



CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS
24 HOURS IN ADVANCE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p> </div>				1
<p>4 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>5 Cabbage Patch Stew Whole Grain Crackers Spiced Salad Apricots WW Roll Dessert</p>	<p>6 Pork Roast Stuffing & Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert</p>	<p>7 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert</p>	 <p>8</p>
<p>11 CLOSED</p>  <p style="font-size: small; text-align: right;">shutterstock · 485763358</p>	<p>12 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches WW Roll Dessert</p>	<p>13 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>14 Baked Ham Mac & Cheese Peas & Carrots Tossed Green Salad Pineapple Tidbits WW Roll Dessert</p>	<p>15</p>  <p>Established 1975</p>
<p>18 Chicken Fettuccine Alfredo Zucchini / Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>19 Stuffed Pepper Casserole 49'er Chopped Salad Pears WW Roll Dessert</p>	<p>20 Baked Fish Fillet Garlic Parmesan Pasta Peas Garden Salad Grapes Dessert</p>	<p>21 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert</p>	<p>22</p>
<p>25 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Tropical Fruit Dessert</p>	<p>26 Breakfast Burrito with Eggs, Sausage, Cheese & Potatoes in a Tortilla Stewed Tomatoes Spinach Salad Berry / Pudding Parfait</p>	<p>27 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries WW Bread or Roll Dessert</p>	<p>28 Cheeseburger Deluxe Jo Jo's Spiced Salad Orange Quarters Dessert</p>	<p>29</p>



For information about Home Delivered Meals call 509-470-0522.
You can visit our website at www.octn.org and follow us on Facebook!
Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840





ENTIAT

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4 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	5	6	7 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert	8
11 CLOSED  shutterstock - 485763958	12	13	14 Baked Ham Mac & Cheese Peas & Carrots Tossed Green Salad Pineapple Tidbits WW Roll Dessert	15
18 Chicken Fettuccine Alfredo Zucchini / Tomato Bake Caesar Salad Mixed Berries Dessert	19	20	21 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert	22
25 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Tropical Fruit Dessert	26	27 	28 Cheeseburger Deluxe Jo Jo's Spiced Salad Orange Quarters Dessert	29

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ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS
24 HOURS IN ADVANCE


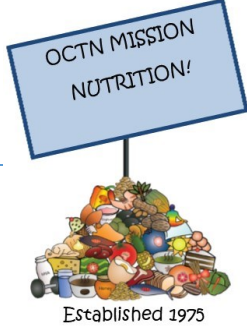
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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<p>4 Garden Chili Cottage Cheese Spinach Salad Peaches Tortilla Chips Cornbread Dessert</p>	5	<p>6 Yankee Pot Roast Roasted Potatoes and Carrots Green Beans Mixed Fruit WW Roll Cereal Bars</p>	<p>7 Chicken Fried Steak Potatoes & Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp</p>	8
<p>11 CLOSED</p>  <p style="font-size: small;">shutterstock - 485763358</p>	12	<p>13 Spaghetti & Meat Sauce Caesar Salad Tropical Fruit Garlic Bread Dessert</p>	<p>14 Baked Ham Mac & Cheese Peas & Carrots Tossed Green Salad Pineapple WW Roll Dessert</p>	15
<p>18 Crunchy Chicken Salad Sandwich Vegetable Soup Chilled Peaches Dessert</p>	19	<p>20 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Plums WW Roll Dessert</p>	<p>21 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches WW Roll Dessert</p>	 <p>Established 1975</p>
<p>25 Hearty Veggie Beef Soup Cottage Cheese Pea & Cheese Salad WW Roll Apple Crisp</p>	26	<p>27 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert</p>	<p>28 Lemon Baked Fish Wild Rice Glazed Carrots Caesar Salad Focaccia Bread Fruited Jell-O</p>	29

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OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

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Okanogan	Omak	Okanogan	Closed	Omak
<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p> </div>				1 Pork Roast Stuffing and Gravy Roasted Carrots Pea Salad Applesauce Dessert
4 California Chicken Casserole Lettuce & Tomato Salad Apple Celery Salad Garlic Bread Dessert	5 Cabbage Patch Stew Spiced Salad Sliced Peaches WW Roll Dessert	6 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit Dessert	7	8 Hawaiian Chicken Steamed Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert
11 CLOSED  <small>shutterstock · 485763358</small>	12 Beef Stroganoff Zucchini/Tomato Bake Greek Salad Mixed Berries Dessert	13 Chicken Fried Steak Potatoes & Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	14	15 Clam Chowder Tuna Salad Croissant Coleslaw Fruit Tray Dessert
18 Yankee Pot Roast Roasted Potatoes & Carrots Green Beans Mixed Fruit WW Bread or Roll Cereal Bars	19 Pork Lo Mein & Noodles Asian Style Slaw Mandarin Oranges Egg Roll Dessert	20 Beef Stew 7 Layer Salad Peaches Biscuits Dessert	21	22 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert
25 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches WW Roll Dessert	26 Baked Ham Mac & Cheese Peas & Carrots Tossed Green Salad Pineapple Tidbits Dessert	27 Bacon, Mushroom and Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots Muffin	28	29 Lemon Baked Fish Wild Rice Glazed Carrots Caesar Salad Peaches Focaccia Bread Dessert

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OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

CLOSED	OROVILLE	TONASKET	OROVILLE	TONASKET
				1 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert
<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p> </div>				
4	5 Pork Roast Stuffing & Gravy Roasted Fall Veggies Greek Salad Cinnamon Apples Dessert	6 Lemon Baked Fish Wild Rice Broccoli Normandy Coleslaw Focaccia Bread Fruited Jell-O	7 Chicken Fettuccine Alfredo Peas Carrot Raisin Salad Berry Crisp	8 Baked Ham Cheesy Potatoes Peas & Carrots Green Salad WW Roll Dessert
11 CLOSED 	12 Meatloaf Mashed Potatoes / Gravy Green Beans Cheesy Biscuit Pear Crisp	13 Garden Chili Cottage Cheese Spinach Salad Peaches Cornbread Dessert	14 Beef Stew Tossed Salad Fruit Cocktail Biscuit Dessert	15 Beef Stroganoff Green Beans Greek Salad Banana Dessert
18	19 Ham & Cheese Quiche Chalet Vegetables Tossed Salad Fruit Salad Cranberry Scone	20 Tuna Noodle Casserole Peas & Carrots Caesar Salad Mandarin Oranges WW Roll Dessert	21 Pork Lo Mein Asian Style Slaw Fruit Salad Egg Roll Dessert	22 Yankee Pot Roast Roasted Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars
25	26 Baked Fish Fillet Basil & Garlic Pasta Mixed Vegetables Garden Salad Grapes Lemon Bars	27 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	28 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert	29 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp

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TWISP

PLEASE CALL 509-997-7722 TO RESERVE MEALS

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<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>		 <small>Established 1975</small>	<p>1 Lemon Baked Fish Wild Rice Mixed Vegetables Coleslaw WW Roll Apple Crisp</p>	
<p>4 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Herb Biscuit Dessert</p>	<p>5</p>	<p>6</p>	<p>7 Honey Mustard Chicken Rice Pilaf Key West Veggies Spinach Salad Tropical Fruit WW Roll Dessert</p>	<p>8 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Pineapple & Cherries WW Roll Dessert</p>
<p>11 CLOSED</p>  <p style="font-size: small; text-align: right;">shutterstock - 485763358</p>	<p>12</p>	<p>13</p>	<p>14 Bacon, Mushroom & Swiss Cheese Quiche Steamed Broccoli Tossed Salad Mandarin Oranges Blueberry Muffin</p>	<p>15 Meatloaf Mashed Potatoes / Gravy Green Beans Herbed Biscuit Pear Crisp</p>
<p>18 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>19</p>	<p>20</p>	<p>21 Beef Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert</p>	<p>22 Tuna Salad on Croissant Cottage Cheese Coleslaw Fruit Tray Dessert</p>
<p>25 Pork Roast Stuffing & Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert</p>	<p>26</p>	<p>27</p>	<p>28 Cheeseburger Deluxe Jo Jo's Spiced Salad Sliced Pears Dessert</p>	<p>29 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>

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WILBUR

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				1
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4	5 Cabbage Patch Stew Spiced Salad Waldorf Salad WW Roll Dessert	6 Chicken Fried Steak Potatoes / Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	7 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	8
11	12 Baked Ham Mac & Cheese Peas & Carrots Tossed Green Salad Pineapple Dessert shutterstock - 485763358	13 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	14 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit WW Roll Dessert	15
18	19 Garden Chili Cottage Cheese Tortilla Chips Spinach Salad Peaches Cornbread Dessert	20 Stuffed Pepper Casserole 49'er Chopped Salad Pears WW Roll Dessert	21 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert	22
25	26 Lemon Baked Fish Wild Rice Glazed Carrots Caesar Salad Peaches Focaccia Bread Dessert	27 Sweet & Sour Pork over Noodles Stir Fry Veggies Asian Style Slaw Dessert	28 Meatloaf Potatoes & Gravy Green Beans Pears Muffin Oatmeal Cookies	29



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