

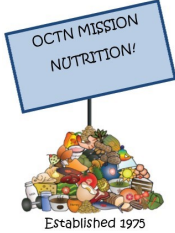




BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			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 	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	

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OKANOOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS


OKANOOGAN

OMAK

OKANOOGAN

OKANOOGAN 9am

OMAK

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

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OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			<p>1</p> <p>Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>2</p> <p>Pork Chops Mashed Potatoes/Gravy Green Salad Waldorf Salad Bread Pudding</p>
<p>5</p> <p>Hamburger Steak with Grilled Onions Twice Bake Style Potatoes Trio Veggies Garden Veggie Salad Berry Crisp</p>	<p>6</p> <p>Chicken Fajitas Southwest Salad Tropical Fruit Dessert</p>	<p>7</p>	<p>8</p> <p>Hot Turkey Sandwich Mashed Potatoes/Gravy Buttered Carrots Cranberry Salad WW Roll Dessert</p>	<p>9</p> <p>Beef Stroganoff Green Beans Tossed Green Salad Apricots Dessert</p>
<p>12</p> <p>Bacon & Egg Salad Sandwich Vegetable Soup Cucumber Slices Orange Quarters Dessert</p>	<p>13</p> <p>Spaghetti & Meat Sauce Caesar Salad Chilled Pears Garlic Bread Dessert</p>	<p>14</p>	<p>15</p> <p>Roast Beef 1/2 Baked Potato Spinach Salad Mixed Berries WW Roll Dessert</p>	<p>16</p> <p>Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats</p>
<p>19 CLOSED</p> 	<p>20</p> <p>Pepper Steak Rice Garden Salad Cinnamon Pears WW Roll Dessert</p>	<p>21</p>	<p>22</p> <p>Yakisoba (Beef & Noodles) Stir Fry Veggies Coleslaw Mandarin Oranges Dessert</p>	<p>23</p> <p>White Bean Chicken Chili Spinach Salad Peaches Cornbread Dessert</p>
<p>26</p> <p>Biscuits & Gravy Oven Brown Potatoes Juice Fresh Fruit Dessert</p>	<p>27</p> <p>Beef Stew Tossed Salad Banana Biscuit Cereal Bars</p>	<p>28</p>	<p>29</p> <p>Chicken Burger Deluxe Sweet Potato Fries Coleslaw Waldorf Salad Dessert</p>	

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TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

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

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TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			<p>1</p> <p>Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Cranberry Salad Oatmeal Cookies</p>	<p>2</p> <p>Lemon Baked Fish Pesto Pasta Asparagus Green Salad Tropical Fruit Dessert</p>
<p>5</p> <p>Split Pea & Ham Soup Turkey Sandwich Apple Wedges Peaches Dessert</p>	<p>6</p>	<p>7</p>	<p>8</p> <p>Biscuits & Gravy Oven Brown Potatoes Fresh Fruit Juice Dessert</p>	<p>9</p> <p>Hamburger Steak with Grilled Onions Twice Bake Style Potatoes Buttered Corn Garden Veggie Salad Berry Crisp</p>
<p>12</p> <p>Beef Taco Pie Baja Veggie Blend Garden Salad Spiced Applesauce Dessert</p>	<p>13</p>	<p>14</p>	<p>15</p> <p>Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad WW Roll Apple Crisp</p>	<p>16</p> <p>Honey Dijon Chicken Garden Rice Beets Mixed Greens Salad Banana WW Roll Dessert</p>
<p>19 CLOSED</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>	<p>23</p> <p>Chicken Salad Croissant Vegetable Soup Grapes Dessert</p>
<p>26</p> <p>Roast Beef 1/2 Baked Potato Green Beans WW Roll Pear Crisp</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>Tomato Rice Soup Ham & Cheese Sandwich Three Bean Salad Orange Quarters Dessert</p>	<p>OCTN MISSION NUTRITION!</p> <p>Established 1975</p>

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