



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED MEALS

PLEASE CALL 509-826-7979 TO CANCEL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>				<p>1 Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert</p>
4	<p>5 California Chicken Casserole Tossed Green Salad Orange Quarters Cheesy Biscuit Dessert</p>	<p>6 Sweet & Sour Pork over Noodles Oriental Vegetables Asian Style Slaw Tropical Fruit Dessert</p>	7	<p>8 Egg Salad Sandwich Minestrone Soup Spring Salad Oregon Berries Angel Food Cake</p>
11	<p>12 Spaghetti & Meat Sauce Caesar Salad Chilled Pears Garlic Bread Dessert</p>	<p>13 Bacon, Mushroom and Swiss Cheese Quiche Spinach Salad Fruit Tray Muffin</p>	14	<p>15 Baked Ham Scalloped Potatoes Carrot Raisin Salad Waldorf Salad WW Roll Rice Krispy Treats</p>
18	<p>19 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>20 Pizza Casserole Caesar Salad Spiced Pears Dessert</p>	21	<p>22 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Oatmeal Cookies</p>
25	<p>26 Pork Roast Stuffing & Gravy Glazed Carrots Greek Salad Applesauce Dessert</p>	<p>27 Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Lemon Bars</p>	28	<p>29 Honey Mustard Chicken Rice Pilaf Key West Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>

For information about Home Delivered Meals call 844-826-7979.

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





2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

24 HOURS IN ADVANCE



<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>				<p>1</p> <p>Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Muffin</p>
<p>4</p> <p>Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes Biscuit Dessert</p>	<p>5</p> <p>Pizza Casserole Tossed Salad Spiced Pears Bread Sticks Dessert</p>	<p>6</p> <p>Meatloaf Potatoes & Gravy Green Beans Spinach Salad Chilled Peaches Biscuit Dessert</p>	<p>7</p> <p>Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Oatmeal Cookies</p>	<p>8</p> <p>Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p>
<p>11</p> <p>White Bean Chicken Chili Corn Chips Spinach Salad Peaches WW Roll Dessert</p>	<p>12</p> <p>Cheese Omelet Potatoes O'Brien Stewed Tomatoes Fruit Juice Banana Bread Rice Krispy Treats</p>	<p>13</p> <p>Pork Roast Mashed Potatoes/Gravy Glazed Carrots Greek Salad Applesauce WW Roll Dessert</p>	<p>14</p> <p>Honey Mustard Chicken Rice Pilaf Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>15</p> <p>Italian Rice & Beef Caesar Salad Waldorf Salad WW Roll Dessert</p>
<p>18</p> <p>Beef Stew 7 Layer Salad Peaches Biscuit Cereal Bars</p>	<p>19</p> <p>Corn Chowder 1/2 Ham & Cheese Sandwich Cucumber Salad Apple Crisp</p>	<p>20</p> <p>Tater Tot Casserole Cottage Cheese Mixed Greens Salad Apricots WW Roll Dessert</p>	<p>21</p> <p>Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas Dessert</p>	<p>22</p> <p>California Chicken Casserole Spinach Salad Mandarin Oranges Cheesy Biscuit Dessert</p>
<p>25</p> <p>Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>26</p> <p>Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches WW Roll Dessert</p>	<p>27</p> <p>Chicken, Bacon & Swiss Cheese Sandwich Potato Salad Orange Quarters Oatmeal Cookie</p>	<p>28</p> <p>Pasta Primavera with Ham Tossed Green Salad Fresh Fruit Tray Dessert</p>	<p>29</p> <p>Yankee Pot Roast Mixed Greens Salad Strawberries & Bananas WW Roll Rice Krispy Treats</p>

For information about Home Delivered Meals call 509-470-0522.

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ENTIAT



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>				1
<p>4 Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes Biscuit Dessert</p>	5	6	<p>7 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Oatmeal Cookies</p>	8
<p>11 White Bean Chicken Chili Corn Chips Spinach Salad Peaches WW Roll Dessert</p>	12	13	<p>14 Honey Mustard Chicken Rice Pilaf Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert</p>	15
<p>18 Beef Stew 7 Layer Salad Peaches Biscuit Cereal Bars</p>	19	20	<p>21 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas Dessert</p>	22
<p>25 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	26	27	<p>28 Pasta Primavera with Ham Tossed Green Salad Fresh Fruit Tray Dessert</p>	29

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LEAVENWORTH/CASHMERE HOME DELIVERED

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24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>				<p>1</p> <p>Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Muffin</p>
<p>4</p> <p>Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes Biscuit Dessert</p>	<p>5</p>	<p>6</p> <p>Meatloaf Potatoes & Gravy Green Beans Spinach Salad Chilled Peaches Biscuit Dessert</p>	<p>7</p>	<p>8</p> <p>Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p>
<p>11</p> <p>White Bean Chicken Chili Corn Chips Spinach Salad Peaches WW Roll Dessert</p>	<p>12</p>	<p>13</p> <p>Pork Roast Mashed Potatoes/Gravy Glazed Carrots Greek Salad Applesauce WW Roll Dessert</p>	<p>14</p>	<p>15</p> <p>Italian Rice & Beef Caesar Salad Waldorf Salad WW Roll Dessert</p>
<p>18</p> <p>Beef Stew 7 Layer Salad Peaches Biscuit Cereal Bars</p>	<p>19</p>	<p>20</p> <p>Tater Tot Casserole Cottage Cheese Mixed Greens Salad Apricots WW Roll Dessert</p>	<p>21</p>	<p>22</p> <p>California Chicken Casserole Spinach Salad Mandarin Oranges Cheesy Biscuit Dessert</p>
<p>25</p> <p>Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>26</p>	<p>27</p> <p>Chicken, Bacon & Swiss Cheese Sandwich Potato Salad Orange Quarters Oatmeal Cookie</p>	<p>28</p>	<p>29</p> <p>Yankee Pot Roast Mixed Greens Salad Strawberries & Bananas WW Roll Rice Krispy Treats</p>

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ODESSA

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div>				
<p>4</p> <p>Liver & Onions Mashed Potatoes Green Beans Peaches Cornbread Dessert</p>	<p>5</p>	<p>6</p> <p>Yankee Pot Roast Roasted Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies</p>	<p>7</p> <p>Chicken Fettuccine Peas Spinach Salad Mixed Berries Dessert</p>	<p>1</p>
<p>11</p> <p>Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>12</p> 	<p>13</p> <p>Oven Fried Chicken Twice Bake Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes Biscuit Dessert</p>	<p>14</p> <p>Pork Roast Mashed Potatoes / Gravy Glazed Carrots Greek Salad Applesauce WW Roll Dessert</p>	<p>8</p>
<p>18</p> <p>Split Pea & Ham Soup 1/2 Turkey Sandwich Garden Salad Peaches Dessert</p>	<p>19</p>	<p>20</p> <p>Beef Stew Green Salad Pears Biscuit Cereal Bars</p>	<p>21</p> <p>Baked Ham Scalloped Potatoes Broccoli Salad Orange Quarters WW Roll Dessert</p>	<p>15</p>
<p>25</p> <p>Meatloaf Potatoes & Gravy Green Beans Spinach Salad Chilled Pears Biscuit Dessert</p>	<p>26</p>	<p>27</p> <p>Pizza Casserole Caesar Salad Apricots Bread Sticks Dessert</p>	<p>28</p> <p>Sweet & Sour Pork Over Noodles Oriental Veggies Egg Roll Tossed Green Salad Tropical Fruit Dessert</p>	<p>22</p>
				<p>29</p>

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OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741
TO RESERVE MEALS 24 HOURS IN ADVANCE



Okanogan

Omak

Okanogan

Closed

Omak

<div> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div>				<p>1</p> <p>Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert</p>
<p>4</p> <p>Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad WW Roll Apricot Crisp</p>	<p>5</p> <p>California Chicken Casserole Tossed Green Salad Orange Quarters Cheesy Biscuit Dessert</p>	<p>6</p> <p>Sweet & Sour Pork over Noodles Oriental Vegetables Asian Style Slaw Tropical Fruit Dessert</p>	<p>7</p>	<p>8</p> <p>Egg Salad Sandwich Minestrone Soup Spring Salad Oregon Berries Angel Food Cake</p>
<p>11</p> <p>Yankee Pot Roast with Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookie</p>	<p>12</p> <p>Spaghetti & Meat Sauce Caesar Salad Chilled Pears Garlic Bread Dessert</p>	<p>13</p> <p>Bacon, Mushroom and Swiss Cheese Quiche Spinach Salad Fruit Tray Muffin</p>	<p>14</p>	<p>15</p> <p>Baked Ham Scalloped Potatoes Carrot Raisin Salad Waldorf Salad WW Roll Rice Krispy Treats</p>
<p>18</p> <p>Meatloaf Potatoes & Gravy Green Beans Chilled Pears Biscuit Dessert</p>	<p>19</p> <p>Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>20</p> <p>Pizza Casserole Caesar Salad Spiced Pears Dessert</p>	<p>21</p>	<p>22</p> <p>Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Oatmeal Cookies</p>
<p>25</p> <p>Beef Stew Green Salad Peaches Corn Bread Cereal Bars</p>	<p>26</p> <p>Pork Roast Stuffing & Gravy Glazed Carrots Greek Salad Applesauce Dessert</p>	<p>27</p> <p>Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Lemon Bars</p>	<p>28</p>	<p>29</p> <p>Honey Mustard Chicken Rice Pilaf Key West Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>

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2022

TONAKSET

OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE



OROVILLE

TONASKET

TONASKET/OROVILLE

OROVILLE

<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>				<p>1</p> <p>Cheese Ravioli with Meat Sauce Venetian Vegetables Caesar Salad Apricots Garlic Bread Dessert</p>
<p>4</p> <p>Honey Mustard Chicken Rice Pilaf Key West Vegetables Spinach Salad Tropical Fruit WW Roll Dessert</p>	<p>5</p> <p>Pork Roast Mashed Potatoes/Gravy Glazed Carrots Greek Salad Applesauce WW Roll Dessert</p>	<p>6</p> <p>Fish & Chips Coleslaw Fruit Tray Cheesy Biscuit Oatmeal Cookies</p>	<p>7</p> <p>Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>8</p> <p>Clam Chowder 1/2 Turkey Sandwich Cucumber Salad Fresh Fruit Dessert</p>
<p>11</p> <p>Baked Ham Scalloped Potatoes Green Salad WW Roll Cherry Crisp</p>	<p>12</p> <p>California Chicken Casserole Spinach Salad Chilled Peaches Cheesy Garlic Toast Dessert</p>	<p>13</p> <p>Lentil Soup Cottage Cheese Mixed Greens Salad Orange Quarters Cornbread Dessert</p>	<p>14 SALAD BAR</p> <p>Chef's Salad Pickled Beets Fruit Salad Bread Sticks Dessert</p>	<p>15</p> <p>Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Lemon Bars</p>
<p>18</p> <p>Meatloaf Potatoes & Gravy Carrot Raisin Salad Chilled Pears Biscuit Dessert</p>	<p>19</p> <p>Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas Dessert</p>	<p>20</p> <p>Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Angel Food Cake</p>	<p>21</p> <p>Lasagna & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>22</p> <p>Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches WW Roll Dessert</p>
<p>25</p> <p>Split Pea & Ham Soup 1/2 Turkey Sandwich Garden Salad Waldorf Salad Dessert</p>	<p>26</p> <p>Country Fried Steak Potatoes & Gravy Buttered Corn Tossed Green Salad WW Roll Apricot Crisp</p>	<p>27</p> <p>Yankee Pot Roast Red Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies</p>	<p>28</p> <p>BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert</p>	<p>29</p> <p>Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Muffin</p>

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TWISP

PLEASE CALL 509-997-7722 TO RESERVE MEALS
24 HOURS IN ADVANCE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div>				<p>1</p> <p>Beef Stew Green Salad Peaches WW Roll Cereal Bars</p>
<p>4</p> <p>Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes Biscuit Dessert</p>	<p>5</p> <p>Tater Tot Casserole Cottage Cheese Tossed Salad Apricots WW Roll Dessert</p>	<p>6</p>	<p>7</p> <p>Meatloaf Mashed Potatoes/Gravy Buttered Peas Spinach Salad Chilled Pears Cornbread Dessert</p>	<p>8</p> <p>Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert</p>
<p>11</p> <p>BBQ Meatballs Mashed Potatoes Broccoli Salad Orange Quarters Cornbread Dessert</p>	<p>12</p> <p>California Chicken Casserole Spinach Salad Apple Wedges Cheesy Biscuit Dessert</p>	<p>13</p>	<p>14</p> <p>Yankee Pot Roast Roasted Carrots and Potatoes Strawberries / Bananas WW Roll Oatmeal Cookies</p>	<p>15</p> <p>Stuffed Pepper Casserole Cucumber Salad Apricots WW Roll Dessert</p>
<p>18</p> <p>Bacon, Broccoli and Swiss Cheese Quiche Spinach Salad Fruit Tray Muffin</p>	<p>19</p> <p>Split Pea Soup 1/2 Turkey Sandwich Garden Salad Peaches Whole Grain Crackers Dessert</p>	<p>20</p>	<p>21</p> <p>Honey Mustard Chicken Rice Pilaf Key West Veggies Carrot Raisin Salad Tropical Fruit WW Roll Dessert</p>	<p>22</p> <p>Fish & Chips Coleslaw Fruit Tray Cheese Garlic Toast Oatmeal Cookie</p>
<p>25</p> <p>Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>26</p> <p>Chili Stuffed Baked Potato Fresh Vegetable Tray Peaches Cornbread Dessert</p>	<p>27</p>	<p>28</p> <p>Chicken Fettuccine Peas Spinach Salad Mixed Berries Dessert</p>	<p>29</p> <p>Pork Roast Mashed Potatoes/Gravy Glazed Carrots Greek Salad Applesauce WW Roll Dessert</p>

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WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEAL
24 HOURS IN ADVANCE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>				1
4	<p>5</p> <p>Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>6</p> <p>Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Cornbread Dessert</p>	<p>7</p> <p>Baked Ham Scalloped Potatoes Green Salad Orange Quarters Cheesy Biscuit Rice Krispy Treats</p>	8
11	<p>12</p> <p>Chicken Fettuccine Peas Spinach Salad Mixed Berries Dessert</p>	<p>13</p> <p>Stuffed Pepper Cass Chopped 49'er Salad Apricots WW Roll Dessert</p>	<p>14</p> <p>Sweet & Sour Pork Noodles Oriental Veggies Tossed Salad Tropical Fruit Egg Roll Dessert</p>	15
18	<p>19</p> <p>Meatloaf & Gravy Mashed Potatoes Green Beans Spinach Salad Chilled Pears Biscuit Dessert</p>	<p>20</p> <p>1/2 Ham & Cheese Sandwich Corn Chowder Tossed Salad Apple Wedges Dessert</p>	<p>21</p> <p>Tuna Noodle Casserole Peas & Carrots Garden Salad Mixed Berries Angel Food Cake</p>	22
25	<p>26</p> <p>Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad WW Roll Apricot Crisp</p>	<p>27</p> <p>Yakisoba Stir Fry Vegetables Coleslaw Mandarin Oranges WW Roll Dessert</p>	<p>28</p> <p>Pork Roast Stuffing & Gravy Glazed Carrots Greek Salad Applesauce Dessert</p>	29

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