



BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

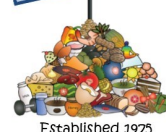
FRIDAY

	<p>1 Lemony Cheese Tortellini and Bacon Salad Served on A Bed of Greens Mixed Berries Ice Cream</p>	<p>2 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Watermelon Dessert</p>	<p>3</p>	<p>4 BBQ Riblets Baked Beans Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake</p>
<p>7</p>	<p>8 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert</p>	<p>9 Cheese Stuffed Shells with Pesto Sauce Venetian Veggies Tossed Salad Apricots Dessert</p>	<p>10</p>	<p>11 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>
<p>14</p>	<p>15 Personal Size Omelet Oven Brown Potatoes Stewed Tomatoes Mixed Melons Muffin</p>	<p>16 BBQ Chicken Macaroni Salad Peas & Carrots Mixed Greens Salad WW Roll Berry Shortcake</p>	<p>17</p>	<p>18 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert</p>
<p>21</p>	<p>22 Fish & Chips Coleslaw Apricots Garlic Bread Dessert</p>	<p>23 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert</p>	<p>24</p>	<p>25 Pot Roast Roast Potatoes & Carrots Garden Salad Watermelon WW Roll Oatmeal Cookie</p>
<p>28</p>	<p>29 Cheeseburger Deluxe Potato Salad Coleslaw Grapes Dessert</p>	<p>30 Baked Chicken Mashed Potatoes/Gravy Green Beans WW Roll Peach Crisp</p>	<p>31</p>	<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>

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




Established 1975



OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

TO RESERVE MEALS 24 HOURS IN ADVANCE

OKANOGAN	OMAK	OKANOGAN	CLOSED	OMAK
	1 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Mixed Berries Dessert	2 Pot Roast Carrots & Potatoes Garden Salad Watermelon WW Roll Oatmeal Cookie	3	4 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons WW Roll Dessert
	7 Cheese Stuffed Shells with Marinara Sauce Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	8 Baked Chicken Mashed Potatoes / Gravy Buttered Corn Caesar Salad WW Roll Dessert	9 Taco Salad Spanish Rice Mixed Fruit Tortilla chips Dessert	10
14 Meatloaf Mac & Cheese Green Beans Coleslaw Berries on Angel Food Cake	15 Chicken Enchiladas Seasoned Rice Mixed Vegetables Green Salad w/Tomatoes Peaches Dessert	16 Cheeseburger Deluxe Potato Salad Three Bean Salad Watermelon Dessert	17	18 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert
21 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	22 BBQ Chicken Macaroni Salad Peas & Carrots Mixed Greens Salad Berry Cobbler	23 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus WW Roll Blueberry & Pudding Parfait	24	25 Fish & Chips Coleslaw Apricots Garlic Bread Dessert
28 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert	29 Meatballs Mashed Potatoes & Gravy Buttered Corn Lettuce & Tomato Salad Peaches WW Roll Dessert	30 Chicken Ala' King Normandy Veggies Tossed Green Salad Spicy Apples Biscuits Dessert	31	<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>

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TONASKET / OROVILLE

PLEASE CALL 486-2483 OR 476-2412

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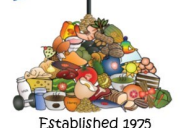
OROVILLE/TONASKET	OROVILLE/TONASKET	TONASKET	OROVILLE/TONASKET	OROVILLE/TONASKET
	1 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert	2 Cheese Stuffed Shells Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	3 Meatballs & Gravy Mashed Potatoes Greek Salad Peaches WW Roll Rice Krispies Treats	4 Chicken Stir Fry Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert
	7 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert	8 Lemony Cheese Tortellini and Bacon Salad With Greens & Broccoli Mixed Berries Dessert	9 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	10 Beef Stroganoff Carrots Garden Salad Fruit Salad Dessert
14 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	15 Sweet & Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Salad Egg Roll Dessert	16 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Bread Pudding	17 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	18 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons WW Roll Dessert
21 Pork Roast Stuffing & Gravy Venetian Vegetables Spinach Salad Applesauce Dessert	22 Biscuits & Gravy Hash Brown Potatoes V-8 Juice Fresh Fruit Muffin	23 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert	24 Meatloaf Mac & Cheese Green Beans Coleslaw Mixed Berries on Angel Food Cake	25 Bacon & Egg Salad Sandwich on Croissant Pea Salad Vegetable Tray Watermelon Dessert
28 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	29 Cheeseburger Deluxe Three Bean Salad Jo Jo's Peaches Dessert	30 Fish & Chips Coleslaw Apricots Garlic Bread Dessert	31 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Egg Roll Dessert	<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>

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TWISP

PLEASE CALL 509-997-7722 TO RESERVE MEALS
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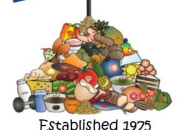
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert	4 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons WW Roll Dessert
7 Meatloaf Mac & Cheese Green Beans Tossed Salad Berries on Angel Food Cake	8	9	10 Personal Size Quiche Oven Brown Potatoes Stewed Tomatoes Pears Blueberry Muffin	11 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert
14 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus WW Bread or Roll Apricot Crisp	15	16	17 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert	18 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert
21 BBQ Chicken Carrots Macaroni Salad Mixed Greens Salad WW Roll Berry Shortcake	22	23	24 Sweet & Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert	25 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert
28 Biscuits & Gravy Hash Brown Potatoes V-8 Juice Fresh Fruit Muffin	29	30	31 Cheeseburger Deluxe Three Bean Salad Coleslaw Peaches Dessert	<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>

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