Salad on a Croissant Clam Chowder Coleslaw Fruit Tray Dessert
<b>21</b>	<b>22</b> Fish & Chips Coleslaw Grapes Rice Krispy Treats	<b>23</b> Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert	<b>24</b> Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	<b>25</b> Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert
<b>28</b>	<b>29</b> Hot Turkey Sandwich Mashed Potatoes/Gravy Nantucket Veggies Chilled Peaches Pumpkin Pie	<b>30</b> Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Oatmeal Cookies	<b>31</b> Sweet & Sour Pork over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit Dessert	

For information about Home Delivered Meals call 509-826-7979.  
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Suggested donation for seniors over age 60 is \$5.00  
FEE for persons under age 60 is \$12.00