



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert
4	5 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple Dessert	6 Turkey Ham Au Gratin Potatoes Green Beans Tropical Fruit WW Roll Apple Crisp	7	8 Beef & Broccoli Stir Fry Steamed Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert
11 CLOSED 	12 French Dip Sandwich Jo Jo's Tossed Salad Fruit Tray Dessert	13 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Quarters Dessert	14	15 Scrambled Eggs with Ham and Cheese Hash Browns Juice Waldorf Salad Muffin
18	19 Parmesan Chicken Pasta Marinara California Vegetables Green Salad Mandarin Oranges Dessert	20 Shepherd's Pie Caesar Salad Pineapple WW Roll Dessert	21	22 Cheese Stuffed Shells with Pesto Sauce Peas Spinach Salad Waldorf Salad Dessert
25	26 Spaghetti & Meat Sauce Caesar Salad Chilled Peaches Garlic Bread Dessert	27 Roast Turkey Mashed Potatoes / Gravy Green Bean Casserole Green Salad Cranberry Salad Stuffing Pumpkin Pie	28 CLOSED	29 CLOSED

Visit our website at 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

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 Chili Stuffed Potato Tortilla Chips Mixed Greens Salad Chilled Pears Dessert
4 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple Dessert	5	6 Cheese Stuffed Shells with Marinara Sauce Peas Spinach Salad Waldorf Salad Breadstick Dessert	7	8 Fish Sandwich Deluxe Potato Wedges Coleslaw Chilled Pears Dessert
11 CLOSED 	12	13 Hamburger Steak Mashed Potatoes Buttered Corn Garden Salad Mixed Berries WW Roll Dessert	14	15 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Mixed Fresh Fruit Biscuit Dessert
18 Oven Fried Chicken Mashed Potatoes / Gravy Green Beans Grapes Bar Cookies	19	20 Shepherd's Pie Green Salad Pineapple WW Roll Dessert	21	22 Baked Fish Fillet Wild Rice Caribbean Veggie Spinach Salad WW Roll Pudding/Berry Parfait
25 Country Fried Steak Mashed Potatoes/ Gravy Buttered Corn Garden Salad Peaches WW Roll Dessert	26	27 Roast Turkey Nantucket Veggies Sweet Potatoes Stuffing & Gravy Cranberry Sauce Pumpkin Pie	28 CLOSED	29 CLOSED

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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
				1 Chili Stuffed Potato Tortilla Chips Mixed Greens Salad Chilled Pears Dessert
4 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple Dessert	5 Chicken Cordon Bley Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	6 Cheese Stuffed Shells with Marinara Sauce Peas Spinach Salad Waldorf Salad Breadstick Dessert	7 Beef Tacos Southwest Salad Orange Quarters Dessert	8 Fish Sandwich Deluxe Potato Wedges Coleslaw Chilled Pears Dessert
11 CLOSED 	12 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert	13 Hamburger Steak Mashed Potatoes Buttered Corn Garden Salad Mixed Berries WW Roll Dessert	14 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Oatmeal Cookies	15 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Mixed Fresh Fruit Biscuit Dessert
18 Oven Fried Chicken Mashed Potatoes / Gravy Green Beans Grapes Bar Cookies	19 French Dip Sandwich Jo Jo's Tossed Salad Fruit Tray Dessert	20 Shepherd's Pie Green Salad Pineapple WW Roll Dessert	21 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert	22 Baked Fish Fillet Wild Rice Caribbean Veggie Spinach Salad WW Roll Pudding/Berry Parfait
25 Country Fried Steak Mashed Potatoes/ Gravy Buttered Corn Garden Salad Peaches WW Roll Dessert	26 Pepper Steak Steamed Rice Tossed Veggie Salad Mandarin Oranges WW Roll Dessert	27 Roast Turkey Nantucket Veggies Sweet Potatoes Stuffing & Gravy Cranberry Sauce Pumpkin Pie	28 CLOSED 	29 CLOSED

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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
				1 Fish Sandwich Deluxe Potato Wedges Coleslaw Chilled Pears Dessert
4	5 Parmesan Chicken Pasta Marinara California Vegetables Green Salad Mandarin Oranges Dessert	6 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Apple Crisp	7 Stuffed Pepper Soup String Cheese Tossed Salad Pears Corn Bread Dessert	8 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert
11 CLOSED 	12 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert	13 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	14 Oven Fried Chicken Mashed Potatoes/Gravy Green Beans Grapes WW Roll Dessert	15 Baked Fish Fillet Wild Rice Caribbean Veggies Spinach Salad WW Roll Pudding/Berry Parfait
18	19 Hamburger Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad WW Roll Apple Crisp	20 Ham Sandwich Deluxe Potato Soup Pea Salad Fresh Fruit Tray Dessert	21 Biscuits & Gravy Oven Brown Potatoes V-8 or Fruit Juice Orange Quarters	22 Chicken Cordon Blue Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert
25	26 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Mixed Fresh Fruit Biscuit	27 Roast Turkey & Gravy Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	28 CLOSED 	29 CLOSED

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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
				1
4	5 Pot Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert	6 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert	7 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Fresh Fruit Biscuit Dessert	8
11 CLOSED 	12 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	13 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert	14 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Apple Crisp	15
18	19 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	20 Scrambled Eggs with Ham and Cheese Hash Brown Potatoes V-8 or Fruit Juice Waldorf Salad Waffles	21 Split Pea & Ham Soup Turkey Sandwich Orange Quarters Dessert	22
25	26 Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	27 Ham Sandwich Deluxe Potato Soup Pea Salad Fresh Fruit Tray Dessert	28 CLOSED	29 CLOSED

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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
4 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple Dessert	5	6	7 Beef Tacos Southwest Salad Orange Quarters Dessert	8
11 CLOSED 	12	13	14 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Oatmeal Cookies	15
18 Oven Fried Chicken Mashed Potatoes / Gravy Green Beans Grapes Bar Cookies	19	20	21 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert	22
25 Country Fried Steak Mashed Potatoes/ Gravy Buttered Corn Garden Salad Peaches WW Roll Dessert	26	27	28 CLOSED 	29 CLOSED

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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 Bacon & Eggs Hash Browns Juice Fruit Bowl Toast
4 Eggs & Sausage Links Waffles Strawberries Juice Fruit Bowl	5 Teriyaki Chicken Rice Stir Fry Veggies Asian Coleslaw Mandarin Oranges Egg Roll Dessert	6 Chicken Fried Steak Mashed Potatoes/Gravy Carrots Buttered Corn Fruit & Dip WW Bread Dessert	7 Shepherd's Pie Caesar Salad Fruit Bar WW Roll Dessert	8 Biscuits & Gravy Eggs Juice Fruit Bowl
11 CLOSED 	12 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Bread Berry Crisp	13 Pork Chops Mashed Potatoes/Gravy Brussels Sprouts Trio Veggies Applesauce Dessert	14 Roast Turkey & Gravy Mashed Potatoes Stuffing Green Beans Green Salad Cranberry Sauce Pumpkin Pie	15 Sausage Patty Eggs Hash Browns Juice Fruit Bowl Toast
18 Ham & Eggs French Toast Juice Fruit Bowl	19 Beef Tacos—Hard or Soft Salad Bar Fruit Bar Dessert	20 Stuffed Sausage with Potatoes & Cheese Mixed Veggies Fruited Jell-O Cream Pie	21 Spaghetti & Meat Sauce Caesar Salad Mixed Fruit Cheesy Garlic Bread Dessert	22 Cheese Omelet Sausage Links Hash Browns Juice Fruit Bowl Toast
25 Denver Omelet Hash Browns Juice Fruit Bowl Toast	26 Beans & Ham Hocks BLT Sandwich Pears Cook's Choice Dessert	27 Pot Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert	28 CLOSED 	29 CLOSED

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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
4 Shrimp Fettuccine Alfredo Buttered Peas Spinach Salad Chilled Peaches Dessert	5	6 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	7 Swiss Steak with Tomato Sauce Rice Pilaf California Blend Veggies Caesar Salad Fresh Fruit Dessert	8
11 CLOSED 	12	13 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert	14 Parmesan Chicken Pasta Marinara California Veggie Blend Green Salad Mandarin Oranges Dessert	15
18 Tuna & Rice Bake Peas & Carrots Greek Salad Peaches Garlic Bread Dessert	19	20 Biscuits & Gravy Oven Browned Potatoes V-8 or Fruit Juice Orange Quarters Dessert	21 Oven Fried Chicken Mashed Potatoes / Gravy Green Beans Grapes WW Roll Bar Cookies	22
25 Fish Sandwich Deluxe Potato Wedges Coleslaw Chilled Pears Dessert	26	27 Roast Turkey Mashed Potatoes / Gravy Green Bean Casserole Broccoli Salad Cranberry Sauce Roll Pumpkin Pie	28 CLOSED 	29 CLOSED

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OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
				1 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert
4 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	5 Biscuits & Gravy Oven Brown Potatoes V-8 or Fruit Juice Orange Quarters Dessert	6 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	7 Bacon & Spinach Quiche Hash Browns Juice Fresh Fruit Muffin	8 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert
11 CLOSED 	12 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	13 Pot Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert	14 Scrambled Eggs Bacon Potatoes O'Brien Juice French Toast Sticks	15 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert
18 Hamburger Steak Mashed Potatoes & Gravy Trio Vegetables Garden Salad WW Roll Fruit Ambrosia	19 Chicken & Wild Rice Soup Mozzarella Breadstick Tossed Salad Cucumber Slices Tropical Fruit Dessert	20 Shepherd's Pie Caesar Salad Pineapple WW Roll Dessert	21 Biscuits & Gravy Oven Brown Potatoes V-8 or Fruit Juice Fresh Fruit	22 Beef & Broccoli Stir Fry Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert
25 Cheese Stuffed Shells with Marinara Sauce Peas Spinach Salad Waldorf Salad Breadsticks Dessert	26 Roast Turkey Mashed Potatoes Stuffing Green Beans Green Salad Cranberry Salad Pumpkin Pie	27 Ham Sandwich Deluxe Potato Soup Pea Salad Fresh Fruit Tray Dessert	28 CLOSED 	29 CLOSED

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OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
		<p>Established 1975</p>		1 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Fresh Fruit Dessert
4 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert	5 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Apple Crisp	6	7 Swiss Steak/Tomato Sauce Garlic & Red Pepper Penne Pasta California Blend Veggies Tossed Salad Fresh Fruit Dessert	8 Baked Fish Fillet Wild Rice Caribbean Vegetables Spinach Salad WW Roll Berry / Pudding Parfait
11 CLOSED 	12 Stuffed Pepper Soup Cottage Cheese Tossed Salad Pears Corn Bread Dessert	13	14 Salisbury Steak with Mush- room Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	15 Fish Sandwich Potato Wedges Coleslaw Chilled Pears Dessert
18 Bacon & Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin	19 Ham Sandwich Deluxe Potato Soup Pea Salad Fresh Fruit Tray Dessert	20	21 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert	22 Pepper Steak Steamed Rice Tossed Veggie Salad Mandarin Oranges WW Roll Dessert
25 Oven Fried Chicken Mashed Potatoes / Gravy Green Beans Grapes WW Roll Bar Cookies	26 Roast Turkey Mashed Potatoes / Gravy Green Bean Casserole Broccoli Salad Cranberry Sauce Roll Pumpkin Pie	27	28 CLOSED 	29 CLOSED

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TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <p>Established 1975</p>		1 Pot Roast Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert
4 Chicken & Wild Rice Soup Tossed Salad Cucumber Slices Tropical Fruit Mozzarella Breadstick Dessert	5 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Oatmeal Cookies	6 Baked Fish Fillet Garlic Parmesan Pasta Caribbean Veggies Spinach Salad Pudding/Berry Parfait	7 Turkey Sandwich Deluxe Vegetable Soup Tossed Salad Orange Quarters Dessert	8 Beef Tacos Southwest Salad Waldorf Salad Dessert
11 CLOSED 	12 Biscuits & Gravy Oven Browned Potatoes V-8 or Fruit Juice Orange Quarters Dessert	13 Swedish Meatballs Egg Noodles / Gravy Glazed Carrots Caesar Salad Cherries & Pineapple Dessert	14 Shepherd's Pie Mixed Greens Salad Chilled Pears WW Roll Dessert	15 Bacon & Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin
18 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Quarters Dessert	19 Fish Sandwich Deluxe Potato Wedges Coleslaw Chilled Pears Dessert	20 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert	21 Hamburger Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Apple Crisp	22 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert
25 Cheese Stuffed Shells Peas Spinach Salad Waldorf Salad Breadstick Dessert	26 Beef & Broccoli Stir Fry Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	27 Roast Turkey Green Bean Casserole Mashed Potatoes Green Salad Cranberry Salad Stuffing Pumpkin Pie	28 CLOSED 	29 CLOSED

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TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Fish Fillet Wild Rice Caribbean Veggies Spinach Salad WW Roll Berry & Pudding Parfait
4 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	5	6	7 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Mixed Fresh Fruit Biscuit Dessert	8 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Quarters Dessert
11 CLOSED 	12	13	14 Pot Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert	15 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert
18 Chili Stuffed Baked Potato Tortilla Chips Mixed Greens Salad Chilled Pears Dessert	19	20	21 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	22 Hamburger Steak Mashed Potatoes/Gravy Buttered Corn WW Roll Apple Crisp
25 Roast Turkey Mashed Potatoes Green Bean Casserole Broccoli Salad Cranberry Sauce Pumpkin Pie	26	27	28 CLOSED 	29 CLOSED

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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
				1 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert
4	5 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Mixed Fresh Fruit Biscuit Dessert	6 Ham Au Gratin Potatoes Buttered Peas Pineapple WW Roll Oatmeal Cookie	7 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	8 Meatloaf Mashed Potatoes / Gravy Trio Veggies Spiced Salad Chilled Pears WW Roll Dessert
11 CLOSED 	12 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	13 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	14 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Quarters Dessert	15 Chili Stuffed Baked Potato Mixed Greens Salad Chilled Pears Tortilla Chips
18	19 Hamburger Steak Mashed Potatoes/ Gravy Buttered Corn Garden Salad WW Roll Apple Crisp	20 Fish Sandwich Deluxe Potato Wedges Coleslaw Chilled Pears Dessert	21 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert	22 Roast Turkey Stuffing & Gravy Green Bean Casserole Broccoli Salad Waldorf Salad Pumpkin Pie
25 	26 Beef & Broccoli Stir Fry Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	27 French Dip Sandwich Jo Jo's Tossed Salad Fruit Tray Dessert	28 CLOSED	29 CLOSED

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