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# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL 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



3	4 Chicken Tortellini Soup 7 Layer Salad Pears Cheese Quick Bread Dessert	5 Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Garlic Bread Dessert	6	7 Chicken Salad on Croissant Vegetable Soup Grapes Dessert
10	11 Orange Chicken Steamed Rice Oriental Vegetables Asian Coleslaw Fruit Cocktail Egg Roll Dessert	12 Beef Stew Spinach Salad Banana Biscuits Dessert	13	14 Chicken Florentine  Garden Salad Fresh Fruit Dessert
17 CLOSED 	18 Supreme Style Pizza Caesar Salad Fruit Salad Dessert	19 Chicken Burger Deluxe Jo Jo's Broccoli Slaw Orange Quarters Dessert	20	21 Beef Stroganoff Green Beans Tossed Salad Apricots Dessert
24	25 Tuna Noodle Casserole Buttered Peas Spring Salad Frit Salad Dessert	26 Beef Taco Pie Baja Veggie Blend Garden Salad Spiced Applesauce Dessert	27	28 Spaghetti & Meat Sauce Caesar Salad Tropical Fruit Garlic Bread Dessert

Visit our website at [www.octn.org](http://www.octn.org) . Follow us on Facebook!

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

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



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# CASHMERE/LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS  
509-470-0522 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



3  
Meatloaf  
Mashed Potatoes/Gravy  
Green Beans  
Chilled Pears  
WW Roll  
Oatmeal Cookie

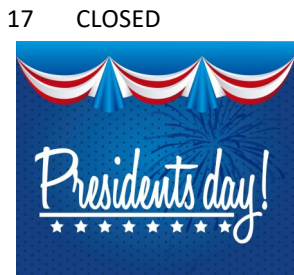
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5  
Teriyaki Beef  
Steamed Rice  
Oriental Vegetables  
Spinach Salad  
Pineapple  
Garlic Bread  
Dessert

6  
7  
Italian Rice & Beef  
Caesar Salad  
Apple Slices  
Dessert

10  
Hot Turkey Sandwich  
Mashed Potatoes/Gravy  
Broccoli Normandy  
Cranberry Salad  
WW Roll  
Dessert

11  
12  
Spaghetti & Meat Sauce  
Cinnamon Pears  
Caesar Salad  
Garlic Bread  
Dessert

13  
14  
Chicken Florentine  
Garden Salad  
Fresh Fruit  
Dessert



18  
19  
Sweet & Sour Chicken  
Steamed Rice  
Asian Vegetables  
Spiced Salad  
Mandarin Oranges  
Egg Roll  
Dessert

20  
21  
Lemon Baked Fish  
Pesto Pasta  
Asparagus  
Green Salad  
Orange Quarters  
Dessert

24  
Ham Steak  
Scalloped Potatoes  
Spinach Salad  
Pineapple  
WW Roll  
Tapioca Pudding

25  
26  
Beef Stroganoff  
Green Beans  
Tossed Green Salad  
Apples & Grapes  
Dessert

27  
28  
Cheese Ravioli with  
Meat Sauce  
Caesar Salad  
Apricots  
Garlic Bread  
Dessert

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





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**FEBRUARY**

CHELAN


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>3 Meatloaf Mashed Potatoes/Gravy Green Beans Chilled Pears WW Roll Oatmeal Cookie</p>	<p>4 Biscuits &amp; Gravy Oven Brown Potatoes Juice Fresh Fruit Muffin</p>	<p>5 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Pineapple Garlic Bread Dessert</p>	<p>6 Chicken Burger Deluxe Jo Jo's Coleslaw Orange Quarters Dessert</p>	<p>7 Italian Rice &amp; Beef Caesar Salad Apple Slices Dessert</p>
<p>10 Hot Turkey Sandwich Mashed Potatoes/Gravy Broccoli Normandy Cranberry Salad WW Roll Dessert</p>	<p>11 Bacon &amp; Egg Salad on a Croissant Vegetable Soup Cucumber Slices Dessert</p>	<p>12 Spaghetti &amp; Meat Sauce Cinnamon Pears Caesar Salad Garlic Bread Dessert</p>	<p>13 Roast Beef 1/2 Baked Potato Green Beans Spinach Salad WW Roll Fruit Ambrosia</p>	<p>14 Chicken Florentine Garden Salad Fresh Fruit Dessert</p>
<p>17 CLOSED</p> 	<p>18 Supreme Style Pizza Caesar Salad Fruit Salad Dessert</p>	<p>19 Sweet &amp; Sour Chicken Steamed Rice Asian Vegetables Spiced Salad Mandarin Oranges Egg Roll Dessert</p>	<p>20 Chicken Chili Spinach Salad Peaches Corn Bread Dessert</p>	<p>21 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Orange Quarters Dessert</p>
<p>24 Ham Steak Scalloped Potatoes Spinach Salad Pineapple WW Roll Tapioca Pudding</p>	<p>25 BBQ Chicken Jo Jo's Spiced Salad Tropical Fruit WW Roll Oatmeal Cookie</p>	<p>26 Beef Stroganoff Green Beans Tossed Green Salad Apples &amp; Grapes Dessert</p>	<p>27 Pepper Steak Steamed Rice Garden Salad Cinnamon Pears Egg Roll Dessert</p>	<p>28 Cheese Ravioli with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>

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




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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

Suggested donation for seniors over age 60 is \$5.00  
FEE for persons under age 60 is \$9.00



3	4 Teriyaki Beef on Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	5 Ham Steak Scalloped Potatoes Tossed Salad Pineapple WW Roll Tapioca Pudding	6 Biscuits & Gravy Oven Brown Potatoes Fruit or V-8 Juice Fresh Fruit Muffin	7 Fish & Chips Cabbage & Apple Slaw Fruit Cocktail Rice Krispies Treats
10	11 Paprika Chicken Egg Noodles Normandy Veggies Greek Salad Fruit Salad Dessert	12 Bacon & Egg Salad on A Croissant Vegetable Soup Cucumber Slices Orange Quarters Dessert	13 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	14 Roast Beef Baked Potato Green Beans Spinach Salad WW Roll Cherry Cobbler
17 CLOSED 	18 Beef Stew Tossed Salad Banana Biscuits Dessert	19 Honey Dijon Chicken Garden Rice Beets Spring Salad Pineapple WW Roll Dessert	20 Supreme Style Pizza Caesar Salad Fruit Salad Dessert	21 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Orange Quarters Dessert
24	25 Split Pea & Ham Soup Turkey Sandwich Deluxe Apple Wedges Peaches Dessert	26 Beef Stroganoff Normandy Veggies Tossed Green Salad Apricots Dessert	27 BBQ Chicken Au Gratin Potatoes Spiced Salad Tropical Fruit Oatmeal Cookie	28 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Cranberry Salad Pumpkin Pie

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



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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

<p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p>				
<p>3</p>	<p>4 Pork Stir Fry Steamed Rice Coleslaw Mandarin Oranges Egg Roll Dessert</p>	<p>5 Chicken Parmesan Pasta Marinara Steamed Broccoli 7 Layer Salad Focaccia Bread Fruited Jell-O</p>	<p>6 Beef Stew Spinach Salad Banana Biscuits Dessert</p>	<p>7</p>
<p>10</p>	<p>11 Spaghetti &amp; Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>	<p>12 Scrambled Eggs Sausage Potatoes O'Brien Waffle Juice Banana Cereal Bar</p>	<p>13 Chicken Salad Croissant Vegetable Soup Grapes Dessert</p>	<p>14</p>
<p>17 CLOSED</p> 	<p>18 Beef Stroganoff Green Beans Tossed Salad Apricots Dessert</p>	<p>19 Chicken Burger Deluxe Jo Jo's Coleslaw Orange Quarters Dessert</p>	<p>20 Pepper Steak Steamed Rice Garden Salad Cinnamon Pears Egg Roll Dessert</p>	<p>21</p>
<p>24</p>	<p>25 Teriyaki Beef on Rice Oriental Vegetables Spinach Salad Tropical Fruit Garlic Bread Dessert</p>	<p>26 Bacon &amp; Egg Salad Sandwich Vegetable Soup Cucumber Slices Orange Quarters Dessert</p>	<p>27 Roast Beef 1/2 Baked Potato Green Beans Garden Salad WW Roll Fruit Ambrosia</p>	<p>28</p>

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# ENTIAT

PLEASE CALL 509-888-4440 TO RESERVE MEALS  
509-470-0522 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



<p>3 Meatloaf Mashed Potatoes/Gravy Green Beans Chilled Pears WW Roll Oatmeal Cookie</p>	<p>4</p>	<p>5</p>	<p>6 Chicken Burger Deluxe Jo Jo's Coleslaw Orange Quarters Dessert</p>	<p>7</p>
<p>10 Hot Turkey Sandwich Mashed Potatoes/Gravy Broccoli Normandy Cranberry Salad WW Roll Dessert</p>	<p>11</p>	<p>12</p>	<p>13 Roast Beef 1/2 Baked Potato Green Beans Spinach Salad WW Roll Fruit Ambrosia</p>	<p>14</p>
<p>17 CLOSED</p> 	<p>18</p>	<p>19</p>	<p>20 Chicken Chili Spinach Salad Peaches Corn Bread Dessert</p>	<p>21</p>
<p>24 Ham Steak Scalloped Potatoes Spinach Salad Pineapple WW Roll Tapioca Pudding</p>	<p>25</p>	<p>26</p>	<p>27 Pepper Steak Steamed Rice Garden Salad Cinnamon Pears Egg Roll Dessert</p>	<p>28</p>

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# GRAND COULEE

PLEASE CALL 509-633-2321 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY

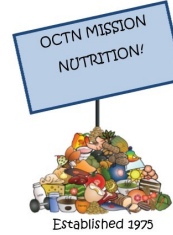
TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

Suggested donation for seniors over age 60 is \$5.00  
FEE for persons under age 60 is \$9.00



<p>3 Scrambled Eggs with Sausage Patty Or Links Potatoes O'Brien Juice Banana French Toast</p>	<p>4 Chicken Parmesan Pasta Marinara Steamed Broccoli Caesar Salad Focaccia Bread Fruited Jell-O</p>	<p>5 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert</p>	<p>6 Fish &amp; Chips Cabbage/Apple Slaw Fruit Cocktail Rice Krispies Treats</p>	<p>7 Bacon &amp; Eggs Hash Browns Juice Fruit Toast</p>
<p>10 Ham Scrambler Hash Brown Potatoes Juice Fruit Toast</p>	<p>11 Chicken, Bacon Caesar Wrap Veggie Pasta Salad Pears Dessert</p>	<p>12 Bacon &amp; Egg Salad Sandwich on a Croissant Loaded Potato Soup Orange Quarters Dessert</p>	<p>13 Teriyaki Beef on Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>14 Biscuits &amp; Gravy Oven Brown Potatoes Juice Fresh Fruit Muffin</p>
<p>17 CLOSED </p>	<p>18 White Lasagna Garden Salad Applesauce Breadstick Dessert</p>	<p>19 Philly Cheese Steak Sandwich Garden Salad Cinnamon Pears Dessert</p>	<p>20 Beef Taco Pie Baja Veggie Blend Garden Salad Spiced Applesauce Dessert</p>	<p>21 Cheese Omelet Sausage Links Hash Brown Potatoes Juice Fruit Toast</p>
<p>24 Ham &amp; Eggs Hash Browns Juice Fruit Toast</p>	<p>25 Beef Stroganoff Green Beans Tossed Green Salad Dessert</p>	<p>26 Supreme Style Pizza Caesar Salad Fruit Salad Dessert</p>	<p>27 Hot Turkey Sandwich Mashed Potatoes / Gravy Mixed Vegetables Cranberry Salad Dessert</p>	<p>28 Scrambled Mess with Eggs, Meat, cheese &amp; Potatoes Juice Fruit Toast</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

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



3  
Bacon & Egg Salad Sandwich  
Vegetable Soup  
Cucumber Salad  
Banana  
Dessert

4

5  
Tuna Noodle Casserole  
Buttered Peas  
Spring Salad  
Pears  
Dessert

6  
Teriyaki Beef on Rice  
Oriental Vegetables  
Spinach Salad  
Mandarin Oranges  
Rice Krispies Treats

7

10  
BBQ Chicken  
Baked Beans  
Green Salad  
Fruit Salad  
WW Roll  
Oatmeal Cookie

11

12  
Pork Chops  
Mashed Potatoes / Gravy  
Peas  
Applesauce  
Bread Pudding

13  
Fish & Chips  
Cabbage & Apple Slaw  
Pears  
Cereal Bars

14

17 CLOSED



18

19  
Split Pea & Ham Soup  
Turkey Sandwich Deluxe  
Coleslaw  
Apricots  
Dessert

20  
Supreme Style Pizza  
Caesar Salad  
Fruit Tray  
Dessert

21

24  
Hot Turkey Sandwich  
Mashed Potatoes / Gravy  
Green Beans  
Cranberry Salad  
Dessert

25

26  
Chicken Parmesan  
Pasta Marinara  
Steamed Broccoli  
7 Layer Salad  
Mixed Berries  
Dessert

27  
Beef Taco Pie  
Baja Veggie Blend  
Garden Salad  
Spiced Applesauce  
Dessert

28

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# OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN

OMAK

OKANOGAN

OKANOGAN 9am

OMAK

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

There are no Home Delivered Meals on Thursdays.



3  
Hot Turkey Sandwich  
Mashed Potatoes/Gravy  
Green Beans  
Cranberry Salad  
Dessert

4  
Pork Stir Fry  
Steamed Rice  
Coleslaw  
Mandarin Oranges  
Egg Roll  
Dessert

5  
Beef Stew  
Spinach Salad  
Banana  
Biscuits  
Dessert

6  
Farmer's Casserole  
Juice  
Fresh Fruit  
French Toast Sticks

*No Home Delivery*

7  
Fish & Chips  
Cabbage/Apple Slaw  
Fruit Cocktail  
Rice Krispies Treats

10  
Beef Stroganoff  
Green Beans  
Tossed Salad  
Apricots  
Dessert

11  
Chicken Tortellini Soup  
7 Layer Salad  
Pears  
Focaccia Bread  
Dessert

12  
Pork Chops  
Mashed Potatoes / Gravy  
Peas  
Applesauce  
Bread Pudding

13  
Biscuits & Gravy  
Hash Browns  
Juice  
Fresh Fruit

*No Home Delivery*

14 Cabbage Rolls  
Green Salad  
Strawberries & Bananas  
WW Roll  
Dessert

17 CLOSED

President's day!

18  
Chicken Salad Croissant  
Vegetable Soup  
Grapes  
Dessert

19  
Teriyaki Beef  
Rice  
Oriental Vegetables  
Spinach Salad  
Mandarin Oranges  
Garlic Bread  
Dessert

20  
Scrambled Eggs  
Sausage Links  
Potatoes O'Brien  
Juice  
Fresh Fruit  
Waffle  
*No Home Delivery*

21  
Tuna Noodle Casserole  
Buttered Peas  
Spring Salad  
Fruit Salad  
Dessert

24  
Roast Beef  
1/2 Baked Potato  
Broccoli Normandy  
Tossed Salad  
WW Roll  
Fruit Ambrosia

25  
Chicken Fajitas  
Southwest Salad  
Tropical Fruit  
Dessert

26  
Ham Steak  
Scalloped Potatoes  
Green Beans  
Pineapple  
WW Roll  
Tapioca Pudding

27  
Scrambled Eggs  
Bacon  
Country Potatoes  
Juice  
Fresh Fruit  
Muffin  
*No Home Delivery*

28  
Country Fried Steak  
Mashed Potatoes/Gravy  
Buttered Corn  
Garden Salad  
Chilled Pears  
WW Roll  
Dessert

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



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**FEBRUARY**

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>				
<p>3 BBQ Chicken Scalloped Potatoes Spiced Salad Tropical Fruit WW Roll Rice Krispies Treats</p>	<p>4 Teriyaki Beef on Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>5</p>	<p>6 Chicken Burger Deluxe Jo Jo's Coleslaw Banana Dessert</p>	<p>7 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Pineapple Dessert</p>
<p>10 Pork Chops Mashed Potatoes / Gravy Peas Applesauce Bread Pudding</p>	<p>11 Bacon &amp; Egg Salad Sandwich Vegetable Soup Cucumber Slices Orange Quarters Dessert</p>	<p>12</p>	<p>13 Honey Dijon Chicken Garden Rice Beets Mixed Greens Salad Banana WW Roll Dessert</p>	<p>14 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Cranberry Salad Special Dessert</p>
<p>17 CLOSED</p> 	<p>18 Beef Stew Spinach Salad Spinach Salad Strawberries &amp; Bananas Biscuits Dessert</p>	<p>19</p>	<p>20 Split Pea &amp; Ham Soup Turkey Sandwich Apple Wedges Peaches Dessert</p>	<p>21 Orange Chicken Steamed Rice Asian Coleslaw Fruit Cocktail Egg Roll Dessert</p>
<p>24 Italian Rice &amp; Beef Caesar Salad Apple Slices Dessert</p>	<p>25 White Bean Chicken Chili Spinach Salad Peaches Cornbread Dessert</p>	<p>26</p>	<p>27 Chicken Fajitas Southwest Salad Tropical Fruit Dessert</p>	<p>28 Fish &amp; Chips Cabbage Apple Slaw Fruit Cocktail Rice Krispies Treats</p>

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# TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY—CLOSED
<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>3 Chicken Salad Croissant Vegetable Soup Grapes Dessert</p>	<p>4 Biscuits &amp; Gravy Oven Brown Potatoes Juice Fresh Fruit Muffin</p>	<p>5 Roast Beef 1/2 Baked Potato Buttered Corn Spinach Salad WW Roll Fruit Ambrosia</p>	<p>6 Ham &amp; Cheese Sandwich Tomato Rice Soup Three Bean Salad Orange Quarters Dessert</p>	<p>7</p>
<p>10 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Orange Quarters Dessert</p>	<p>11 Cabbage Roll Casserole Cucumber Slices Strawberries &amp; Bananas WW Roll Dessert</p>	<p>12 White Bean Chicken Chili Spinach Salad Peaches Cornbread Dessert</p>	<p>13 Spaghetti &amp; Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>	<p>14</p>
<p>17 CLOSED</p>	<p>18 Beef Stroganoff Green Beans Tossed Green Salad Apricots Dessert</p>	<p>19 Split Pea &amp; Ham Soup Turkey Sandwich Apple Wedges Peaches Dessert</p>	<p>20 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Cranberry Salad Pumpkin Pie</p>	<p>21</p>
<p>24 Bacon &amp; Egg Salad Sandwich on Croissant Cucumber Slices Orange Quarters Dessert</p>	<p>25 Chicken Fajitas Southwest Salad Tropical Fruit Dessert</p>	<p>26 Beef Stew Tossed Salad Banana Biscuits Dessert</p>	<p>27 Ham Steak Scalloped Potatoes Spinach Salad Pineapple WW Roll Tapioca Pudding</p>	<p>28</p>

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





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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</p> <p>FEE for persons under age 60 is \$12.00</p>				
<p>3</p> <p>Sweet &amp; Sour Pork Steamed Rice Asian Vegetables Spiced Salad Mandarin Oranges Egg Roll Dessert</p>	<p>4</p>	<p>5</p>	<p>6</p> <p>Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy Buttered Corn Garden Salad Berry Crisp</p>	<p>7</p> <p>Lemon Baked Fish Pesto Pasta Asparagus Green Salad Orange Quarters Dessert</p>
<p>10</p> <p>Split Pea &amp; Ham Soup Turkey Sandwich Deluxe Apple Wedges Peaches Dessert</p>	<p>11</p>	<p>12</p>	<p>13</p> <p>Spaghetti &amp; Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>	<p>14</p> <p>Roast Beef 1/2 Baked Potato Green Beans Spinach Salad Chilled Pears WW Roll Dessert</p>
<p>17</p> <p>CLOSED</p> 	<p>18</p>	<p>19</p>	<p>20</p> <p>Teriyaki Beef on Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>21</p> <p>Fish &amp; Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats</p>
<p>24</p> <p>BBQ Chicken Jo Jo's Spiced Salad Tropical Fruit WW Roll Oatmeal Cookie</p>	<p>25</p>	<p>26</p>	<p>27</p> <p>Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Apple Crisp</p>	<p>28</p> <p>Biscuits &amp; Gravy Oven Brown Potatoes Fresh Fruit Juice Muffin</p>

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



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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



3	4 BBQ Chicken Jo Jo's Spiced Salad Tropical Fruit WW Roll Oatmeal Cookie	5 Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy Buttered Corn Garden Salad Berry Crisp	6 Bacon & Egg Salad Sand- wich on Croissant Vegetable Soup Cucumber Slices Orange Quarters Dessert	7 Pork Chops / Applesauce Mashed Potatoes / Gravy Buttered Peas Spring Salad Bread Pudding
10	11 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Cherry Crisp	12 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats	13 Chicken Salad Croissant Vegetable Soup Grapes Dessert	14 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert
17 CLOSED 	18 Chicken Burger Deluxe Potato Salad Three Bean Salad Orange Quarters Dessert	19 Split Pea & Ham Soup Turkey Sandwich Deluxe Apple Wedges Peaches Dessert	20 Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Dessert	21 Orange Chicken Steamed Rice Oriental Vegetables Asian Coleslaw Egg Roll Dessert
24	25 Cabbage Rolls Green Salad Strawberries & Bananas Green Salad WW Roll Dessert	26 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	27 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Cranberry Salad Dessert	28 Yakisoba (Beef & Noodles) Stir Fry Veggies Coleslaw Mandarin Oranges Egg Roll Dessert

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