

BREWSTER - BRIDGEPORT—PATEROS Home delivered clients: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ation for seniors over age 60 is s under age 60 is \$12.00	\$5.00	1	2 Fish & Chips Cabbage & Apple Slaw Fruit Cocktail Rice Krispies Treats
5	6 Honey Dijon Chicken Wild Rice Beets Spring Salad Banana WW Roll Dessert	7 Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad WW Roll Apple Crisp	8	9 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Dessert
12	13 Pizza Casserole Caesar Salad Fruit Salad Dessert	14 Biscuits & Gravy Oven Brown Potatoes Fresh Fruit Juice Dessert	15	16 Beef Stew Spinach Salad Banana Biscuit Cereal Bar
19 CLOSED Presidents day!	20 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	21 White Bean Chicken Chili Coleslaw Peaches Corn Bread Dessert	22	23 Ham Steak Scalloped Potatoes Spinach Salad Pineapple WW Roll Tapioca Pudding
26	27 Paprika Chicken Egg Noodles Greek Salad Fruit Salad Sugar Cookies	28 Italian Rice & Beef Caesar Salad Apple Slices Dessert	29	OCTN MISSION NUTRITION! Established 1975

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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
	onation for seniors over age 6 ons under age 60 is \$12.00	50 is \$5.00	1	2 Beef Stew Spinach Salad Fruit Cocktail Biscuit Cereal Bar
5 Teriyaki Beef Rice Oriental Vegetables Asian Style Slaw Mandarin Oranges Egg Roll Dessert	6	7 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Peaches Dessert	8	9 Lemon Baked Fish Wild Rice Asparagus Green Salad Orange Quarters Focaccia Bread Dessert
12 Hamburger Steak with Grilled Onions Twice Bake Style Potato Casserole Trio Veggies Garden Salad Apple Crisp	13	14 Hot Turkey Sandwich Mashed Potatoes Green Beans Cranberry Salad WW Roll Pumpkin Pie	15	16 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert
19 CLOSED Presidents day!	20	21 Biscuits & Gravy Oven Brown Potatoes Juice Fresh Fruit Dessert	22	23 Pepper Steak Rice Garden Salad Cinnamon Pears WW Roll Dessert
26 Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad WW Roll Peach Crisp	27	28 Beef Taco Pie Baja Veggie Blend Garden Salad Spiced Applesauce Dessert	29	OCTN MISSION NUTRITION! Established 1975

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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
	tion for seniors over age 60 is under age 60 is \$12.00	\$5.00	1 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Apple Crisp	2 Beef Stew Spinach Salad Fruit Cocktail Biscuit Cereal Bar
5 Teriyaki Beef Rice Oriental Vegetables Asian Style Slaw Mandarin Oranges Egg Roll Dessert	6 Chicken Parmesan Pasta Marinara Steamed Broccoli 7 Layer Salad Berry Crisp	7 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Peaches Dessert	8 White Bean Chicken Chili Corn Chips Spinach Salad Chilled Pears Cornbread Dessert	9 Lemon Baked Fish Wild Rice Asparagus Green Salad Orange Quarters Focaccia Bread Dessert
12 Hamburger Steak with Grilled Onions Twice Bake Style Potato Casserole Trio Veggies Garden Salad Apple Crisp	13 Veggie Tortellini Soup String Cheese 7 Layer Salad Pears Bread Stick Dessert	14 Hot Turkey Sandwich Mashed Potatoes Green Beans Cranberry Salad WW Roll Pumpkin Pie	15 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	16 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert
19 CLOSED Presidents day!	20 Roast Beef 1/2 Baked Potato Buttered Corn Spinach Salad WW Roll Fruit Ambrosia	21 Biscuits & Gravy Oven Brown Potatoes Juice Fresh Fruit Dessert	22 Chicken Fettuccine Zucchini Tomato Bake Greek Salad Fruit Salad Dessert	23 Pepper Steak Rice Garden Salad Cinnamon Pears WW Roll Dessert
26 Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad WW Roll Peach Crisp	27 Chicken Burger Deluxe Sweet Potato Fries Coleslaw Waldorf Salad Dessert	28 Beef Taco Pie Baja Veggie Blend Garden Salad Spiced Applesauce Dessert	29 Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Garlic Bread Dessert	OCTN MISSION NUTRITION! Established 1975

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

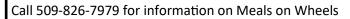


DAVENPORT PLEASE CALL 509-725-7055 TO RESERVE MEALS 509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for \$5.00 FEE for persons under a			1 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Apple Crisp	2
5	6 Teriyaki Beef Rice Oriental Veggies Spinach Salad Mandarin Oranges Garlic Bread Dessert	7 Ham Steak Scalloped Potatoes Green Beans Pineapple WW Roll Dessert	8 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Tropical Fruit Dessert	9
12	13 Chicken Stir Fry Steamed Rice Coleslaw Pineapple Egg Roll Dessert	14 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	15 Beef Stew Spinach Salad Banana Biscuit Cereal Bar	16
19 CLOSED Presidents day!	20 Ham & Cheese Sandwich Tomato Rice Soup Three Bean Salad Peaches Dessert	21 Fish & Chips Cabbage & Apple Slaw Fruit Cocktail Rice Krispies Treats	22 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert	23
26	27 Chicken Parmesan Garlic Pasta Steamed Broccoli 7 Layer Salad Fruited Jell-O	28 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad WW Roll Apple Crisp	29 Pepper Steak Rice Garden Salad Cinnamon Pears WW Roll Dessert	OCTN MISSION NUTRITION! Established 1975

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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
	nation for seniors over age 6 ns under age 60 is \$12.00	0 is \$5.00	1 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Apple Crisp	2
5 Teriyaki Beef Rice Oriental Vegetables Asian Style Slaw Mandarin Oranges Egg Roll Dessert	6	7	8 White Bean Chicken Chili Corn Chips Spinach Salad Chilled Pears Cornbread Dessert	9
12 Hamburger Steak with Grilled Onions Twice Bake Style Potato Casserole Trio Veggies Garden Salad Apple Crisp	13	14	15 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	16
19 CLOSED Presidents day!	20	21	22 Chicken Fettuccine Zucchini Tomato Bake Greek Salad Fruit Salad Dessert	23
26 Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad WW Roll Peach Crisp	27	28	29 Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Garlic Bread Dessert	OCTN MISSION NUTRITION! Established 1975

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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 senic \$5.00 FEE for persons under age 60			1 Fish Sandwich Jo Jo's Cabbage & Apple Slaw Banana Dessert	2
5 BBQ Country Style Ribs Mac & Cheese Green Beans Tossed Salad Peaches Dessert	6	7 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Applesauce Dessert	8 Chicken King Ranch Casserole Baja Veggie Blend Mixed Greens Salad Apricots Cornbread Dessert	9
12 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Juice Dessert	13	14 Chicken Burger Deluxe Waffle Fries Coleslaw Apple Crisp	15 Hamburger Steak with Grilled Onions & Gravy Mashed Potatoes Peas Garden Salad	16
19 CLOSED Presidents day!	20	21 Beef Taco Pie Baja Vegetable Blend Garden Salad Applesauce Dessert	23 Country Fried Steak Mashed Potatoes & Gravy Carrots Chilled Pears WW Roll Dessert	24
26 Chicken Salad Sandwich Vegetable Soup Fruit Tray Dessert	27	28 Beef Stew Tossed Salad Banana Biscuit Cereal Bar	29 Honey Dijon Chicken Garden Rice Beets Mixed Greens Salad Peaches WW Roll Dessert	OCTN MISSION NUTRITION! Established 1975

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OKANOGAN / OMAK HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

OKANOGAN	ΟΜΑΚ	OKANOGAN	OKANOGAN 9am	OMAK
Suggested donation for FEE for persons under a	seniors over age 60 is \$5.00 age 60 is \$12.00		1 Ham Steak Breakfast Potatoes Juice Strawberries Waffles No Home Delivery	2 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert
5 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Peaches Dessert	6 Honey Dijon Chicken Garden Rice Beets Mixed Greens Salad Banana WW Roll Dessert	7 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Green Salad WW Roll Apple Crisp	8 Farmer's Casserole V-8 Juice Orange Quarters Cereal Bar Muffin No Home Delivery	9 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispy Treats
12 Hamburger Steak with Grilled Onions Twice Bake Style Potatoes 4 Way Veggie Blend Garden Salad WW Roll Berry Crisp	13 Pork Stir Fry Steamed Rice Coleslaw Mandarin Oranges Egg Roll Dessert	14 Chicken Parmesan Pasta Marinara Steamed Broccoli 7 Layer Salad Focaccia Bread Dessert	15 Cheese Omelet Bacon Fried Potatoes Fresh Fruit Waffle No Home Delivery	16 Beef Stroganoff Green Beans Tossed Green Salad French Bread Apricots Dessert
19 CLOSED Presidents day!	20 Tomato Rice Soup Ham & Cheese Sandwich Three Bean Salad Orange Quarters Dessert	21 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Pears WW Bread or Roll Dessert	22 Sausage Patty Breakfast Potatoes Juice Fresh Fruit French Toast Sticks No Home Delivery	23 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Apple Slices Dessert
26 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Cranberry Salad Dessert	27 Ham Steak Scalloped Potatoes Spinach Salad Pineapple WW Roll Tapioca Pudding	28 Cheese Ravioli/Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Garlic Bread Dessert	29 Biscuits & Gravy Scrambled Eggs Hash Browns Juice Fresh Fruit No Home Delivery	OCTN MISSION NUTRITION! Established 1973

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OROVILLE HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
Suggested donation for sen FEE for persons under age 6			1 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	2 Pork Chops Mashed Potatoes/Gravy Green Salad Waldorf Salad Bread Pudding
5 Hamburger Steak with Grilled Onions Twice Bake Style Potatoes Trio Veggies Garden Veggie Salad Berry Crisp	6 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	7	8 Hot Turkey Sandwich Mashed Potatoes/Gravy Buttered Carrots Cranberry Salad WW Roll Dessert	9 Beef Stroganoff Green Beans Tossed Green Salad Apricots Dessert
12 Bacon & Egg Salad Sandwich Vegetable Soup Cucumber Slices Orange Quarters Dessert	13 Spaghetti & Meat Sauce Caesar Salad Chilled Pears Garlic Bread Dessert	14	15 Roast Beef 1/2 Baked Potato Spinach Salad Mixed Berries WW Roll Dessert	16 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats
19 CLOSED Presidents day!	20 Pepper Steak Rice Garden Salad Cinnamon Pears WW Roll Dessert	21	22 Yakisoba (Beef & Noodles) Stir Fry Veggies Coleslaw Mandarin Oranges Dessert	23 White Bean Chicken Chili Spinach Salad Peaches Cornbread Dessert
26 Biscuits & Gravy Oven Brown Potatoes Juice Fresh Fruit Dessert	27 Beef Stew Tossed Salad Banana Biscuit Cereal Bars	28	29 Chicken Burger Deluxe Sweet Potato Fries Coleslaw Waldorf Salad Dessert	OCTN MISSION NUTRITION! Established 1973

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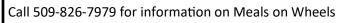


TONASKET HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for s FEE for persons under ag	eniors over age 60 is \$5.00 e 60 is \$12.00		1 Teriyaki Beef on Rice Oriental Vegetables Cucumber Salad Mandarin Oranges Egg Roll Dessert	2 Chicken Florentine over Fettuccine Noodles Garden Salad Fresh Fruit Dessert
5 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats	6 Chicken Salad Sandwich Vegetable Soup Sweet Potato Fries Grapes Dessert	7 Beef Stew Spinach Salad Banana Biscuit Cereal Bar	8 Beef Stroganoff Green Beans Tossed Green Salad Apricots Dessert	9 Ham Steak Scalloped Potatoes Broccoli Salad Pineapple WW Roll Tapioca Pudding
12 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Orange Quarters Dessert	13 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	14 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	15 Beef & Broccoli Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Roll Dessert	16 Tuna Noodle Casserole Peas & Carrots Spring Salad Fruit Salad Dessert
19 CLOSED Presidents day!	20 Smothered Pork Chops Mashed Potatoes Spinach Salad Waldorf Salad Bread Pudding	21 Chicken Parmesan Pasta Marinara Steamed Broccoli 7 Layer Salad Focaccia Bread Berry Parfait	22 Cabbage Roll Casserole Tossed Salad Strawberries & Bananas WW Roll Dessert	23 Scrambled Eggs Sausage Potatoes O'Brien Stewed Tomatoes Mixed Fruit Pancakes
26 White Bean Chicken Chili Corn Chips Greek Salad Fresh Fruit Corn Bread Dessert	27 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Peaches Dessert	28 Veggie Tortellini Soup Cottage Cheese Tossed Salad Pears Bread Stick Dessert	29 Hamburger Steak with Grilled Onions Trio Vegetables Twice Bake Potato Cass. 7 Layer Salad Apple Crisp	OCTN MISSION NUTRITION! Established 1973

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TWISP HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation fo is \$5.00 FEE for persons under			1 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Cranberry Salad Oatmeal Cookies	2 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Tropical Fruit Dessert
5 Split Pea & Ham Soup Turkey Sandwich Apple Wedges Peaches Dessert	6	7	8 Biscuits & Gravy Oven Brown Potatoes Fresh Fruit Juice Dessert	9 Hamburger Steak with Grilled Onions Twice Bake Style Potatoes Buttered Corn Garden Veggie Salad Berry Crisp
12 Beef Taco Pie Baja Veggie Blend Garden Salad Spiced Applesauce Dessert	13	14	15 Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad WW Roll Apple Crisp	16 Honey Dijon Chicken Garden Rice Beets Mixed Greens Salad Banana WW Roll Dessert
19 CLOSED Presidents day!	20	21	22 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	23 Chicken Salad Croissant Vegetable Soup Grapes Dessert
26 Roast Beef 1/2 Baked Potato Green Beans WW Roll Pear Crisp	27	28	29 Tomato Rice Soup Ham & Cheese Sandwich Three Bean Salad Orange Quarters Dessert	OCTN MISSION NUTRITION! Established 1975

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WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

THURSDAY

MONDAY

TUESDAY

WEDNESDAY

FRIDAY

WONDAY	TUESDAY	WEDNESDAY	THUKSDAY	FRIDAY
Suggested donation for s FEE for persons under ag	seniors over age 60 is \$5.00 ge 60 is \$12.00		1 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Apple Crisp	2 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Tropical Fruit Dessert
5	6 Hamburger Steak with Grilled Onions Twice Bake Style Potato Trio Veggies Garden Salad Berry Crisp	7 Fish & Chips Cabbage & Apple Slaw Fruit Cocktail Rice Krispies Treats	8 Bacon & Egg Salad Sandwich on Croissant Vegetable Soup Cucumber Slices Grapes Dessert	9 Meatloaf Mashed Potatoes/Gravy Green Beans WW Roll Apple Crisp
12	13 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Mixed Greens Salad Chilled Pears WW Roll Dessert	14 Pork Chops Stuffing & Gravy Buttered Peas Green Salad Waldorf Salad Dessert	15 Cabbage Rolls Spiced Salad Strawberries & Bananas WW Roll Dessert	16 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Cranberry Salad Dessert
19 CLOSED Presidents day!	20 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Egg Roll Dessert	21 Cheese Ravioli/Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Garlic Bread Dessert	22 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	23 Split Pea & Ham Soup Turkey Sandwich Apple Wedges Peaches Dessert
26	27 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	28 Chicken Salad Sandwich Vegetable Soup Grapes Dessert	29 Pizza Casserole Spring Salad Dessert	OCTN MISSION NUTRITION! Established 1975

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