



**2023**

MONDAY

BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED MEALS

PLEASE CALL 509-826-7979 TO CANCEL



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Suggested donation for seniors  
over age 60 is \$4.00

FEE for persons under age 60 is \$10.00



3	4 Scrambled Eggs & Ham Potatoes O'Brien Stewed Tomatoes Fruit Juice Pancake Rice Krispy Treat	5 Chili Cucumber Slices Caesar Salad Peaches Cornbread Dessert	6	7 Yankee Pot Roast with Carrots & Potatoes Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies
10	11 Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert	12 Hearty Turkey Noodle Soup Cottage Cheese Tossed Salad Fresh Fruit Cornbread Dessert	13	14 Baked Ham Scalloped Potatoes Caesar Salad Waldorf Salad WW Roll Dessert
17	18 Tater Tot Casserole Green Beans Tossed Salad Apricots WW Roll Apple Oat Bars	19 CLOSED FOR ALL STAFF TRAINING	20	21 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert
24	25 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad Apple Crisp	26 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	27	28 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert

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





**2023**  
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

24 HOURS IN ADVANCE



<div style="border: 2px solid black; padding: 10px; text-align: center;"> <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>3 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert</p>	<p>4 Oven Fried Chicken Twice Bake Potatoes Chuck Wagon Corn Cuke &amp; Tomato Salad Grapes WW Roll Dessert</p>	<p>5 Fish &amp; Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert</p>	<p>6 Beef Stew Green Salad Peaches Biscuit Cereal Bars</p>	<p>7 Honey Mustard Chicken Rice Pilaf Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert</p>
<p>10 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>11 Chicken, Bacon &amp; Swiss Cheese Sandwich Potato Salad Apricots Corn Chips Dessert</p>	<p>12 Meatloaf Mashed Potatoes/Gravy Green Beans Spinach Salad Chilled Pears Biscuit Dessert</p>	<p>13 Pork Roast Stuffing &amp; Gravy Glazed Carrots Greek Salad Applesauce Dessert</p>	<p>14 Pizza Casserole Tossed Salad Spiced Pears Dessert</p>
<p>17 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>18 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Angel Food Cake</p>	<p>19 CLOSED FOR ALL STAFF TRAINING</p>	<p>20 Yankee Pot Roast with Potatoes &amp; Carrots Mixed Greens Salad Strawberries &amp; Bananas WW Roll Oatmeal Cookies</p>	<p>21 White Bean Chicken Chili Spinach Salad Peaches Tortilla Chips Dessert</p>
<p>24 Chicken Fettuccine Peas Spinach Salad Mixed Berries Dessert</p>	<p>25 Split Pea &amp; Ham Soup Turkey Sandwich Garden Salad Peaches Dessert</p>	<p>26 Baked Ham Scalloped Potatoes Buttered Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert</p>	<p>27 Italian Rice &amp; Beef Caesar Salad Apple Wedges WW Roll Dessert</p>	<p>28 Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert</p>

For information about Home Delivered Meals call 509-470-0522.  
You can *visit our website* at [www.octn.org](http://www.octn.org) and follow us on Facebook!  
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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>				
<p>3 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert</p>	<p>4</p>	<p>5</p>	<p>6 Beef Stew Green Salad Peaches Biscuit Cereal Bars</p>	<p>7</p>
<p>10 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>11</p>	<p>12</p>	<p>13 Pork Roast Stuffing &amp; Gravy Glazed Carrots Greek Salad Applesauce Dessert</p>	<p>14</p>
<p>17 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>18</p>	<p>19</p>	<p>20 Yankee Pot Roast with Potatoes &amp; Carrots Mixed Greens Salad Strawberries &amp; Bananas WW Roll Oatmeal Cookies</p>	<p>21</p>
<p>24 Chicken Fettuccine Peas Spinach Salad Mixed Berries Dessert</p>	<p>25</p>	<p>26</p>	<p>27 Italian Rice &amp; Beef Caesar Salad Apple Wedges WW Roll Dessert</p>	<p>28</p>

For information about Home Delivered Meals call 509-826-7979.  
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# LEAVENWORTH/CASHMERE HOME DELIVERED

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>				
<p>3</p> <p>Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert</p>	<p>4</p>	<p>5</p> <p>Fish &amp; Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert</p>	<p>6</p>	<p>7</p> <p>Honey Mustard Chicken Rice Pilaf Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert</p>
<p>10</p> <p>Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>11</p>	<p>12</p> <p>Meatloaf Mashed Potatoes/Gravy Green Beans Spinach Salad Chilled Pears Biscuit Dessert</p>	<p>13</p>	<p>14</p> <p>Pizza Casserole Tossed Salad Spiced Pears Dessert</p>
<p>17</p> <p>Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>18</p>	<p>19</p> <p>CLOSED FOR ALL STAFF TRAINING</p>	<p>20</p>	<p>21</p> <p>White Bean Chicken Chili Spinach Salad Peaches Tortilla Chips Dessert</p>
<p>24</p> <p>Chicken Fettuccine Peas Spinach Salad Mixed Berries Dessert</p>	<p>25</p>	<p>26</p> <p>Baked Ham Scalloped Potatoes Buttered Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert</p>	<p>27</p>	<p>28</p> <p>Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert</p>

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# ODESSA

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<div style="border: 2px solid black; padding: 10px; margin: 10px auto; width: fit-content;"> <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>3 Egg Salad Sandwich Minestrone Soup Vegetable Tray Oregon Berries Angel Food Cake</p>	<p>4</p>	<p>5 Chili with Cheese Cucumber Slices Spring Salad Peaches Cornbread Dessert</p>	<p>6 Baked Ham Scalloped Potatoes Caesar Salad Waldorf Salad WW Roll Dessert</p>	<p>7</p>
<p>10 Hearty Turkey Noodle Soup Cottage Cheese Tossed Salad Fresh Fruit Cornbread Dessert</p>	<p>11</p> <div style="text-align: center;"> </div>	<p>12 Oven Fried Chicken Potato Casserole Chuck Wagon Corn Cuke/Tomato Salad Grapes WW Roll Dessert</p>	<p>13 Beef Stew Green Salad Pears Biscuit Cereal Bars</p>	<p>14</p>
<p>17 Split Pea &amp; Ham Soup Turkey Sandwich Garden Salad Plums Dessert</p>	<p>18</p>	<p>19  CLOSED FOR ALL STAFF TRAINING</p>	<p>20 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>21</p>
<p>24 Ham &amp; Cheese Sandwich Corn Chowder Tossed Salad Berry &amp; Pudding Parfait</p>	<p>25</p>	<p>26 Meatloaf Mashed Potatoes/Gravy Green Beans Spinach Salad Applesauce Biscuit Dessert</p>	<p>27 Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert</p>	<p>28</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

<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>				
<p>3 California Chicken Casserole Spinach Salad Mandarin Oranges Cheesy Biscuit Dessert</p>	<p>4 Yankee Pot Roast with Potatoes &amp; Carrots Mixed Greens Salad Strawberries &amp; Bananas WW Roll Oatmeal Cookies</p>	<p>5 Chili with Cheese Cucumber Slices Caesar Salad Peaches Cornbread Dessert</p>	<p>6</p>	<p>7 Tater Tot Casserole Green Beans Tossed Salad Apricots WW Roll Apple Oat Bars</p>
<p>10 Baked Ham Scalloped Potatoes Caesar Salad Waldorf Salad WW Roll Dessert</p>	<p>11 Meatloaf Mashed Potatoes/Gravy Green Beans Spinach Salad Chilled Pears Biscuit Dessert</p>	<p>12 Chicken, Bacon &amp; Swiss Cheese Sandwich Potato Salad Apricots Corn Chips Dessert</p>	<p>13</p>	<p>14 Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert</p>
<p>17 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>18 Pizza Casserole Tossed Salad Spiced Pears Dessert</p>	<p>19  CLOSED FOR ALL STAFF TRAINING</p>	<p>20</p>	<p>21 Sweet &amp; Sour Pork over Noodles Oriental Veggies Asian Style Slaw Tropical Fruit Egg Roll Dessert</p>
<p>24 Bacon, Broccoli &amp; Swiss Cheese Quiche Spinach Salad Fresh Fruit Muffin</p>	<p>25 BBQ Meatballs Rice Pilaf Peas &amp; Carrots Three Bean Salad Orange Quarters Cornbread Dessert</p>	<p>26 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Angel Food Cake</p>	<p>27</p>	<p>28 Fish &amp; Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert</p>

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**2023**  
TONAKSET

# OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE



OROVILLE/TONASKET

TONASKET

TONASKET/OROVILLE

OROVILLE

<div style="border: 2px solid black; padding: 10px; text-align: center;"> <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>3 Chili with Cheese Pita Bread Lettuce &amp; Tomatoes Cucumber Slices Fresh Fruit Dessert</p>	<p>4 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>5 Meatloaf Mashed Potatoes/Gravy Green Beans Tossed Salad Chilled Pears Biscuit Dessert</p>	<p>6 Bacon, Broccoli and Swiss Cheese Quiche Green Salad Citrus Salad Muffin</p>	<p>7 California Chicken Casserole Spinach Salad Mandarin Oranges Cheesy Biscuit Dessert</p>
<p>10 BBQ Meatballs Potato Salad Peas &amp; Carrots Orange Quarters Cornbread Dessert</p>	<p>11 Hearty Turkey Noodle Soup Cottage Cheese Pickled Beets Fresh Fruit WW Roll Dessert</p>	<p>12 Tater Tot Casserole Green Beans Tossed Salad Apricots WW Roll Apple Oat Bars</p>	<p>13 Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert</p>	<p>14 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p>
<p>17 White Bean Chicken Chili Mixed Greens Salad Tortilla Chips Dessert</p>	<p>18 Pork Roast Stuffing &amp; Gravy Glazed Carrots Greek Salad Diced Apples Dessert</p>	<p>19 CLOSED FOR ALL STAFF TRAINING</p>	<p>20 Ham Sandwich Deluxe Minestrone Soup Grapes Dessert</p>	<p>21 Chicken Florentine served on Pasta Caesar Salad Fresh Fruit Dessert</p>
<p>24 Fish &amp; Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert</p>	<p>25 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad Apple Crisp</p>	<p>26 Beef Stroganoff Buttered Peas Cucumber Salad Apple Wedges Dessert</p>	<p>27 Chicken Fettuccine Broccoli Spinach Salad Mixed Berries Ice Cream</p>	<p>28 Stuffed Pepper Casserole Chopped 49'er Salad Chilled Pears WW Bread or Roll Dessert</p>

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TWISP

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>3 California Chicken Casserole Spinach Salad Mandarin Oranges Focaccia Bread Dessert</p>	<p>4</p>	<p>5</p>	<p>6 Beef Stew Green Salad Peaches Biscuit Cereal Bar</p>	<p>7 Rueben Sandwich with Swiss Cheese Jo Jo's Cucumber Salad Apple Wedges Dessert</p>
<p>10 Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert</p>	<p>11</p>	<p>12</p>	<p>13 Meatloaf Mashed Potatoes/Gravy Green Beans Fruit Salad WW Roll Dessert</p>	<p>14 Pork Roast &amp; Gravy Stuffing Glazed Carrots Greek Salad Pineapple Dessert</p>
<p>17 Yankee Pot Roast with Potatoes &amp; Carrots Mixed Greens Salad Strawberries &amp; Bananas WW Roll Oatmeal Cookies</p>	<p>18</p>	<p>19</p>	<p>20 Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke &amp; Tomato Salad Grapes WW Roll Dessert</p>	<p>21 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>
<p>24 Bacon, Broccoli, Swiss Quiche Spinach Salad Fresh Fruit Muffin</p>	<p>25</p>	<p>26</p>	<p>27 Baked Ham Scalloped Potatoes Caesar Salad Waldorf Salad WW Roll Dessert</p>	<p>28 Tuna Noodle Casserole Peas Garden Salad Oregon Berries Angel Food Cake</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>				
<p>3</p>	<p>4 Egg Salad Sandwich Minestrone Soup Cucumber/Tomato Salad Oregon Berries Angel Food Cake</p>	<p>5 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad Apricot Crisp</p>	<p>6 Chili with Cheese Cucumber Slices Caesar Salad Peaches Cornbread Dessert</p>	<p>7 Beef Stew Mixed Greens Salad Apple Slices Biscuit Cereal Bar</p>
<p>10</p>	<p>11 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>12 Split Pea &amp; Ham Soup Turkey Sandwich Garden Salad Sliced Pears Dessert</p>	<p>13 BBQ Meatballs Rice Pilaf Peas &amp; Carrots Coleslaw Orange Quarters Cornbread Dessert</p>	<p>14 Lemon Baked Fish Pesto Pasta Chalet Vegetables Green Salad Peaches Garlic Bread Dessert</p>
<p>17</p>	<p>18 Baked Ham Scalloped Potatoes Caesar Salad Waldorf Salad WW Roll Dessert</p>	<p>19 CLOSED FOR ALL STAFF TRAINING</p>	<p>20 Sweet &amp; Sour Pork Over Noodles Oriental Veggies Asian Style Slaw Tropical Fruit Egg Roll Dessert</p>	<p>21 Meatloaf Mashed Potatoes/Gravy Green Beans Spinach Salad Chilled Pears Biscuit Dessert</p>
<p>24</p>	<p>25 Ham &amp; Cheese Sandwich Corn Chowder Tossed Salad Berry &amp; Pudding Parfait</p>	<p>26 Fish &amp; Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert</p>	<p>27 Honey Mustard Chicken Garlic Parmesan Pasta Key West Veggies Spinach Salad Tropical Fruit WW Roll Dessert</p>	<p>28 Italian Rice &amp; Beef Caesar Salad Apple Wedges Garlic Bread Dessert</p>

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