

OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

TO RESERVE MEALS 24 HOURS IN ADVANCE

OKANOGAN	OMAK	OKANOGAN	CLOSED	OMAK
			1 Chili Stuffed Baked Potato with Cheese Fresh Veggie Tray Peaches Cornbread Dessert	2
5 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	6 Chicken, Bacon & Swiss Cheese Sandwich made with Grilled Chicken Breast Potato Salad Apricots Rice Krispy Bars	7 Oven Fried Chicken Twice Bake Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes Biscuit Dessert	8	9 Yankee Pot Roast Roasted Carrots & Potatoes Mixed Greens Salad Strawberries & Bananas WW Bread or Roll Oatmeal Cookies
12 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Roll Dessert	13 White Bean Chicken Chili Spinach Salad Peaches Corn Chips WW Roll Dessert	14 Chicken Fried Steak Mashed Potatoes Trio Vegetables Tossed Green Salad WW Roll Apricot Crisp	15	16 Lemon Baked Fish Rice Pilaf Chalet Blend Veggies Coleslaw Mandarin Oranges Garlic Bread Dessert
19 Baked Ham Scalloped Potatoes Asparagus Green Salad Mandarin Oranges Cheesy Biscuit Dessert	20 Sweet & Sour Pork served over Noodles Oriental Veggies Tossed Green Salad Tropical Fruit Egg Roll Dessert	21 Beef Stew Green Salad Peaches Biscuit Cereal Bars	22	23 Italian Rice & Beef Caesar Salad Waldorf Salad WW Roll Dessert
26 Pork Roast Potatoes & Gravy Glazed Carrots Greek Salad Applesauce WW Roll Dessert	27 Broccoli Chicken Bake Wild Rice Garden Salad Waldorf Salad Focaccia Bread Dessert	28 Meatloaf Potatoes & Gravy Green Beans Spinach Salad Chilled Pears Biscuit Dessert	29	30 Beef Yakisoba (Noodles) Stir Fry Veggies Coleslaw Mandarin Oranges WW Roll Dessert

For information about Home Delivered Meals call 844-826-7979.

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

OCTN MISSION NUTRITION!

Established 1975

MEALS ON WHEELS AMERICA 2021 MEMBER



2021

OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

CLOSED	OROVILLE	TONASKET	OROVILLE	TONASKET
			1 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	2 Fish & Chips Cabbage/Apple Slaw Fruit Tray Cheesy Biscuit Oatmeal Cookies
5	6 Scrambled Eggs & Ham O'Brian Potatoes Carrot Raisin Salad V-8 Juice Muffin	7 Chicken Fried Steak Mashed Potatoes Trio Vegetables Tossed Green Salad WW Roll Apple Crisp	8 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Slaw Tropical Fruit Egg Roll Dessert	9 Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Breadstick Dessert
12	13 Stuffed Peppers Casserole Chopped 49'er Salad Fruit Salad WW Roll Dessert	14 Yankee Pot Roast Roasted Carrots Roasted Potatoes Mixed Greens Salad Pears WW Roll Oatmeal Cookier	15 Broccoli Chicken Bake Garden Salad Waldorf Salad Focaccia Bread Dessert	16 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Roll Dessert
19	20 Chili Stuffed Baked Potato Spinach Salad Peaches Cornbread Dessert	21 Meatloaf & Gravy Mashed Potatoes Carrots Cuke & Tomato Salad Fruit Salad Biscuit Dessert	22 Lemon Baked Fish Garden Rice Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert	23 Ham Cheesy Potatoes Asparagus Pineapple WW Roll Dessert
26	27 Hearty Chicken Noodle Soup Tossed Veggie Salad Fresh Fruit Cornbread Dessert	28 BBQ Meatballs Rice Pilaf Peas & Carrots Broccoli Salad Orange Quarters Biscuit Dessert	29 Pork Roast & Gravy Stuffing Squash Greek Salad Cinnamon Applesauce Dessert	30 Tuna Noodle Casserole Peas Fiesta Salad Blueberries Dessert





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2021

TWISP

PLEASE CALL 509-997-7722 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chili Stuffed Baked Potato With Cheese Fresh Vegetable Tray Peaches Cornbread Dessert	2 Beef Stroganoff Green Beans Tossed Green Salad Strawberries & Bananas WW Roll Dessert
5 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	6	7	8 Pork Roast & Gravy Mashed Potatoes Glazed Carrots Greek Salad Whole Wheat Roll Dessert	9 Chicken Fettuccine Peas Spinach Salad Mixed Berries Whole Wheat Roll Dessert
12 Tater Tot Casserole Cottage Cheese Apricots WW Bread or Roll Dessert	13	14	15 Split Pea & Ham Soup 1/2 Turkey Sandwich Garden Salad Peaches Whole Grain Crackers Dessert	16 Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin
19 Sweet & Sour Pork served over Noodles Oriental Vegetables Tossed Green Salad Tropical Fruit Egg Roll Dessert	20	21	22 Ham Scalloped Potatoes Asparagus Green Salad Mandarin Oranges Cheesy Biscuit Dessert	23 Lemon Baked Fish Garden Rice Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert
26 Corn Chowder 1/2 Ham & Cheese Sandwich Tossed Salad Apple Crisp	27	28	29 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert	30 Meatloaf Potatoes & Gravy Peas Spinach Salad Chilled Pears Biscuit Dessert

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