



BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 Chicken Fried Steak Mashed Potatoes/Gravy Green Beans Peaches WW Roll Dessert
<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>				
5	6 Chef's Salad Fresh Fruit WW Roll Dessert	7 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke & Tomato Salad Pears Dessert	8 	9 Chicken Fettuccine Venetian Blend Veggies Caesar Salad Blueberry Cobbler
12	13 Chicken Cordon Bleu Garlic Parmesan Pasta Peas & Carrots Tossed Green Salad Apple Wedges WW Roll Dessert	14 Baked Ham Au Gratin Potatoes Mixed Greens Salad Pineapple & Cherries WW Roll Bread Pudding	15	16 Lemon Pepper Fish Wild Rice Chalet Blend Veggies Spiced Salad Chilled Peaches Garlic Bread Dessert
19	20 Hot Dog Coleslaw Three Bean Salad Fruit Salad Dessert	21 Chicken Caesar Salad Tortellini Soup Apples & Grapes Cheesy Garlic Toast Dessert	22	23 Roast Beef Mashed Potatoes/Gravy Key West Veggies Garden Salad WW Roll Berry Shortcake
26	27 Chicken Strips Jo Jo's Broccoli Salad WW Bread or Roll Strawberry Shortcake	28 Stuffed Pepper Casserole Chopped Salad Watermelon WW Roll Dessert	29	30 Clam Chowder Tuna Sandwich Garden Salad Pineapple Dessert

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

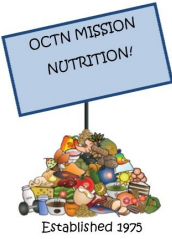




OKANOGAN / OMAK

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 FEE for persons under age 60 is \$10.00</p> </div>			1	2 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit Dessert
5 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke & Tomato Salad Pears Dessert	6 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Dessert	7 Salisbury Steak Mashed Potatoes/Gravy Green Beans Spinach Salad WW Roll Fruited Jell-O	8	9 SALAD BAR Crunchy Chicken Salad on a Bed of Greens Pasta Salad Pickled Beets Strawberry Shortcake
12 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake	13 Sweet & Sour Pork Rice Pilaf Oriental Vegetables Asian Style Salad Pineapple & Cherries Egg Roll Dessert	14 Philly Steak Sandwich Sweet Potato Fries 49'er Chopped Salad Fresh Fruit Dessert	15 	16 Baked Lemon Pepper Fish Wild Rice Chalet Veggie Blend Spiced Salad Chilled Peaches Garlic Bread Dessert
19 Teriyaki Beef Steamed Rice Oriental Veggies Spinach Salad Mandarin Oranges Egg Roll Dessert	20 Chef's Salad Fresh Fruit WW Roll Dessert	21 Spaghetti & Meat Sauce Caesar Salad Garlic Bread Dessert	22	23 Baked Ham Potatoes Au Gratin Mixed Greens Salad Pineapple & Cherries WW Roll Bread & Raisin Pudding
26 Meatballs & Gravy Mashed Potatoes Greek Salad WW Roll Apple Oat Bars	27 Country Fried Steak Mashed Potatoes/Gravy Green Beans Orange Quarters WW Roll Dessert	28 Stuffed Pepper Casserole Chopped Salad WW Roll Cherry Crisp	29	30 Hot Dog Coleslaw Three Bean Salad Fruit Salad Dessert

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OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE



TONASKET

TONASKET/OROVILLE

TONASKET

TONASKET/OROVILLE

OROVILLE

<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>			<p>1 Chef's Salad Fresh Fruit Garlic Toast Dessert</p>	<p>2 BBQ Chicken Scalloped Potatoes Pea Salad Fruit Tray WW Roll Rice Krispy Treat</p>
<p>5 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake</p>	<p>6 Swiss Steak with Grilled Onions & Gravy Mashed Potatoes 49'er Chopped Salad Applesauce Garlic Bread Oatmeal Cookies</p>	<p>7 Mac & Cheese w/Ham Peas & Carrots Tossed Green Salad Mixed Berries Muffin Dessert</p>	<p>8 Deluxe Cheeseburger Jo Jo's Coleslaw Apple Celery Salad Dessert</p>	<p>9 Chicken Parmesan Garlic Pasta Key West Veggie Blend Cuke & Tomato Salad Apricots WW Roll Dessert</p>
<p>12 Chicken Taco Soup Tortilla Chips Spiced Salad Fresh Fruit Tray Cereal Bars</p>	<p>13 Salisbury Steak Mashed Potatoes & Gravy Green Beans WW Roll Fruited Jell-O</p>	<p>14 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit WW Roll Dessert</p>	<p>15 Philly Steak Sandwich Sweet Potato Fries 49'er Chopped Salad Fresh Fruit Dessert</p>	<p>16 Chicken Fettuccine Venetian Blend Veggies Caesar Salad Blueberry Cobbler</p>
<p>19 Chicken Caesar Salad Tortellini Soup Apples & Grapes Cheesy Garlic Toast Dessert</p>	<p>20 Lemon Pepper Fish Fillet Pasta with Pesto Sauce Chalet Blend Veggies Spiced Salad Chilled Peaches Garlic Bread Dessert</p>	<p>21 Teriyaki Beef Rice Oriental Vegetables Spinach Salad Mandarin Oranges Egg Roll Dessert</p>	<p>22 Chicken Enchiladas Baja Vegetables Cuke & Tomato Salad Pears Dessert</p>	<p>23 Rueben Sandwich Potato Salad Three Bean Salad Tropical Fruit Dessert</p>
<p>26 Hot Dog Coleslaw Veggie Tray Dessert</p>	<p>27 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert</p>	<p>28 Crunchy Chicken Salad on a Bed of Greens Pasta Salad Pickled Beets Strawberry Shortcake</p>	<p>29 Clam Chowder Turkey Sandwich Garden Salad Pineapple Dessert</p>	<p>30 Roast Beef Mashed Potatoes/Gravy Key West Veggies Garden Salad WW Roll Mixed Berry Shortcake</p>

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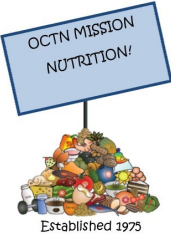




TWISP

PLEASE CALL 509-997-7722 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 FEE for persons under age 60 is \$10.00</p> </div>			1 Chicken Enchiladas Spanish Rice Baja Veggies Cuke & Tomato Salad Pears Dessert	2 Salisbury Steak Potatoes & Gravy Green Beans WW Roll Fruited Jell-O
5 Chicken Cordon Bleu Garlic Parmesan Pasta Peas & Carrots Tossed Green Salad Chilled Pears WW Roll Dessert	6	7	8 Cheeseburger Deluxe Jo Jo's Coleslaw Apple Celery Salad Dessert	9 Baked Fish Wild Rice Chalet Veggies Spiced Salad Chilled Peaches Garlic Bread Dessert
12 Chicken Fettuccine Venetian Blend Veggies Caesar Salad Blueberry Cobbler	13	14 	15 Chef's Salad Fresh Fruit WW Roll Dessert	16 Roast Beef Mashed Potatoes Key West Veggies Garden Salad WW Roll Berry Shortcake
19 Philly Steak Sandwich Sweet Potato Fries 49'er Chopped Salad Fresh Fruit Dessert	20	21	22 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	23 Clam Chowder Tuna Sandwich Garden Salad Pineapple Dessert
26 Mac & Cheese with Bacon Peas & Carrots Tossed Green Salad Mixed Berries Bran Muffin Dessert	27	28	29 BBQ Chicken Scalloped Potatoes Pea Salad Fruit Tray WW Roll Rice Krispy Treats	30 Stuffed Pepper Casserole Chopped Salad WW Roll Cherry Crisp

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