



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Scrambled Eggs with Ham Hash Brown Potatoes V-8 Juice Fresh Fruit Pancake Muffin	2	3 Cabbage Patch Stew Tossed Salad Apple Slices Cornbread Dessert
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00				
6	7 Chicken Fettuccini Alfredo Zucchini/Tomato Bake Caesar Salad Apple Slices Dessert	8 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert	9	10 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert
13	14 Yankee Pot Roast & Gravy Roasted Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	15 Chicken Florentine Penne Pasta Caesar Salad Cherries & Pineapple Dessert	16	17 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Peach Crisp
20	21 Pork Roast & Gravy Stuffing Roasted Fall Veggies Spinach Salad Applesauce Dessert	22 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert	23	24 Quiche Bacon, Mushroom, Swiss Steamed Broccoli V-8 or Fruit Juice Chilled Pears Muffin
27	28 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	29 Cheeseburger Deluxe (Lettuce, Tomato, & Onion) Jo Jo's Coleslaw Sliced Pears Oatmeal Cookies	30	31 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert

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





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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

1
Beef Stroganoff
Steamed Carrots
Tossed Green Salad
Mixed Berries
Dessert

2

3
Lemon Baked Fish
Garlic Pasta
Glazed Carrots
Spring Salad
Peaches
Dessert

6
Meatloaf
Mashed Potatoes & Gravy
Green Beans
WW Roll
Pear Crisp

7

8
Tuna Noodle Casserole
w/ Cheese
Peas & Carrots
Caesar Salad
Oregon Berries
Dessert

9

10
Baked Honey Mustard
Chicken
Wild Rice
Key West Veggies
Spring Salad
Tropical Fruit
WW Roll
Dessert

13
Cabbage Patch Stew
Spiced Salad
Apple Slices
Cornbread
Dessert

14

15
Chicken Fried Steak
Mashed Potatoes &
Gravy
Corn
Lettuce & Tomato Salad
Cherry Crisp

16

17
Vegetarian Chili w/ Cheese
Tossed Salad
Fruit Salad
Cornbread
Dessert

20
Chicken Fettuccini Alfredo
Broccoli
Caesar Salad
Apple Slices
Dessert

21

22
Yankee Pot Roast
Roasted Potatoes & Car-
rots
Green Beans
Mixed Fruit
WW Roll
Rice Krispies Treat

23

24
Wild Rice & Ham Casserole
Green Beans
Broccoli Salad
Orange Quarters
WW Roll
Dessert

27
Fish & Chips
Potato Wedges
Coleslaw
Grapes
Rice Krispies Treat

28

29
Spaghetti & Meat Sauce
Caesar Salad
Apricots
Garlic Bread
Dessert

30

31
Pork Chops
Scalloped Potatoes
Peas & Carrots
Applesauce
WW Roll
Dessert

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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
<div> Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00 </div>		1 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert	2 Pork Roast Stuffing & Gravy Roasted Fall Veggies Spinach Salad Applesauce Dessert	3 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert
6 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	7 Personal Size Cheese Frittatas Potatoes O'Brien V-8 or Fruit Juice Banana Waffle with Fruit	8 Tuna Noodle Casserole w/ Cheese Peas & Carrots Caesar Salad Oregon Berries Dessert	9 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	10 Baked Honey Mustard Chicken Wild Rice Key West Veggies Spring Salad Tropical Fruit WW Roll Dessert
13 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	14 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert	15 Chicken Fried Steak Mashed Potatoes & Gravy Corn Lettuce & Tomato Salad Cherry Crisp	16 Pulled Pork Sandwiches Potato Salad Coleslaw Banana Dessert	17 Vegetarian Chili w/ Cheese Tossed Salad Fruit Salad Cornbread Dessert
20 Chicken Fettuccini Alfredo Broccoli Caesar Salad Apple Slices Dessert	21 Ham & Cheese Sandwich Lettuce & Tomato Tomato Basil Soup Peaches Dessert	22 Yankee Pot Roast Roasted Potatoes & Carrots Green Beans Mixed Fruit WW Roll Rice Krispies Treat	23 Chicken Fajitas Peppers & Onions Fresh Salsa Mandarin Oranges Tortillas Dessert	24 Wild Rice & Ham Casserole Green Beans Broccoli Salad Orange Quarters WW Roll Dessert
27 Fish & Chips Potato Wedges Coleslaw Grapes Rice Krispies Treat	28 Hawaiian Chicken Rice Asian Vegetables Tropical Fruit Dessert	29 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	30 Cheeseburger Deluxe Jo Jo's Three Bean Salad Sliced Pears Oatmeal Cookies	31 Pork Chops Scalloped Potatoes Peas & Carrots Applesauce WW Roll Dessert

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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
<div>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00</div>		1 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp	2 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	3 Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert
6	7 Chicken Fettuccine Zucchini / Tomato Bake Caesar Salad Apple Slices Dessert	8 Stuffed Pepper Casserole Mixed Greens Salad Pears Breadstick Dessert	9 Crunchy Chicken Salad Sandwich Minestrone Soup Grapes Dessert	10 Beef Stew Tossed Salad Orange Quarters Biscuit Dessert
13	14 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	15 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert	16 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	17 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Dessert
20	21 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp	22 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert	23 Honey Mustard Chicken Wild Rice Key West Veggies Mixed Greens Salad Tropical Fruit Dessert	24 Fish & Chips Coleslaw Grapes Rice Krispies Treats
27	28 Hot Tukey Sandwich Mashed Potatoes / Gravy Nantucket Veggies Chilled Peaches Pumpkin Pie	29 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	30 Sweet & Sour Pork over Noodles Stir Fry Veggies Asian Style Slaw Pineapple Dessert	31 Pulled Pork Sandwich Potato Salad Coleslaw Banana Dessert

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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

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

1
Yankee Pot Roast & Gravy
Roasted Potatoes & Carrots
Green Beans
Mixed Fruit
WW Roll
Dessert

2
Chicken Fried Steak
Mashed Potatoes & Gravy
Corn
Lettuce & Tomato Salad
Cherry Crisp

3

6

7
Hawaiian Chicken
Rice
Asian Vegetables
Coleslaw
Tropical Fruit
Dessert

8
Beef Stew
Tossed Salad
Orange Quarters
Biscuits
Dessert

9
Ham & Cheese Sandwich
Tomato Basil Soup
Peaches
Dessert

10

13

14
Spaghetti & Meat Sauce
Caesar Salad
Apricots
Garlic Bread
Dessert

15
Pork Chops
Scalloped Potatoes
Green Salad
Applesauce
WW Roll
Dessert

16
Meatloaf
Mashed Potatoes & Gravy
Green Beans
WW Roll
Pear Crisp

17

20

21
Beef Stroganoff
Steamed Carrots
Tossed Green Salad
Mixed berries
Dessert

22
Fish & Chips
Coleslaw
Grapes
Rice Krispy Treats

23
Pulled Pork Sandwich
Potato Salad
Three Bean Salad
Banana
Margarine
Sherbet

24

27

28
Pork Roast
Stuffing and Gravy
Roasted Fall Veggies
Spinach Salad
Applesauce
Dessert

29
Cheeseburger Deluxe
Jo Jo's
Coleslaw
Sliced Pears
Oatmeal Cookies

30
Chicken Fajitas
Fresh Salsa
Mandarin Oranges
Tortillas
Dessert

31

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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
<div> Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00 </div>		1	2 Pork Roast Stuffing & Gravy Roasted Fall Veggies Spinach Salad Applesauce Dessert	3
6 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	7	8	9 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	10
13 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	14	15	16 Pulled Pork Sandwiches Potato Salad Coleslaw Banana Dessert	17
20 Chicken Fettuccini Alfredo Broccoli Caesar Salad Apple Slices Dessert	21	22	23 Chicken Fajitas Peppers & Onions Fresh Salsa Mandarin Oranges Tortillas Dessert	24
27 Fish & Chips Potato Wedges Coleslaw Grapes Rice Krispies Treat	28	29	30 Cheeseburger Deluxe Jo Jo's Three Bean Salad Sliced Pears Oatmeal Cookies	31

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GRAND COULEE

PLEASE CALL 509-633-2321 BY NOON TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS


MONDAY 8-10am

TUESDAY 5pm

WEDNESDAY 5pm

THURSDAY 5pm

FRIDAY 8-10am

<div> Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00 </div>		1 Chicken Fried Steak Mashed Potatoes Country Gravy Corn Lettuce & Tomato Salad Cherry Crisp	2 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert	3 Eggs Your Way Bacon Hash Browns Juice Fruit Bowl Toast
6 Ham & Cheese Omelet Country Potatoes Juice Fruit Bowl Waffle	7 Pulled Pork Sandwich Potato Salad Three Bean Salad Banana Dessert	8 Beef Stew Cottage Cheese Tossed Salad Orange Quarters Biscuit Dessert	9 Fish & Chips Coleslaw Grapes Rice Krispies Treats	10 Biscuits & Gravy Sausage Link Hash Browns Juice Fruit Bowl
13 Breakfast Sandwich Sausage, Egg & Cheese Hash Browns Juice Fruit Bowl	14 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert 	15 Sweet & Sour Pork served over Noodles Stir Fry Veggies Asian Style Slaw Pineapple Dessert	16 Crunchy Chicken Salad Sandwich on a Croissant Minestrone Soup Grapes Dessert	17 Scrambled Eggs & Ham Hash Brown Potatoes Juice Fruit Bowl Pancakes
20 German Sausage Scrambled Eggs Country Potatoes Juice Fruit Bowl Toast	21 Meatloaf Mashed Potatoes / Gravy Green Beans Fruit & Salad Bar WW Roll Dessert	22 Tuna Noodle Casserole Peas & Carrots Tossed Salad Oregon Berries Dessert	23 Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert	24 Cheese Omelet Bacon Potatoes O'Brien Juice Banana English Muffin
27 Scrambled Eggs Sausage Links Hash Browns Juice Blueberries Pancakes	28 Teriyaki Beef Steamed Rice Garlic Green Beans Green Salad Pineapple Dessert	29 Chicken Fettuccine Zucchini/Tomato Bake Caesar Salad Apple Wedges Dessert	30 Tuna Salad Sandwich Clam Chowder Three Bean Salad Fruit Tray Dessert	31 Country Mess with Bacon, Eggs, Cheese & Peppers Hash Browns Juice Fruit Bowl Toast

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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
<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 Cabbage Patch Stew Spiced Salad Biscuit Apple Crisp	2 California Chicken Casserole Spring Salad Orange Quarters Garlic Bread Dessert	3
6 Chicken Fried Steak Mashed Potatoes & Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp	7	8 Yankee Pot Roast & Gravy Roasted Potatoes & Carrots Green Beans Mixed Fruit WW Roll Dessert	9 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	10
13 Pastrami Sandwich Veggie Soup Fruit Juice Dessert	14	15 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	16 Pork Roast Roasted Fall Veggies Stuffing & Gravy Spinach Salad Applesauce Dessert	17
20 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	21	22 Wild Rice & Ham Casserole Beets Spinach Salad Orange Quarters Dessert	23 Chicken Fettuccini Zucchini /Tomato Bake Caesar Salad Apple Slices Dessert	24
27 Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert	28	29 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	30 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert	31

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OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN

OMAK

OKANOGAN

OKANOGAN 9am

OMAK

<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>		<p>1</p> <p>Pork Chops Scalloped Potatoes Spinach Salad Applesauce WW Roll Dessert</p>	<p>2</p> <p>Breakfast Sandwich Ham, Egg & Cheese Potatoes O'Brien Juice Strawberry Tart</p>	<p>3</p> <p>Tuna Noodle Casserole Peas & Carrots Tossed Salad Oregon Berries Ice Cream</p>
<p>6</p> <p>Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp</p>	<p>7</p> <p>Hawaiian Chicken Steamed Rice Asian Vegetables Broccoli Salad Tropical Fruit Egg Roll Dessert</p>	<p>8</p> <p>Tuna Salad Sandwich on a Croissant Clam Chowder Fruit Tray Dessert</p>	<p>9</p> <p>Biscuits & Gravy Scrambled Eggs Country Potatoes Juice Blueberry Parfait</p>	<p>10</p> <p>Fish & Chips Coleslaw Grapes Rice Krispies Treats</p>
<p>13</p> <p>Beef Stroganoff Steamed Carrots Tossed Green Salad Chilled Peaches Dessert</p>	<p>14</p> <p>Honey Mustard Chicken Wild Rice Key West Veggies Mixed Greens Salad Tropical Fruit Dessert</p>	<p>15</p> <p>Pulled Pork Sandwich Potato Salad Coleslaw Banana Dessert</p>	<p>16</p> <p>Ham, Bacon and Sausage Quiche Potatoes O'Brien Juice Banana Pie</p>	<p>17</p> <p>Garden Chili Pea Salad Cinnamon Pears Mozzarella Breadsticks Dessert</p>
<p>20</p> <p>Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert</p>	<p>21</p> <p>Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Dessert</p>	<p>22</p> <p>Yankee Pot Roast Roast Carrots & Potatoes Green Beans Mixed Fruit WW Roll Cereal Bars</p>	<p>23</p> <p>Cheesy Scrambled Eggs Bacon Country Potatoes Juice Fruit French Toast</p>	<p>24</p> <p>Lemon Baked Fish Garlic Pasta Spring Salad Peaches Dessert</p>
<p>27</p> <p>Sweet & Sour Pork Served over Noodles Stir Fry Veggies Asian Style Slaw Pineapple Dessert</p>	<p>28</p> <p>Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp</p>	<p>29</p> <p>Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>30</p> <p>Chicken Fried Steak Eggs Saratoga Hash Browns Juice & Fruit Waffles Pumpkin Muffin</p>	<p>31</p> <p>Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert</p>

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OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
<div> Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00 </div>		1	2 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	3 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert
6 Crunchy Chicken Salad Sandwich Minestrone Soup Grapes WW Bread or Croissant Dessert	7 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	8	9 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Dessert	10 Tuna Noodle Casserole Peas & Carrots Tossed Salad Oregon Berries Dessert
13 Tuna Salad on Croissant (Lettuce & Tomato) Clam Chowder Three Bean Salad Fruit Tray Dessert	14 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert	15	16 Honey Mustard Chicken Wild Rice Key West Veggies Mixed Greens Salad Tropical Fruit WW Roll Dessert	17 Fish & Chips Coleslaw Grapes Rice Krispy Treats
20 Yankee Pot Roast & Gravy Roasted Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	21 Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert	22	23 Cheese Ravioli w/ Meat Sauce Italian Vegetables Spiced Pears Breadsticks Dessert	24 Cheeseburger Deluxe (Lettuce, Tomato, & Onion) Jo Jo's Coleslaw Banana Oatmeal Cookies
27 Hearty Vegetable Beef Soup Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	28 Hot Turkey Sandwich Mashed Potatoes & Gravy Nantucket Veggies Chilled Peaches Pumpkin Pie	29	30 Vegetarian Chili w/ Cheese Tossed Salad Fruit Salad Cornbread Cereal Bar	31 Chicken Florentine Penne Pasta Caesar Salad Cherries & Pineapple Dessert

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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</p> <p>FEE for persons under age 60 is \$12.00</p> </div>		<p>1</p> <p>Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp</p>	<p>2</p> <p>Shrimp Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Apple Slices Dessert</p>	<p>3</p>
<p>6</p> <p>Bacon, Mushroom and Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots Muffin</p>	<p>7</p> <p>Hot Turkey Sandwich Mashed Potatoes / Gravy Nantucket Veggies Chilled Peaches Pumpkin Pie</p>	<p>8</p> <p>Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert</p>	<p>9</p> <p>Pulled Pork Sandwich Potato Salad Coleslaw Banana Dessert</p>	<p>10</p>
<p>13</p> <p>Ham & Cheese Sandwich Broccoli Soup Pea Salad Chilled Apricots Dessert</p>	<p>14</p> <p>Personal size Omelets or Frittatas Potatoes O'Brien Juice Banana Waffle</p>	<p>15</p> <p>Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars</p>	<p>16</p> <p>Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Oatmeal Cookies</p>	<p>17</p>
<p>20</p> <p>Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert</p>	<p>21</p> <p>Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>22</p> <p>Wild Rice & Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert</p>	<p>23</p> <p>Crunchy Chicken Salad Sandwich Minestrone Soup Grapes Dessert</p>	<p>24</p>
<p>27</p> <p>Sweet & Sour Meatballs Rice Pilaf Oriental Veggies Asian Coleslaw Tropical Fruit Dessert</p>	<p>28</p> <p>Beef Stew Tossed Salad Orange Quarters Biscuit Dessert</p>	<p>29</p> <p>Vegetarian Chili w/Cheese Spinach Salad Fruit Salad Cornbread Cereal Bar</p>	<p>30</p> <p>Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert</p>	<p>31</p>

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TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00 </div>		1	2 Pork Roast Stuffing & Gravy Roasted Fall Veggies Spinach Salad Applesauce Dessert	3 Baked Honey Mustard Chicken w/ Wild Rice Key West Veggies Mixed Greens Salad Tropical Fruit WW Roll Dessert
6 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	7	8	9 Chicken Fried Steak Mashed Potatoes & Gravy Corn Lettuce & Tomato Salad Cherry Crisp	10 Tuna Salad on Croissant w/Lettuce & Tomato Clam Chowder Three Bean Salad Fruit Tray Dessert
13 Hawaiian Chicken w/ Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	14	15	16 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	17 Crunchy Chicken Salad Sandwich Minestrone Soup Grapes Dessert
20 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Oatmeal Cookies	21	22	23 Chicken Fettuccini Alfredo Zucchini/ Tomato Bake Caesar Salad Apple Slices Dessert	24 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert
27 Pulled Pork Sandwich Potato Salad Coleslaw Banana Dessert	28	29	30 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	31 Yankee Pot Roast & Gravy Roasted Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars

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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
<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>Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp</p>	<p>2</p> <p>Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert</p>	<p>3</p> <p>Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert</p>
6	<p>7</p> <p>Chicken Fettuccine Zucchini / Tomato Bake Caesar Salad Apple Slices Dessert</p>	<p>8</p> <p>Stuffed Pepper Casserole Mixed Greens Salad Pears Breadstick Dessert</p>	<p>9</p> <p>Crunchy Chicken Salad Sandwich Minestrone Soup Grapes Dessert</p>	<p>10</p> <p>Beef Stew Tossed Salad Orange Quarters Biscuit Dessert</p>
13	<p>14</p> <p>Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>15</p> <p>Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert</p>	<p>16</p> <p>Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies</p>	<p>17</p> <p>Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Dessert</p>
20	<p>21</p> <p>Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp</p>	<p>22</p> <p>Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert</p>	<p>23</p> <p>Honey Mustard Chicken Wild Rice Key West Veggies Mixed Greens Salad Tropical Fruit Dessert</p>	<p>24</p> <p>Fish & Chips Coleslaw Grapes Rice Krispies Treats</p>
27	<p>28</p> <p>Hot Tukey Sandwich Mashed Potatoes / Gravy Nantucket Veggies Chilled Peaches Pumpkin Pie</p>	<p>29</p> <p>Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert</p>	<p>30</p> <p>Sweet & Sour Pork over Noodles Stir Fry Veggies Asian Style Slaw Pineapple Dessert</p>	<p>31</p> <p>Pulled Pork Sandwich Potato Salad Coleslaw Banana Dessert</p>

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