

# March 2023

## BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div style="border: 2px solid black; padding: 5px;"> <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 Country Style Ribs Au Gratin Potatoes Cabbage Apple Slaw Orange Quarters WW Roll Lemon Tart</p>	<p>2</p>	<p>3 Salmon with Dill Sauce Pesto Pasta Mediterranean Veggies Garden Salad Waldorf Salad Dessert</p>
<p>6</p>	<p>7 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding</p>	<p>8 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>9</p>	<p>10 Chili Stuffed Potato Green Salad Peaches Cornbread Dessert</p>
<p>13</p>	<p>14 California Chicken Casserole Lettuce &amp; Tomato Salad Orange Quarters Cheesy Biscuit Dessert</p>	<p>15 Tater Tot Casserole Cuke &amp; Tomato Salad Apricots WW Roll Dessert</p>	<p>16</p>	<p>17 Corned Beef &amp; Cabbage Boiled Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding</p> 
<p>20</p>	<p>21 Bacon, Broccoli &amp; Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>22 Baked Fish Fillet Rice Pilaf Chalet Blend Veggies Tossed Salad Apple Celery Salad Garlic Bread Dessert</p>	<p>23</p>	<p>24 Beef Enchiladas Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert</p>
<p>27</p>	<p>28 Lasagna with Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert</p>	<p>29 Tuna Noodle Casserole Peas &amp; Carrots Spiced Salad Waldorf Salad Dessert</p>	<p>30</p>	<p>31 Pork Roast Mashed Potatoes / Gravy Spinach Salad Orange Quarters WW Roll Rice Krispy Treats</p>

For information about Home Delivered Meals call 509-826-7979.

You can visit our website at [www.octn.org](http://www.octn.org) and follow us on Facebook!

Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840



# March 2023

## 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;"> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div>	1 Bacon, Broccoli and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin	2 Hawaiian Chicken Wild Rice Herbed Cauliflower Garden Salad Pineapple WW Roll Dessert	3 Beef Tacos Spanish Rice Sliced Cucumbers Mandarin Orange Dessert
		6 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert	7 Salmon with Dill Sauce Pesto Pasta Mediterranean Veggies Garden Salad Waldorf Salad Dessert	8 Chicken Fettuccine Key West Vegetables Caesar Salad Tropical Fruit Dessert
13 Sweet & Sour Chicken Steamed Rice Spinach Salad Pineapple Tidbits Egg Roll Dessert	14 Roast Beef Mashed Potatoes/Gravy Broccoli Cuts Tossed Salad Mixed Berries WW Roll Dessert	15 Tuna Noodle Casserole Peas & Carrots Spiced Salad Waldorf Salad Garlic Bread Dessert	16 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	17 Corned Beef & Cabbage Boiled Potatoes Carrots Tropical Fruit Pistachio Pudding
20 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert	21 Ham Sandwich Split Pea Soup Potato Salad Tropical Fruit Dessert	22 Country Fried Steak Mashed Potatoes Chuck Wagon Corn Tossed Green Salad WW Roll Apple Crisp	23 Lasagna w/Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert	24 Baked Fish Fillet Rice Pilaf Chalet Veggie Blend Tossed Salad Apple Celery Salad Garlic Bread Dessert
27 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding	28 French Dip Jo Jo's Pea Salad Banana Dessert	29 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Cheesy Biscuit Dessert	30 Salisbury Steak with Mushroom Gravy Egg Noodles Mixed Vegetables Spiced Salad Pears Dessert	31 Chicken Cordon Bleu Rosemary Potatoes Venetian Veggies Greek Salad Fruit Salad WW Roll Dessert



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# March 2023

## ENTIAT

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



MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY



Suggested donation for seniors over age 60 is \$4.00  
FEE for persons under age 60 is \$10.00

		1	2 Hawaiian Chicken Wild Rice Herbed Cauliflower Garden Salad Pineapple WW Roll Dessert	3
6 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert	7	8	9 Pork Rib Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	10
13 Sweet & Sour Chicken Steamed Rice Spinach Salad Pineapple Tidbits Egg Roll Dessert	14	15	16 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	17 
20 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert	21	22	23 Lasagna w/Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert	24
27 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding	28	29	30 Salisbury Steak with Mushroom Gravy Egg Noodles Mixed Vegetables Spiced Salad Pears Dessert	31

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# March 2023

## LEAVENWORTH/CASHMERE HOME DELIVERED

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24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div style="border: 2px solid black; padding: 5px;"> <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 Bacon, Broccoli and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>2</p>	<p>3 Beef Tacos Spanish Rice Sliced Cucumbers Mandarin Orange Dessert</p>
<p>6 Tater Tot Casserole Cottage Cheese Cuke &amp; Tomato Salad Apricots WW Roll Dessert</p>	<p>7</p>	<p>8 Chicken Fettuccine Key West Vegetables Caesar Salad Tropical Fruit Dessert</p>	<p>9</p>	<p>10 Biscuits &amp; Gravy Hash Brown Potatoes V-8 Juice Fresh Fruit Blueberry Muffin</p>
<p>13 Sweet &amp; Sour Chicken Steamed Rice Spinach Salad Pineapple Tidbits Egg Roll Dessert</p>	<p>14</p>	<p>15 Tuna Noodle Casserole Peas &amp; Carrots Spiced Salad Waldorf Salad Garlic Bread Dessert</p>	<p>16</p>	<p>17 Corned Beef &amp; Cabbage Boiled Potatoes Carrots Tropical Fruit Pistachio Pudding</p> 
<p>20 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert</p>	<p>21</p> 	<p>22 Country Fried Steak Mashed Potatoes Chuck Wagon Corn Tossed Green Salad WW Roll Apple Crisp</p>	<p>23</p>	<p>24 Baked Fish Fillet Rice Pilaf Chalet Veggie Blend Tossed Salad Apple Celery Salad Garlic Bread Dessert</p>
<p>27 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding</p>	<p>28</p>	<p>29 California Chicken Casserole Lettuce &amp; Tomato Salad Orange Quarters Cheesy Biscuit Dessert</p>	<p>30</p>	<p>31 Chicken Cordon Bleu Rosemary Potatoes Venetian Veggies Greek Salad Fruit Salad WW Roll Dessert</p>

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# March 2023

## ODESSA

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



MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY



Suggested donation for seniors over age 60 is \$4.00  
FEE for persons under age 60 is \$10.00

		1 Lasagna with Meat Sauce Green Beans Tossed Salad Peas Bread Stick Dessert	2 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Apple Slices Bread Pudding	3
6 Turkey Sandwich Split Pea Soup Veggie Tray Tropical Fruit Dessert	7	8 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert	9 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert	10
13 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert	14	15 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Bean Casserole Peas WW Roll Dessert	16 Corned Beef & Cabbage Boiled Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding	17 
20 Beef Tacos Spanish Rice Fresh Salsa Grapes Dessert	21	22 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Cheesy Biscuit Dessert	23 Salmon with Dill Sauce Pesto Pasta Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert	24
27 Biscuits & Sausage Gravy Hash Brown Potatoes V-8 Juice Fresh Fruit Blueberry Muffin	28	29 Stuffed Cabbage Casserole Green Beans Orange Quarters WW Roll Dessert	30 Sweet & Sour Pork Steamed Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert	31

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# March 2023

## OKANOGAN / OMAK

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



Okanogan	Omak	Okanogan	Closed	Omak
	<div style="border: 2px solid black; padding: 5px;"> <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 Scrambled Eggs &amp; Ham Potatoes O'Brien Carrot Raisin Salad Peaches Cereal Bar Muffin</p>	<p>2</p>	<p>3 Salmon Fillet Rosemary Potatoes Chalet Veggie Blend Fruit Tray Focaccia Bread Dessert</p>
<p>6 Country Style Ribs Au Gratin Potatoes Cabbage &amp; Apple Slaw Orange Quarters WW Roll Lemon Tart</p>	<p>7 Tater Tot Casserole Cottage Cheese Cuke &amp; Tomato Salad Apricots WW Roll Dessert</p>	<p>8 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Bread Pudding</p>	<p>9</p>	<p>10 Tuna Noodle Casserole Peas &amp; Carrots Tossed Salad Waldorf Salad Garlic Bread Dessert</p>
<p>13 Scalloped Potatoes &amp; Ham Casserole Peas Carrot Raisin Salad Sliced Apples WW Roll Dessert</p>	<p>14 Chicken Fettuccine Key West Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>15 Salisbury Steak and Mushroom Gravy Egg Noodles Green Bean Casserole Spiced Salad WW Roll Dessert</p>	<p>16</p>	<p>17 Corned Beef &amp; Cabbage Boiled Potatoes Carrots Tropical Fruit WW Roll Dessert</p>
<p>20 Biscuits &amp; Gravy Hash Browns V-8 Juice Fresh Fruit Muffin</p>	<p>21 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>22 Chili Stuffed Potato Green Salad Corn Chips Peaches Cornbread Dessert</p>	<p>23</p>	<p>24 Baked Fish Fillet Rosemary Potatoes Chalet Vegetable Blend Carrot Raisin Salad Garlic Bread Rice Krispy Treats</p>
<p>27 Country Fried Steak Mashed Potatoes / Gravy Chuck Wagon Corn Tossed Green Salad WW Roll Apple Crisp</p>	<p>28 Teriyaki Beef Steamed Rice Stir Fry Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert</p>	<p>29 Vegetable Lasagna Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>	<p>30</p>	<p>31 Pork Chops Stuffing &amp; Gravy Broccoli Normandy Garden Salad Applesauce Dessert</p>



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# March 2023

## OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE



TONASKET	OROVILLE/TONASKET	TONASKET	OROVILLE/TONASKET	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 Salisbury Steak with Mushroom Gravy Egg Noodles Green Bean Casserole Spiced Salad Pears Dessert</p>	<p>2 Chicken Fettuccine Key West Vegetables Spinach Salad Tropical Fruit Garlic Bread Dessert</p>	<p>3 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert</p>
<p>6 Tater Tot Casserole Cottage Cheese Cuke &amp; Tomato Salad Apricots WW Roll Dessert</p>	<p>7 Salmon with Dill Sauce Pesto Pasta Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert</p>	<p>8 Sweet &amp; Sour Pork Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert</p>	<p>9 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding</p>	<p>10 California Chicken Casserole Lettuce &amp; Tomato Salad Orange Quarters Cheesy Biscuit Dessert</p>
<p>13 Broccoli, Bacon and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>14 Ham Sandwich Split Pea Soup Potato Salad Tropical Fruit Dessert</p>	<p>15 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert</p>	<p>16 Chicken Cordon Bleu Rice Pilaf Greek Salad Fruit Salad WW Roll Dessert</p>	<p>17 Corned Beef &amp; Cabbage Carrots &amp; Potatoes Tropical Fruit WW Roll Pistachio Pudding</p> 
<p>20 Hawaiian Chicken Wild Rice Herbed Cauliflower Garden Salad Pineapple WW Roll Dessert</p>	<p>21 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert</p>	<p>22 Teriyaki Beef on Rice Stir Fry Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert</p>	<p>23 Biscuits &amp; Sausage Gravy V-8 Juice Hash Brown Potatoes Fresh Fruit Blueberry Muffin</p>	<p>24 Baked Fish Garlic Pasta Shells Asian Vegetables Spinach Salad Grapes WW Roll Dessert</p>
<p>27 Chili with Cheese 1/2 Baked Potato Green Salad Apple Slices Cornbread Dessert</p>	<p>28 Beef Tacos Spanish Rice Three Bean Salad Mandarin Oranges Dessert</p>	<p>29 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert</p>	<p>30 Lasagna with Meat Sauce Green Beans Caesar Salad Pears Bread Sticks Dessert</p>	<p>31 Chicken Florentine with Spinach and Mushrooms Tossed Salad Peaches Dessert</p>

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# March 2023

## TWISP

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24 HOURS IN ADVANCE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div>	1	2 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	3 Pork Roast Mashed Potatoes / Gravy Spinach Salad Applesauce WW Roll Rice Krispy Treats
6 Lasagna with Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert	7	8	9 Ham Sandwich Split Pea Soup Potato Salad Tropical Fruit Dessert	10 Salmon with Dill Sauce Pesto Pasta Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert
13 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	14	15	16 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Bread Pudding	17 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding 
20 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert	21	22	23 Quiche! Bacon, Broccoli, and Swiss Cheese Crunchy Pea Salad Grapes Blueberry Muffin	24 Baked Fish Fillet Rice Asian Vegetables Spinach Salad Fresh Fruit WW Roll Dessert
27 Roast Beef Mashed Potatoes / Gravy Broccoli Cuts Tossed Salad Mixed Berries WW Roll Dessert	28	29	30 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding	31 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert

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# March 2023

## WILBUR

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div style="border: 2px solid black; padding: 5px;"> <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 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert</p>	<p>2 Salmon with Dill Sauce Pesto Pasta Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert</p>	<p>3 Salisbury Steak with Mushroom Gravy Egg Noodles Green Bean Casserole Spiced Salad WW Roll Dessert</p>
6	<p>7 Scalloped Potato &amp; Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding</p>	<p>8 Chili Stuffed Potato Green Salad Peaches Cornbread Dessert</p>	<p>9 Chicken Fettuccine Key West Veggies Spinach Salad Tropical Fruit Garlic Bread Dessert</p>	<p>10 French Dip Jo JO's Pea Salad Banana Dessert</p>
13	<p>14 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Focaccia Bread Dessert</p>	<p>15 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert</p>	<p>16 Lentil Veggie Soup Cottage Cheese 7 Layer Salad Pears Cornbread Dessert</p>	<p>17 Corned Beef &amp; Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Roll Dessert</p> 
20	<p>21 Chicken Cordon Bleu Baked Potato Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>22 Sweet &amp; Sour Pork Rice Asian Slaw Pineapple Tidbits Garlic Bread Dessert</p>	<p>23 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert</p>	<p>24 Baked Fish Fillet Pesto Pasta Asian Veggies Spinach Salad Grapes WW Roll Dessert</p>
27	<p>28 Hawaiian Chicken Wild Rice Herbed Cauliflower Garden Salad Pineapple WW Roll Dessert</p>	<p>29 Lasagna w/Meat Sauce Green Beans Tossed Salad Pears Bread Sticks Dessert</p>	<p>30 Tuna Casserole Peas &amp; Carrots Cucumber Salad Waldorf Salad Garlic Bread Dessert</p>	<p>31 Pork Roast Stuffing &amp; Gravy Broccoli Normandy Garden Salad Applesauce Dessert</p>

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