



2024

BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED 	2 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Garlic Bread Berry Crisp	3 Biscuits & Gravy Hash Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin	4	5 Baked Ham Potatoes Au Gratin Trio Vegetables Garden Salad Apple Wedges WW Roll Dessert
8	9 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	10 Scrambled Eggs with Ham and Cheese Oven Brown Potatoes Garden Salad Fresh Fruit English Muffin Rice Krispies Treats	11	12 Crispy Fish Fillet Rosemary Potatoes Pea Salad Apple Slices WW Roll Cereal Bars
15 CLOSED  <small>shutterstock · 356091257</small>	16 Chicken Cordon Bleu Casserole Rice Pilaf Steamed Carrots Broccoli Salad Strawberries & Bananas WW Roll Dessert	17 Lasagna w/Meat Sauce Tossed Salad Fruit Cocktail Dessert	18	19 Salisbury Steak Mashed Potatoes/Gravy Green Beans Mixed Greens Salad Roll Peach Cobbler
22	23 Chili Dog w/Cheese Green Beans Cucumber Salad Pineapple & Cherries Dessert	24 Chicken & Wild Rice Bake Coleslaw Tropical Fruit WW Roll Dessert	25	26 Country Fried Steak Mashed Potatoes/Gravy 4 Way Veggie Blend Carrot Raisin Salad Orange Quarters Biscuit Dessert
29	30 Clam Chowder Egg or Tuna Salad Sandwich Tossed Green Salad Tropical Fruit Dessert	31 Tuna Noodle Casserole Peas & Carrots Mixed Greens Salad Fruit Salad Dessert	<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>	

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

Call 509-826-7979 for information on Meals on Wheels







2024

CASHMERE/LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED 	2	3 Meatloaf Mashed Potatoes/Gravy Buttered Corn Green Salad Peaches WW Bread or Roll Dessert	4	5 Baked Fish Wild Rice Key West Veggies Coleslaw Orange Quarters WW Roll Dessert
8 Salisbury Steak Mashed Potatoes/Gravy Mixed Greens Salad WW Roll Peach Cobbler	9	10 BBQ Country Ribs Mac & Cheese Green Beans Carrot Raisin Salad Pineapple Dessert	11	12 Pork Roast Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert
15 CLOSED 	16	17 Tuna Noodle Casserole Peas & Carrots Mixed Greens Salad Fruit Salad Dessert	18	19 Kielbasa with Peppers & Onions Roasted Potatoes Cucumber Salad Tropical Fruit Biscuit Cereal Bar
22 Pizza Casserole Caesar Salad Fruit Tray Dessert	23	24 Chicken & Wild Rice Bake Coleslaw Tropical Fruit WW Roll Dessert	25	26 Baked Ham Potatoes Au Gratin Trio Veggies Garden Salad Applesauce WW Roll Dessert
29 Lasagna w/Meat Sauce Tossed Salad Fruit Cocktail Dessert	30	31 Country Fried Steak Mashed Potatoes/Gravy Veggie Blend w/Corn Carrot Raisin Salad Orange Quarters Biscuit Dessert	<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>	

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2024

CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED  <small>Quotexonline.com</small>	2 Chicken Cordon Bleu Casserole over Rice Steamed Carrots Broccoli Salad Strawberries & Bananas WW Roll Dessert	3 Meatloaf Mashed Potatoes/Gravy Buttered Corn Green Salad Peaches WW Bread or Roll Dessert	4 Chicken Paprika Egg Noodles Roasted Squash Spring Salad Pineapple & Cherries Dessert	5 Baked Fish Wild Rice Key West Veggies Coleslaw Orange Quarters WW Roll Dessert
8 Salisbury Steak Mashed Potatoes/Gravy Mixed Greens Salad WW Roll Peach Cobbler	9 Oven Fried Chicken Twice Bake Style Potato Casserole Buttered Corn Spiced Salad Apple Slices Dessert	10 BBQ Country Ribs Mac & Cheese Green Beans Carrot Raisin Salad Pineapple Dessert	11 Corn Chowder BLT Sandwich Spinach Salad Orange Quarters Dessert	12 Pork Roast Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert
15 CLOSED  <small>shutterstock · 356091257</small>	16 French Dip Sandwich Jo Jo's Pickled Beets Waldorf Salad Dessert	17 Tuna Noodle Casserole Peas & Carrots Mixed Greens Salad Fruit Salad Dessert	18 Beef Tacos Spanish Rice Fresh Salsa Pineapple Tidbits Dessert	19 Kielbasa with Peppers & Onions Roasted Potatoes Cucumber Salad Tropical Fruit Biscuit Cereal Bar
22 Pizza Casserole Caesar Salad Fruit Tray Dessert	23 Cabbage Patch Stew Tossed Salad Chilled Pears Whole Grain Crackers Cornbread Dessert	24 Chicken & Wild Rice Bake Coleslaw Tropical Fruit WW Roll Dessert	25 Cheeseburger Deluxe Sweet Potato Fries Pea Salad Orange Quarters Dessert	26 Baked Ham Potatoes Au Gratin Trio Veggies Garden Salad Applesauce WW Roll Dessert
29 Lasagna w/Meat Sauce Tossed Salad Fruit Cocktail Dessert	30 Fish Sandwich Deluxe Jo Jo's Coleslaw Banana Dessert	31 Country Fried Steak Mashed Potatoes/Gravy Veggie Blend w/Corn Carrot Raisin Salad Orange Quarters Biscuit Dessert	<div>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</div>	

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2024

DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED 	2 French Dip Sandwich Jo Jo's Pickled Beets Waldorf Salad Dessert	3 Pork Roast Stuffing & Gravy Toasted Brussels Sprouts Garden Salad Applesauce Dessert	4 Oven Fried Chicken Twice Bake Style Potatoes Buttered Corn Spiced Salad Orange Quarters WW Roll Dessert	5
8	9 Chicken Burger Deluxe Jo Jo's Coleslaw Mandarin Oranges Dessert	10 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Waldorf Salad Biscuit Cereal Bar	11 Ham Sandwich Minestrone Soup Caesar Salad Pears Dessert	12
15 CLOSED 	16 Chicken Cordon Bleu Casserole over Rice Steamed Carrots Broccoli Salad Strawberries & Bananas WW Roll Dessert	17 BBQ Country Ribs Mac & Cheese Green Beans Carrot Raisin Salad Mandarin Oranges Dessert	18 Salisbury Steak Mashed Potatoes/Gravy Broccoli Normandy Mixed Greens Salad WW Roll Peach Cobbler	19
22	23 Chili Dog with Cheese Green Beans Cucumber Salad Pineapple & Cherries Dessert	24 Baked Fish Fillet Wild Rice Key West Veggie Coleslaw Orange Quarters WW Roll Dessert	25 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Berry Crisp	26
29	30 Clam Chowder Tuna Salad Sandwich Tossed Green Salad Tropical Fruit Dessert	31 Philly Steak Sandwich Jo Jo's Cucumber Slices Waldorf Salad Dessert	<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>	

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2024

ENTIAT

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509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED 	2	3	4 Chicken Paprika Egg Noodles Roasted Squash Spring Salad Pineapple & Cherries Dessert	5
8 Salisbury Steak Mashed Potatoes/Gravy Mixed Greens Salad WW Roll Peach Cobbler	9	10	11 Corn Chowder BLT Sandwich Spinach Salad Orange Quarters Dessert	12
15 CLOSED  shutterstock · 356091257	16	17	18 Beef Tacos Spanish Rice Fresh Salsa Pineapple Tidbits Dessert	19
22 Pizza Casserole Caesar Salad Fruit Tray Dessert	23	24	25 Cheeseburger Deluxe Sweet Potato Fries Pea Salad Orange Quarters Dessert	26
29 Lasagna w/Meat Sauce Tossed Salad Fruit Cocktail Dessert	30	31	<div>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</div>	

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2024

ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED 	2	3 Meatloaf Mashed Potatoes & Gravy Buttered Corn Green Salad Peaches WW Roll Dessert	4 Chicken & Wild Rice Bake Coleslaw Tropical Fruit WW Roll Dessert	5
8 Corn Chowder BLT Sandwich Spinach Salad Oranges Mozzarella Breadstick Dessert	9	10 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Waldorf Salad Biscuit Cereal Bar	11 Lasagna Tossed Salad Fruit Cocktail Dessert	12
15 CLOSED 	16	17 Chili with Cheese 1/2 Baked Potato Chuck Wagon Corn Tossed Green Salad Apricots Cornbread Dessert	18 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Berry Crisp	19
22 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	23	24 Pork Roast Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert	25 Oven Fried Chicken Twice Baked Style Potatoes Buttered Corn Spiced Salad Orange Quarters WW Roll Dessert	26
29 Biscuits & Gravy Hash Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin	30	31 Tuna Noodle Casserole Peas & Carrots Mixed Greens Salad Fruit Salad Dessert	<div>Suggested donation for seniors over age 60 is \$5.00</div> <div>FEE for persons under age 60 is \$12.00</div>	

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2024

OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
1 CLOSED  <small>QuotesIdeas.com</small>	2 Cabbage Patch Stew Tossed Salad Chilled Pears WW Roll Dessert	3 Chicken & Wild Rice Bake Coleslaw Tropical Fruit WW Roll Dessert	4 Breakfast Burrito Fresh Salsa Fresh Fruit Muffin No Home Delivery	5 Crispy Fish Fillet Rosemary Potatoes Pea Salad Apple Slices WW Roll Cereal Bar
8 BBQ Country Ribs Potato Salad Green Beans Mandarin Oranges Cornbread Dessert	9 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Garlic Bread Berry Crisp	10 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert	11 Biscuits & Gravy Scrambled Eggs Hash Browns Juice Fresh Fruit No Home Delivery	12 Pork Roast Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert
15 CLOSED  <small>shutterstock - 356091257</small>	16 Cordon Bleu Casserole Rice Pilaf Carrots Broccoli Salad Strawberries & Bananas WW Roll Dessert	17 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Orange Quarters Biscuit Cereal Bar	18 Bacon, Spinach and Cheese Quiche Breakfast Potatoes Juice Fresh Fruit Muffin No Home Delivery	19 French Dip Jo Jo's Pickled Beets Waldorf Salad Dessert
22 Salisbury Steak Mashed Potatoes Steamed Carrots Mixed Greens Salad WW Roll Peach Cobbler	23 Biscuits & Sausage Gravy Hash Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin	24 Spaghetti & Meat Sauce Caesar Salad Chilled Pears Garlic Bread Dessert	25 Veggie Loaded Breakfast Bake Casserole Hash Browns Fruit Salad Waffle No Home Delivery	26 Fish Sandwich Deluxe Jo Jo's Coleslaw Banana Dessert
29 Oven Fried Chicken Twice Bake Style Potatoes Buttered Corn Spiced Salad Cherries & Pineapple WW Roll Dessert	30 Tuna Noodle Casserole Peas & Carrots Mixed Greens Salad Fruit Salad Dessert	31 Chili Dog with Cheese Green Beans Coleslaw Orange Quarters Dessert	<div> Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00 </div>	

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2024

OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
1 CLOSED 	2 Clam Chowder Tuna Salad Sandwich Spring Salad Tropical Fruit Dessert	3	4 Pork Roast Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert	5 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert
8 Cabbage Patch Stew Tossed Salad Chilled Pears Mozzarella Breadsticks Dessert	9 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	10	11 Biscuits & Gravy Hash Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin	12 Chili Dog w/Cheese Green Beans Cucumber Salad Pineapple & Cherries Dessert
15 CLOSED  <small>shutterstock · 356091257</small>	16 Tuna Noodle Casserole Peas & Carrots Spinach Salad Fruit Salad Dessert	17	18 Chicken Burger Deluxe Jo Jo's Coleslaw Mandarin Oranges Dessert	19 Pot Roast Roast Potatoes & Carrots Tossed Green Salad Peaches WW Roll Oatmeal Cookies
22 Chicken & Wild Rice Bake Cucumber Slices Tropical Fruit WW Roll Dessert	23 Cheeseburger Deluxe Tater Tots Coleslaw Apple Wedges Dessert	24	25 BBQ Country Ribs Mac & Cheese Green Beans Carrot Raisin Salad Mandarin Oranges Dessert	26 Chili with Cheese 1/2 Baked Potato Tossed Green Salad Apricots Cornbread Dessert
29 Ham Sandwich Minestrone Soup Caesar Salad Pears Dessert	30 Pizza Casserole Tossed Salad Waldorf Salad Dessert	31	<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>	

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TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED  <small>QuotesDecor.com</small>	2 Chicken Burger Deluxe Potato Salad Coleslaw Fruit Ambrosia Dessert	3 Beef Tacos Spanish Rice Fresh Salsa Pineapple Dessert	4 Country Fried Steak Mashed Potatoes/Gravy Trio Vegetables Tossed Salad Peaches Garlic Bread Dessert	5 Philly Steak Sandwich Jo Jo's Cucumber Slices Pears Dessert
8 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	9 Fish Sandwich Deluxe Jo Jo's Coleslaw Banana Dessert	10 Chicken Cordon Bleu Casserole Rice Pilaf Steamed Carrots Tossed Green Salad Strawberries & Bananas Dessert	11 Ham Sandwich Minestrone Soup Caesar Salad Pears Dessert	12 BBQ Country Ribs Mac & Cheese Green Beans Carrot Raisin Salad Spiced Apples Dessert
15 CLOSED  <small>shutterstock - 356091257</small>	16 Salisbury Steak Mashed Potatoes/Gravy Carrots Mixed Greens Salad WW Roll Peach Cobbler	17 Pizza Casserole Tossed Salad Waldorf Salad Dessert	18 Cheeseburger Deluxe Sweet Potato Fries Cucumber Salad Orange Quarters Dessert	19 Kielbasa with Peppers and Onions Roasted Potatoes Broccoli Salad Waldorf Salad Biscuit Cereal Bars
22 Corn Chowder BLT Sandwich Spinach Salad Orange Quarters Dessert	23 Biscuits & Gravy Hash Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin	24 Meatloaf Mashed Potatoes/Gravy Buttered Corn Green Salad Peaches WW Roll Dessert	25 Sweet & Sour Chicken Rice Hot Cabbage Asian Coleslaw Mandarin Oranges Egg Roll Dessert	26 Baked Ham Potatoes Au Gratin Trio Vegetables Garden Salad Apple Wedges WW Roll Dessert
29 Chili Dog with Cheese Green Beans Cucumber Salad Pineapple & Cherries Dessert	30 Pork Roast Roasted Potatoes & Carrots Garden Salad Applesauce Garlic Bread Oatmeal Cookies	31 Clam Chowder Tuna Salad Sandwich Tossed Green Salad Tropical Fruit Dessert	<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>	

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2024

TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED 	2	3	4 Cabbage Patch Stew Tossed Salad Chilled Pears Whole Grain Crackers Dessert	5 Baked Fish Wild Rice Key West Veggies Coleslaw Orange Quarters WW Roll Dessert
8 Cheeseburger Deluxe Sweet Potato Fries Mixed Greens Salad Tropical Fruit Dessert	9	10	11 Pork Roast Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert	12 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Berry Crisp
15 CLOSED  <small>shutterstock · 356091257</small>	16	17	18 Philly Steak Sandwich Jo Jo's Cucumber Slices Waldorf Salad Dessert	19 Clam Chowder Egg or Tuna Salad Sandwich Tossed Green Salad Tropical Fruit Dessert
22 Meatloaf Mashed Potatoes & Gravy Buttered Corn Green Salad Peaches WW Roll Dessert	23	24	25 Oven Fried Chicken Stuffing & Gravy Buttered Carrots Apple Slices Dessert	26 Spaghetti & Meat Sauce Caesar Salad Chilled Pears Garlic Bread Dessert
29 Pot Roast Potatoes & Carrots Tossed Green Salad Peaches WW Roll Oatmeal Cookies	30	31	<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>	

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2024

WILBUR

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509-826-7979 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 CLOSED 	2 Clam Chowder Egg Salad Sandwich Tossed Green Salad Tropical Fruit Dessert	3 French Dip Sandwich Jo Jo's Pickled Beets Waldorf Salad Dessert	4 Baked Fish Wild Rice Key West Veggies Coleslaw Orange Quarters WW Roll Dessert	5 Meatloaf Mashed Potatoes/Gravy Buttered Corn Green Salad Peaches WW Roll Dessert
8	9 Chili with Cheese 1/2 Baked Potato Chuck Wagon Corn Tossed Green Salad Apricots Cornbread Dessert	10 Pork Chops Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert	11 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert	12 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert
15 CLOSED 	16 Baked Ham Potatoes Au Gratin Trio Vegetables Garden Salad Applesauce WW Roll Dessert	17 Cabbage Patch Stew Whole Grain Crackers Tossed Salad Chilled Pears WW Roll Dessert	18 Biscuits & Gravy Hash Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin	19 Country Fried Steak Mashed Potatoes/Gravy Four Way Veggies Carrot Raisin Salad Orange Quarters Biscuit Dessert
22	23 Chicken Burger Deluxe Jo Jo's Coleslaw Mandarin Oranges Dessert	24 Beef Taco's Spanish Rice Fresh Salsa Pineapple Tidbits Dessert	25 Tuna Noodle Casserole Peas & Carrots Mixed Greens Salad Fruit Salad Dessert	26 Salisbury Steak Mashed Potatoes/Gravy Steamed Carrots Mixed Greens Salad WW Roll Peach Cobbler
29	30 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Berry Parfait	31 Corn Chowder BLT Sandwich Spinach Salad Apple Wedges Dessert	<div>Suggested donation for seniors over age 60 is \$5.00</div> <div>FEE for persons under age 60 is \$12.00</div>	

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