



# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

## TO CHANGE OR CANCEL MEALS


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	5 Pulled Pork Sandwich Sweet Potato Waffle Fries Three Bean Salad Banana Dessert	6	7 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Caesar Salad Fruit Salad WW Roll Dessert
10	11 Salisbury Steak with Mushroom Gravy Mashed Potatoes Buttered Carrots Pears WW Roll Rice Krispies Treats	12 Bacon, Broccoli & Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin	13	14 Corned Beef & Cabbage Potatoes & Carrots Tropical Fruit WW Roll Pistachio Pudding
17	18 Vegetable Lasagna Caesar Salad Cinnamon Pears Garlic Bread Dessert	19 Cheeseburger Pie Pea Salad Fruit Tray Dessert	20	21 Salmon with Dill Sauce Rice Pilaf Normandy Vegetables Garden Salad Waldorf Salad WW Roll Dessert
24	25 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Dessert	26 Tater Tot Casserole Green Beans Cucumber Salad Apricots WW Roll Rice Krispies Treats	27	28 Rueben Bake Sweet Potato Fries Garden Salad Mandarin Oranges Dessert
31				

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

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

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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
3 Meatloaf Mashed Potatoes / Gravy Green Beans Applesauce WW Roll Oatmeal Cookie	4	5 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexi Slaw Mandarin Oranges Dessert	6	7 Cheeseburger Pie Pea Salad Fruit Tray Dessert
10 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats	11	12 Chicken Fettuccine Steamed Carrots Spinach Sala Tropical Fruit Dessert	13	14 Baked Fish Rice Pilaf Normandy Veggies Tossed Salad Apple Celery Salad Garlic Bread Dessert
17 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert	18	19 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	20	21 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple WW Roll Dessert
24 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Salad WW Roll Apple Crisp	25	26 Beef Tacos Spanish Rice Fresh Salsa Mandarin Oranges Dessert	27	28 Scrambled Eggs Sausage Patty Potatoes O'Brien Juice Peaches Cereal Bar Muffin
31 Veggie Lasagna Caesar Salad Cinnamon Pears Garlic Bread 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</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			

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# CHELAN

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509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatloaf Mashed Potatoes / Gravy Green Beans Applesauce WW Roll Oatmeal Cookie	4 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert	5 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexi Slaw Mandarin Oranges Dessert	6 BBQ Riblets Mac & Cheese Green Beans Cabbage / Apple Slaw Orange Quarters Dessert	7 Cheeseburger Pie Pea Salad Fruit Tray Dessert
10 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats	11 Broccoli, Bacon and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin	12 Chicken Fettuccine Steamed Carrots Spinach Sala Tropical Fruit Dessert	13 Salisbury Steak with Mushroom Gravy Egg Noodles Buttered Carrots Spiced Salad Pears Dessert	14 Baked Fish Rice Pilaf Normandy Veggies Tossed Salad Apple Celery Salad Garlic Bread Dessert
17 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert	18 Roast Beef Mashed Potatoes Trio Vegetables Broccoli Salad Mixed Berries WW Roll Dessert	19 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	20 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	21 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple WW Roll Dessert
24 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Salad WW Roll Apple Crisp	25 Salmon with Dill Sauce Garlic / Parmesan Pasta Chalet Veggie Blend Garden Salad Waldorf Salad Dessert	26 Beef Tacos Spanish Rice Fresh Salsa Mandarin Oranges Dessert	27 Baked Chicken Wild Rice Roasted Squash Three Bean Salad Peaches Bread Pudding	28 Scrambled Eggs Sausage Patty Potatoes O'Brien Juice Peaches Cereal Bar Muffin
31 Veggie Lasagna Caesar Salad Cinnamon Pears Garlic Bread 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</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			

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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
3	4 Tater Tot Casserole Cucumber & Tomato Salad Apricots WW Roll Rice Krispies Treats	5 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert	6 Cheeseburger Deluxe Jo Jo's Three Bean Salad Banana Dessert	7 Salmon with Dill Sauce Garlic Parmesan Pasta Normandy Vegetables Garden Salad Waldorf Salad Dessert
10	11 Pork Roast Mashed Potatoes / Gravy Buttered Corn Spinach Salad Apple Crisp	12 Chili Stuffed Potato Green Salad Peaches Corn Chips Dessert	13 Bacon & Swiss Quiche Steamed Broccoli Crunchy Pea Salad Grapes Blueberry Muffin	14 Corned Beef & Cabbage Potatoes & Carrots Tropical Fruit WW Roll Pistachio Pudding
17	18 Chicken Fettuccine Steamed Carrots Spring Salad Tropical Fruit Dessert	19 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	20 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Tossed Salad WW Roll Apple Crisp	21 Baked Fish Fillet Rice Pilaf Asian Vegetables Spinach Salad Grapes Lemon Bars
24	25 BBQ Country Style Ribs Mac & Cheese Green Beans Cabbage & Apple Slaw Orange Quarters Dessert	26 Baked Chicken Rosemary Potatoes Roasted Squash Peaches Bread Pudding	27 Beef Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert	28 Tuna Noodle Casserole Peas & Carrots Spiced Salad Waldorf Salad Dessert
31	<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</p> <p>FEE for persons under age 60 is \$9.00</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
3	4 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple & Cherries Dessert	5 Salmon with Dill Sauce Garlic Parmesan Pasta Chalet Vegetable Blend Caesar Salad Dessert	6 BBQ Country Style Ribs Mac & Cheese Green Beans Cabbage & Apple Slaw Orange Quarters Dessert	7
10	11 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert	12 Sweet & Sour Pork Steamed Rice Spinach Salad Pineapple Garlic Bread Dessert	13 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	14
17	18 Teriyaki Beef on Rice Stir Fry Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	19 Pork Chops Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert	20 Beef Tacos Spanish Rice Fresh Salsa Mandarin Oranges Dessert	21
24	25 Biscuits & Gravy Hash Brown Potatoes Fresh Fruit Juice Blueberry Muffin	26 Salisbury Steak with Mushroom Gravy Egg Noodles Buttered Carrots Tossed Salad Pears Dessert	27 Ham Sandwich Split Pea Soup Cucumber Salad Tropical Fruit Dessert	28
31	<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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# ENTIAT

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509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatloaf Mashed Potatoes / Gravy Green Beans Applesauce WW Roll Oatmeal Cookie	4	5	6 BBQ Riblets Mac & Cheese Green Beans Cabbage / Apple Slaw Orange Quarters Dessert	7
10 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats	11	12	13 Salisbury Steak with Mushroom Gravy Egg Noodles Buttered Carrots Spiced Salad Pears Dessert	14
17 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert	18	19	20 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	21
24 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Salad WW Roll Apple Crisp	25	26	27 Baked Chicken Wild Rice Roasted Squash Three Bean Salad Peaches Bread Pudding	28
31 Veggie Lasagna Caesar Salad Cinnamon Pears Garlic Bread 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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# GRAND COULEE

PLEASE CALL 509-633-2321 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bacon & Eggs Hash Browns Juice Fruit Toast	4 Chicken Fettuccine Steamed Carrots Spinach Salad Tropical Fruit Dessert	5 Teriyaki Beef on Rice Stir Fry Veggies Asian Coleslaw Tropical Fruit Egg Roll Dessert	6 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	7 German Sausage Scrambled Eggs Potatoes O'Brien Juice Fruit
10 Ham & Eggs Hash Browns French Toast Juice Fresh Fruit	11 Indian Tacos with Fixings Spanish Rice Mandarin Oranges Fresh Salsa Dessert	12 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Apples Dessert	13 Pot Roast Potatoes & Carrots Trio Veggies Green Salad Mixed Fruit WW Roll Dessert	14 Biscuits & Gravy Hash Browns Juice Fruit Muffin
17 Ham & Eggs Potatoes & Onions with Gravy Juice Fruit Toast	18 Corned Beef & Cabbage Potatoes & Carrots Tropical Fruit WW Roll Pistachio Pudding	19 Baked Chicken Stuffing & Gravy Mixed Vegetables Tossed Salad Applesauce Dessert	20 Hawaiian Style Pizza Salad Bar Fruit Bar Dessert	21 2-2-2 Breakfast 2 Eggs 2 Sausage Links Hash Browns Juice Fruit 2 Toast
24 Breakfast Casserole Juice Fruit Toast	25 Cheeseburger Meatloaf Baked Potato Trio Veggies Tossed Salad Peaches WW Roll Dessert	26 Sweet & Sour Chicken Rice Spinach Salad Mandarin Oranges Dessert	27 Chili with Cheese Baked Potato Green Salad Apricots Dessert	28 Omelet with Meat Hash Browns Juice Fruit Toast
31 Biscuits & Gravy Hash Browns Juice Fruit Muffin	<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</p> <p>FEE for persons under age 60 is \$9.00</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
3 Pulled Pork Sandwich Sweet Potato Waffle Fries Coleslaw Mixed Fruit Dessert	4	5 Roast Beef Mashed Potatoes / Gravy Beets Green Salad Mixed Berries WW Roll Dessert	6 Salmon w/Dill Sauce Garlic & Parmesan Pasta Chalet Veggie Blend Garden Salad Waldorf Salad Dessert	7
10 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Bread or Roll Rice Krispies Treats	11	12 Scalloped Potato & Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies	13 Baked Chicken Wild Rice Squash 3 Bean Salad Peaches Garlic Bread Dessert	14
17 Corned Beef & Cabbage Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding	18	19 Scrambled Eggs Sausage Patty Potatoes O'Brien Juice Grapefruit Muffin	20 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexi Slaw Mandarin Oranges Dessert	21
24 Ham Sandwich Split Pea Soup Cucumber Salad Fruit Tray Dessert	25	26 Taco Salad Mexican Rice Fresh Salsa Fruit Juice Dessert	27 Chicken Fettuccine Steamed Carrots Spinach Salad Pears Dessert	28
31 Cheeseburger Pie Pea Salad Fruit Tray 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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# OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
3 Salisbury Steak with Mushroom Gravy Egg Noodles Venetian Vegetables Spiced Salad Pears Dessert	4 Stuffed Pepper Casserole Steamed Carrots Orange Quarters WW Roll Dessert	5 Chili Dog Green Beans Green Salad Peaches Dessert	6 Biscuits & Gravy Hash Browns Juice Fruit  <i>No Home Delivery</i>	7 Salmon with Dill Sauce Garlic Parmesan Pasta Chalet Veggie Blend Garden Salad Waldorf Salad Dessert
10 Pork Roast Mashed Potatoes / Gravy Green Beans Grapes WW Roll Rice Krispies Treats	11 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert	12 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Chilled Pears Dessert	13 Scrambled Eggs Sausage Links Potatoes O'Brien Juice Fruit Waffle  <i>No Home Delivery</i>	14 Baked Fish Rice Pilaf Normandy Veggies Tossed Salad Apple Celery Salad Garlic Bread Dessert
17 Corned Beef & Cabbage Potatoes & Carrots Tropical Fruit WW Roll Pistachio Pudding	18 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies	19 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	20 Breakfast Burrito Juice Fruit Pastry  <i>No Home Delivery</i>	21 Baked Fish Rice Pilaf Asian Vegetables Spinach Salad Grapes WW Roll Dessert
24 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats	25 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert	26 BBQ Country Style Ribs Mac & Cheese Green Beans Cabbage & Apple Slaw Orange Quarters Dessert	27 Scrambled Eggs Bacon Country Potatoes Juice Fruit French Toast  <i>No Home Delivery</i>	28 Chicken Fettuccine Steamed Carrots Spinach Salad Tropical Fruit Dessert
31 Vegetable Lasagna Caesar Salad Cinnamon Pears Garlic Bread 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</p> <p>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
3 BBQ Country Style Ribs Mac & Cheese Green Beans Cabbage Apple Slaw Orange Quarters Dessert	4 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Dessert	5	6 Hawaiian Chicken Wild Rice Blend Key West Veggies Garden Salad Pineapple WW Roll Dessert	7 Salmon with Dill Sauce Garlic Parmesan Pasta Chalet Veggie Blend Mixed Greens Salad Waldorf Salad Dessert
10 Scalloped Potato and Ham Casserole Steamed Carrots Broccoli Salad Pineapple WW Roll Oatmeal Cookie	11 Roast Beef Mashed Potatoes / Gravy Trio Veggies Spring Salad Mixed Berries WW Roll Dessert	12	13 Chili Stuffed Potato Green Salad Peaches Corn Chips Dessert	14 Baked Fish Rice Pilaf Normandy Veggies Coleslaw Apple Celery Salad Garlic Bread Dessert
17 Corned Beef & Cabbage Potatoes & Carrots Tropical Fruit WW Roll Pistachio Pudding	18 Pulled Pork Sandwich Sweet Potato Fries Three Bean Salad Grapes Dessert	19	20 California Chicken Casserole Lettuce & Tomato Salad Cinnamon Pears Dessert	21 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert
24 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert	25 Ham Sandwich Navy Bean Soup Cucumber Salad Banana Dessert	26	27 Baked Chicken Wild Rice Roasted Squash Three Bean Salad Apricots Bread Pudding	28 Lasagna with Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert
31 Chicken Florentine Tossed Salad Peaches WW Roll 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</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			

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# TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

## TO CHANGE OR CANCEL MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY—CLOSED

<p>3 Beef Tacos Spanish Rice Fresh Salsa Mandarin Oranges Dessert</p>	<p>4 Tuna Noodle Casserole Peas &amp; Carrots Spiced Salad Waldorf Salad Dessert</p>	<p>5 Bacon, Broccoli and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>6 Chicken Fettuccine Steamed Carrots Spinach Salad Tropical Fruit Dessert</p>	<p>7</p>
<p>10 Salmon with Dill Sauce Garlic Parmesan Pasta Normandy Veggies Garden Salad Waldorf Salad Dessert</p>	<p>11 Cheeseburger Pie Pea Salad Fruit Tray Dessert</p>	<p>12 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad Dessert</p>	<p>13 Pork Roast Mashed Potatoes / Gravy Green Beans Orange Quarters WW Roll Rice Krispy Treats</p>	<p>14</p>
<p>17 Corned Beef &amp; Cabbage Potatoes &amp; Carrots Tropical Fruit WW Roll Pistachio Pudding</p>	<p>18 Breakfast Sandwich Sausage, Cheese &amp; Egg Potatoes O'Brien Juice Berry/Yogurt Parfait</p>	<p>19 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple WW Bread or Roll Dessert</p>	<p>20 Tater Tot Casserole Cuke &amp; Tomato Salad Apricots WW Roll Oatmeal Cookie</p>	<p>21</p>
<p>24 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert</p>	<p>25 Vegetable Lasagna Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>	<p>26 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies</p>	<p>27 Chicken Enchiladas Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert</p>	<p>28</p>
<p>31 BBQ Country Style Ribs Mac &amp; Cheese Green Beans Cabbage &amp; Apple Slaw Orange Quarters Dessert</p>	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			

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# TWISP

HOME DELIVERED CLIENTS: 509-826-7979

## TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert	4	5	6 Cheeseburger Deluxe Jo Jo's Three Bean Salad Banana Dessert	7 Salmon with Dill Sauce Garlic Parmesan Pasta Chalet Vegetables Garden Salad Waldorf Salad Dessert
10 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats	11	12	13 Baked Chicken Wild Rice Roasted Squash Mixed Greens Salad Peaches Bread Pudding	14 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert
17 Corned Beef & Cabbage Potatoes & Carrots Tropical Fruit WW Roll Pistachio Pudding	18	19	20 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	21 Baked Fish Fillet Rice Pilaf Asian Vegetables Spinach Salad Grapes WW Roll Dessert
24 Lasagna Green Beans Tossed Salad Pears Dessert	25	26	27 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple WW Roll Dessert	28 Biscuits & Gravy Hash Brown Potatoes Fresh Fruit Juice Muffin
31 Roast Beef Mashed Potatoes / Gravy Trio Veggies Broccoli Salad Mixed Berries WW Roll Dessert	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			

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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
3	4 Pulled Pork Sandwich Sweet Potato Waffle Fries Coleslaw Mixed Fruit Dessert	5 Chicken Fettuccine Steamed Carrots Spinach Salad Tropical Fruit Dessert	6 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	7 Pork Chops Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert
10	11 Cheeseburger Deluxe Jo Jo's Coleslaw Banana Dessert	12 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Tossed Green Salad Apple Crisp	13 Lemon Pepper Fish Rice Pilaf Asian Vegetables Spinach Salad Grapes WW Roll Dessert	14 Sweet & Sour Pork Steamed Rice Cucumber Salad Mandarin Oranges Garlic Bread Dessert
17	18 Corned Beef & Cabbage Potatoes & Carrots Tropical Fruit WW Roll Pistachio Pudding	19 Chicken Enchiladas Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert	20 Tuna Noodle Casserole Peas & Carrots Spiced Salad Waldorf Salad Dessert	21 Biscuits & Gravy Hash Browns Juice Fresh Fruit Blueberry Muffin
24	25 Salisbury Steak and Mushroom Gravy Mashed Potatoes Buttered Carrots Pears WW Roll Rice Krispies Treats	26 Salmon with Dill Sauce Garlic / Parmesan Pasta Chalet Vegetable Blend Garden Salad Waldorf Salad Dessert	27 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookie	28 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert
31	<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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