

BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		ation for seniors over age 60 is s under age 60 is \$12.00	\$5.00	OCTN MISSION NUTRITION! Established 1975	Salmon with Dill Sauce Pesto Pasta Chalet Vegetable Blend Garden Salad Waldorf Salad Dessert
4		5 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookie	6 Chicken Cordon Bleu Rice Pilaf Venetian Veggies Greek Salad Fruit Salad WW Roll Dessert	7	8 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats
11		12 Scrambled Eggs Sausage Patty Potatoes O'Brien Peaches Juice Muffin	13 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	14	15 Corned Beef & Cabbage Potatoes & Carrots Tossed Salad Tropical Fruit WW Roll Pistachio Pudding
18		19 Tuna Noodle Casserole Peas & Carrots Spiced Salad Waldorf Salad Dessert	2 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple WW Roll Dessert	21	22 Baked Fish Pesto Pasta Normandy Veggies Tossed Salad Tropical Fruit Dessert
25		26 Broccoli, Bacon & Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin	27 Chili with Cheese 1/2 Baked Potato Green Salad Peaches Corn Chips Dessert	28	29 Country Fried Steak Mashed Potatoes/Gravy Chuck Wagon Corn Tossed Green Salad Apple Crisp

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OKANOGAN / OMAK

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OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
Suggested donation for s	seniors over age 60 is \$5.00 ge 60 is \$12.00	OCTN MISSION NUTRITION! Established 1975		1 French Dip Sandwich Jo Jo's Pickled Beets Banana Dessert
4 Veggie Lasagna Caesar Salad Cinnamon Pears Dessert	5 Baked Chicken Wild Rice Roasted Squash Three Bean Salad Peaches Bread Pudding	6 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	7 Veggie Loaded Breakfast Bake Casserole Juice Waffle Berries & Yogurt No Home Delivery	8 Baked Fish Fillet Rosemary Potatoes Spinach Salad Grapes WW Roll Oatmeal Cookies
11 Country Fried Steak Mashed Potatoes/Gravy Chuck Wagon Corn Tossed Green Salad Apple Crisp	Sweet & Sour Pork Steamed Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	13 Chili with Cheese 1/2 Baked Potato Cucumber Salad Peaches Corn Chips Dessert	14 Eggs Florentine Juice Orange Quarters English Muffin Pastry No Home Delivery	15 Corned Beef & Cabbage Potatoes & Carrots Tossed Salad Tropical Fruit WW Roll Pistachio Pudding
18 Cheeseburger Pie Pea Salad Fruit Tray Dessert	19 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert	20 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert	21 Scrambled Eggs Sausage Link Potatoes O'Brien Juice Melon Wedge Pancakes No Home Delivery	Scalloped Potatoes and Ham Casserole Buttered Peas Pineapple WW Roll Rice Krispies Treats
25 Chicken Florentine over Noodles Tossed Salad Peaches Dessert	26 Teriyaki Beef Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert	27 Pork Roast w/Applesauce Mashed Potatoes/Gravy Spinach Salad WW Roll Apple Crisp	28 Breakfast Sandwich On a Croissant Hash Browns Juice Diced Peaches Muffin No Home Delivery	29 BBQ Country Style Ribs Green Beans Cabbage & Apple Slaw Orange Quarters Corn Bread Cereal Bar

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OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
	ation for seniors over age 60 is under age 60 is \$12.00	\$5.00	OCTN MISSION NUTRITION! Established 1975	Salmon with Dill Sauce Pesto Pasta Chalet Blend Veggies Garden Salad Waldorf Salad Dessert
4 Ham Sandwich Split Pea Soup Cucumber Salad Tropical Fruit Dessert	5 Salisbury Steak with Mushroom Gravy Egg Noodles Buttered Carrots Tossed Salad Pears Dessert	6	7 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	8 Baked Fish Wild Rice Key West Veggies Spring Salad Mixed Berries Garlic Bread Dessert
11 Biscuits & Gravy Hash Browns Juice Fresh Fruit Blueberry Muffin	12 Teriyaki Beef Rice Stir Fry Veggies Asian Coleslaw Tropical Fruit Egg Roll Dessert	13	14 Tuna Noodle Casserole Peas & Carrots Spiced Salad Waldorf Salad Dessert	15 Rueben Sandwich Jo Jo's Coleslaw Coleslaw Pistachio Pudding
18 Lasagna with Meat Sauce Green Beans Tossed Salad Bread Stick Dessert	19 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats	20	21 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	Bacon, Broccoli and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin
25 French Dip Sandwich Jo Jo's Pickled Beets Banana Dessert	26 Chicken Florentine Served over Noodles Tossed Salad Peaches Dessert	27	28 Scalloped Potatoes and Ham Casserole Buttered Peas WW Roll Apple Crisp	29 Pork Roast Mashed Potatoes / Gravy Spinach Salad Orange Quarters WW Roll Rise Krispies Treats

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TONASKET

HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for s	eniors over age 60 is \$5.00 e 60 is \$12.00	OCTN MISSION NUTRITION! Established 1975		1 Beef Taco's Spanish Rice Fresh Salsa Mandarin Oranges Dessert
4 Biscuits & Gravy Hash Brown Potatoes Juice Fresh Fruit Pancake	5 Chicken Enchiladas Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert	6 Salmon with Dill Sauce Pesto Pasta Chalet Veggie Blend Garden Salad Fruit Cocktail Dessert	7 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats	8 Broccoli, Bacon and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin
11 Vegetable Lasagna Caesar Salad Cinnamon Pears Garlic Bread Dessert	12 Country Fried Steak Mashed Potatoes/Gravy Chuck Wagon Corn Tossed Green Salad Apple Crisp	13 Sweet & Sour Pork Rice Spinach Salad Mandarin Oranges Garlic Bread Dessert	14 Baked Chicken Couscous Roasted Squash Three Bean Salad Fruit Ambrosia Bread Stick Dessert	15 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert
18 Corned Beef & Cabbage Potatoes & Carrots Tossed Salad Tropical Fruit WW Roll Pistachio Pudding	19 Chicken Fettuccine Carrots Spinach Salad Peaches Dessert	20 Ham & Cheese Sandwich Split Pea Soup Cucumber Salad Applesauce Dessert	21 Teriyaki Beef Rice Stir Fry Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	22 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert
25 Cheeseburger Pie Pea Salad Fruit Tray Dessert	26 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	27 Broccoli/Cheese Soup Turkey Roll Up Crunchy Pea Salad Grapes Muffin	28 BBQ Country Style Ribs Green Beans Potato Salad Diced Apples Corn Bread Dessert	29 Meatball Sub Sandwich Jo Jo's Pea Salad Mixed Fruit Dessert
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TWISP

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for se		OCTN MISSION NUTRITION! Established 1975		Salmon with Dill Sauce Pesto Pasta Chalet Vegetables Garden Salad Waldorf Salad Dessert
4 Baked Chicken Wild Rice Roasted Squash Three Bean Salad Peaches Break Pudding	5	6	7 Quiche: Bacon, Broccoli and Swiss Cheese Crunchy Pea Salad Grapes Blueberry Muffin	8 Pork Roast Mashed Potatoes & Gravy Spinach Salad Orange Quarters WW Roll Rice Krispies Treats
11 Scalloped Potatoes and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies	12	13	14 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple WW Roll Dessert	15 Corned Beef & Cabbage Carrots & Potatoes Tossed Salad Tropical Fruit WW Roll Pistachio Pudding
18 Chicken Cordon Bleu Rice Pilaf Venetian Veggies Greek Salad Fruit Salad WW Roll Dessert	19	20	21 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert	22 Baked Fish Rice Pilaf Normandy Veggies Tossed Salad Apple Celery Salad Garlic Bread Dessert
25 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	26	27	28 Biscuits & Gravy Hash Brown Potatoes Fresh Fruit Juice Blueberry Muffin	29 Roast Beef Mashed Potatoes Trio Veggies Broccoli Salad Mixed Berries WW Roll Dessert

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