




# DECEMBER 2022

## BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>			1	2 Chicken Enchiladas Spanish Rice Baja Vegetables Fresh Salsa Mandarin Oranges Dessert
5	6 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Angel Food Cake	7 Chef's Salad Potato Soup Cinnamon Applesauce WW Roll Cereal Bar	8	9 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
12	13 Baked Ham Scalloped Potatoes 49'er Chopped Salad Pineapple & Cherries WW Roll Rice Krispy Treats	14 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	15	16 Clam Chowder Turkey Sandwich Cucumber Salad Tropical Fruit Dessert
19	20 Stuffed Cabbage Rolls 7 Layer Salad WW Roll Apricot Crisp	21 Roast Beef Baked Potato Green Bean Casserole Mixed Greens Salad Fruit Ambrosia WW Roll Special Dessert	22	23 CLOSED 
26 CLOSED 	27 Hearty Turkey Noodle Soup Tossed Veggie Salad Fresh Fruit Tray Cheesy Garlic Toast Dessert	28 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	29	30 Chicken Cordon Bleu Rice Pilaf Peas & Carrots Spinach Salad Pineapple & Cherries WW Roll 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



# DECEMBER 2022

CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS  
24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>			<b>1</b> Beef Enchiladas Spanish Rice Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert	<b>2</b> Stuffed Cabbage Rolls 7 Layer Salad WW Roll Apricot Crisp
<b>5</b> Chicken Cacciatore Shell Pasta Italian Vegetables Grapes Bread Stick Dessert	<b>6</b> French Dip Vegetable Tray Garden Salad Peaches Dessert	<b>7</b> Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Angel Food Cake	<b>8</b> Garden Chili Cottage Cheese Tortilla Chips Cucumber Salad Apple Crisp	<b>9</b> Orange Glazed Chicken Garden Rice Stir Fry Veggies Asian Style Slaw Chilled Pineapple WW Roll Dessert
<b>12</b> Lasagna with Meat Sauce Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	<b>13</b> Chef's Salad Potato Soup Cinnamon Applesauce WW Roll Cereal Bars	<b>14</b> BBQ Meatballs Rice Pilaf Italian Vegetables Tossed Salad WW Roll Dessert	<b>15</b> Chicken Fettuccine Venetian Vegetables Spinach Salad Mandarin Oranges Dessert	<b>16</b> Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Garlic Bread Dessert
<b>19</b> Taco Soup Tortilla Chips Tossed Green Salad Peaches Cornbread Dessert	<b>20</b> Baked Chicken Wild Rice Glazed Carrots Broccoli Salad Fruit Cocktail WW Roll Dessert	<b>21</b> Meatloaf Mashed Potatoes/Gravy Green Beans Garden Salad WW Roll Fruited Jell-O	<b>22</b> Baked Ham Scalloped Potatoes 49'er Chopped Salad Pineapple & Cherries WW Roll Rice Krispy Treats	<b>23</b> C LOSED  
<b>26</b> CLOSED  	<b>27</b> Harvest Stew Cottage Cheese Coleslaw Peaches Cornbread Dessert	<b>28</b> Farmer's Casserole Tomato & Cuke Salad V-8 or Fruit Juice Pancakes Dessert	<b>29</b> Chicken Burger Deluxe Potato Salad Chilled Pears Dessert	<b>30</b>  <i>Special Meal</i>

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# DECEMBER 2022

ENTIAT

PLEASE CALL 509-888-4440 TO RESERVE MEALS  
24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>			1 Beef Enchiladas Spanish Rice Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert	2
5 Chicken Cacciatore Shell Pasta Italian Vegetables Grapes Bread Stick Dessert	6	7	8 Garden Chili Cottage Cheese Tortilla Chips Cucumber Salad Apple Crisp	9
12 Lasagna with Meat Sauce Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	13	14	15 Chicken Fettuccine Venetian Vegetables Spinach Salad Mandarin Oranges Dessert	16
19 Taco Soup Tortilla Chips Tossed Green Salad Peaches Cornbread Dessert	20	21	22 Baked Ham Scalloped Potatoes 49'er Chopped Salad Pineapple & Cherries WW Roll Rice Krispy Treats	23
26 	27	28	29 Chicken Burger Deluxe Potato Salad Chilled Pears Dessert	30

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# DECEMBER 2022

## LEAVENWORTH/CASHMERE HOME DELIVERED

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24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>			1	2 Stuffed Cabbage Rolls 7 Layer Salad WW Roll Apricot Crisp
5 Chicken Cacciatore Shell Pasta Italian Vegetables Grapes Bread Stick Dessert	6	7 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Angel Food Cake	8	9 Orange Glazed Chicken Garden Rice Stir Fry Veggies Asian Style Slaw Chilled Pineapple WW Roll Dessert
12 Lasagna with Meat Sauce Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	13	14 BBQ Meatballs Rice Pilaf Italian Vegetables Tossed Salad WW Roll Dessert	15	16 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Garlic Bread Dessert
19 Taco Soup Tortilla Chips Tossed Green Salad Peaches Cornbread Dessert	20	21 Meatloaf Mashed Potatoes/Gravy Green Beans Garden Salad WW Roll Fruited Jell-O	22	23 CLOSED  
26 CLOSED  	27	28 Farmer's Casserole Tomato & Cuke Salad V-8 or Fruit Juice Pancakes Dessert	29	30  

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# DECEMBER 2022

ODESSA

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>			1 Chicken Enchiladas Spanish Rice Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert	2
5 Mac & Cheese with Ham Peas & Carrots Tossed Salad Mixed Berries Angel Food Cake	6	7 Pork Chops Roast Potatoes & Carrots Garden Salad Applesauce Biscuit Dessert	8 Chicken Cordon Bleu Casserole Green Beans Spinach Salad Tropical Fruit WW Roll Dessert	9
12 Clam Chowder Turkey Sandwich Cucumber Salad Tropical Fruit Dessert	13	14 Orange Glazed Chicken Rice Stir Fry Vegetables Asian Style Slaw Chilled Pineapple WW Roll Dessert	15 Harvest Stew Cottage Cheese Coleslaw Peaches Biscuit Oatmeal Cookies	16
19 Taco Soup Tossed Green Salad Peaches Cornbread Dessert	20	21 Chicken & Rice Bake California Vegetables Greek Salad Applesauce Garlic Bread Dessert	22 Ham & Au Gratin Potatoes Green Bean Casserole Garden Salad Cranberry Fluff Salad WW Roll Dessert	23 CLOSED 
26 CLOSED 	27	28 Country Fried Steak Mashed Potatoes Trio Vegetables Green Salad Fruit Cocktail WW Roll Dessert	29 Chicken Burger Deluxe Potato Salad Apricots Dessert	30

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# DECEMBER 2022

OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741  
TO RESERVE MEALS 24 HOURS IN ADVANCE

OKANOGAN

OMAK

OKANOGAN

CLOSED

OMAK

Suggested donation for seniors over age 60 is \$4.00

FEE for persons under age 60 is \$10.00



1

2

Lemon Pepper Fish  
Roasted Red Potatoes  
Trio Vegetables  
Coleslaw  
Chilled Peaches  
Garlic Bread  
Dessert

5

Pork Chow Mein  
Stir Fry Vegetables  
Asian Slaw  
Mandarin Oranges  
Egg Roll  
Dessert

6

Chicken & Rice Bake  
California Blend Veggies  
Greek salad  
Applesauce  
Garlic Bread  
Dessert

7

Chef's Salad  
Potato Soup  
Cinnamon Applesauce  
WW Roll  
Cereal Bars

8

9

Mac & Cheese with Ham  
Peas & Carrots  
Tossed Green Salad  
Mixed Berries  
Angel Food Cake

12

Lasagna  
Mixed Vegetables  
Caesar Salad  
Pears  
Garlic Bread  
Dessert

13

Clam Chowder  
Turkey Sandwich  
Cucumber Salad  
Tropical Fruit  
Dessert

14

Pork Chops  
Mashed Potatoes & Gravy  
Roasted Carrots  
Garden Salad  
Applesauce  
Biscuit  
Dessert

15

16

Orange Glazed Chicken  
Steamed Rice  
Stir Fry Vegetables  
Asian Style Slaw  
Chilled Pineapple  
Egg Roll  
Dessert

19

Chicken Spaghetti Casserole  
Broccoli Salad  
Fruit Salad  
Dessert

20

Country Fried Steak  
Mashed Potatoes  
Green Beans  
Garden Salad  
Fruit Cocktail  
WW Roll  
Dessert

21

Roast Beef  
Baked Potato  
Green Bean Casserole  
Mixed Greens Salad  
Fruit Ambrosia  
WW Roll  
Special Dessert

22

23 CLOSED



26

CLOSED

*Merry Christmas*

27

Spaghetti & Meat Sauce  
Caesar Salad  
Peaches  
Garlic Bread  
Dessert

28

Hearty Turkey Noodle  
Soup  
Tossed Salad  
Fresh Fruit Tray  
Cheesy Garlic Toast  
Dessert

29

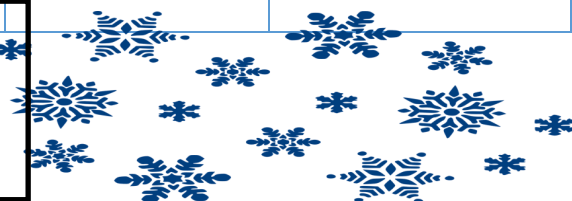
30

BBQ Meatballs  
Rice Pilaf  
Italian Vegetables  
Caesar Salad  
Tropical Fruit  
WW Roll  
Dessert

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# DECEMBER 2022

## OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

TONASKET

OROVILLE/TONASKET

TONASKET

OROVILLE/TONASKET

OROVILLE

Suggested donation for seniors over age 60 is \$4.00

FEE for persons under age 60 is \$10.00



1  
Chicken Spaghetti Casserole  
Tossed Green Salad  
Fruit Salad  
Dessert

2  
Lemon Pepper Fish  
Roasted Red Potatoes  
Trio Vegetables  
Coleslaw  
Chilled Peaches  
Garlic Bread  
Dessert

5  
Bacon Cheeseburger  
Sweet Potato Fries  
Three Bean Salad  
Sliced Pears  
Dessert

6  
Beef Taco Pie  
Spanish Rise  
Garden Salad  
Spiced Apples  
Dessert

7  
Chicken Florentine over  
Pasta  
Tossed Green Salad  
Cherries & Pineapple  
Dessert

8  
Pork Chops  
Stuffing & Gravy  
Roasted Carrots  
Garden Salad  
Applesauce  
Dessert

9  
Lasagna  
Mixed Vegetables  
Caesar Salad  
Pears  
Garlic Bread  
Dessert

12  
Farmer's Casserole  
Tomato Cucumber Salad  
Fruit or V-8 Juice  
Pancakes  
Dessert

13  
Pork Lo Mein on Noodles  
Asian Style Slaw  
Mandarin Oranges  
Egg Roll  
Dessert

14  
Taco Soup  
Tortilla Chips  
Tossed Salad  
Peaches  
Cornbread  
Dessert

15  
Spaghetti & Meat Sauce  
Caesar Salad  
Sliced Pears  
Garlic Bread  
Dessert

16  
Baked Chicken  
Wild Rice  
Glazed Carrots  
Broccoli Salad  
Fruit Cocktail  
WW Roll  
Dessert

19  
Meatloaf  
Mashed Potatoes & Gravy  
Green Beans  
Garden Salad  
WW Roll  
Fruited Jell-O

20  
Chicken Fettuccine Alfredo  
Italian Vegetables  
Caesar Salad  
Mandarin Oranges  
Dessert

21  
French Dip Sandwich  
Jo Jo's  
Spring Salad  
Peaches  
Dessert

22  
Roast Turkey  
Stuffing & Gravy  
Green Bean Casserole  
Cranberry Salad  
Waldorf Salad  
Pumpkin Pie

23 CLOSED



26 CLOSED



27  
Turkey Sandwich  
Clam Chowder  
Cucumber Salad  
Tropical Fruit  
Dessert

28  
BBQ Meatballs  
Rice Pilaf  
Italian Vegetables  
Caesar Salad  
Fruit Cocktail  
WW Roll  
Dessert

29  
Chicken Cordon Bleu  
Rosemary Potatoes  
7 Layer Salad  
Pineapple & Cherries  
Lemon Bars

30  
Roast Beef  
Baked Potato  
Green Bean Casserole  
Tossed Salad  
Fruit Ambrosia  
WW Roll  
Special Dessert

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# DECEMBER 2022

TWISP

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>			1 Chicken Cacciatore Shell Pasta Italian Vegetables Grapes Bread Stick Dessert	2 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
5 Meatloaf Mashed Potatoes/Gravy Green Beans Garden Salad WW Roll Dessert	6	7	8 Baked Ham Scalloped Potatoes 49'er Chopped Salad Pineapple & Cherries WW Roll Rice Krispy Treats	9 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert
12 Mac & Cheese with Bacon Peas & Carrots Spiced Salad Mixed Berries Angel Food Cake	13	14	15 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Cranberry Sauce Waldorf Salad Pumpkin Pie	16 Clam Chowder Turkey Sandwich Cucumber Salad Tropical Fruit Dessert
19 Lasagna w/Meat Sauce Mixed Vegetables Caesar Salad Garlic Bread Dessert	20	21	22 Prime Rib Baked Potatoes Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Dessert	23 CLOSED  
26 CLOSED  	27	28	29 Baked Chicken Wild Rice Glazed Carrots Broccoli Salad Fruit Cocktail Roll Dessert	30 Bacon Cheeseburger Sweet Potato Fries Three Bean Salad Sliced Pears Oatmeal Cookies

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# DECEMBER 2022

WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS  
24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>			<b>1</b> Ham & Au Gratin Potato Casserole Brussels Sprouts Garden Salad Waldorf Salad WW Roll Dessert	<b>2</b> Chicken Enchiladas Spanish Rice Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert
<b>5</b>	<b>6</b> Chicken Cordon Bleu Rice Pilaf Peas & Carrots Spinach Salad Pineapple & Cherries WW Roll Dessert	<b>7</b> Turkey & Cheese Sandwich Corn Chowder Fresh Fruit Tray Dessert	<b>8</b> Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	<b>9</b> Chef's Salad Potato Soup Cinnamon Applesauce WW Roll Cereal Bars
<b>12</b>	<b>13</b> Chicken Burger Deluxe Potato Salad Coleslaw Orange Quarters Dessert	<b>14</b> French Dip Sandwich Vegetable Tray Garden Salad Chilled Peaches Dessert	<b>15</b> Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Pears Dessert	<b>16</b> Chicken Fettuccine Alfredo Italian Vegetables Caesar Salad Mandarin Oranges Dessert
<b>19</b>	<b>20</b> Country Fried Steak Mashed Potatoes/Gravy Buttered Peas Tossed Veggie Salad Fruit Cocktail WW Roll Dessert	<b>21</b> Pork Chow Mein Chow Mein Noodles Stir Fry Veggies Asian Slaw Mandarin Oranges Egg Roll Dessert	<b>22</b> Baked Ham Mashed Potatoes/Gravy Green Beans Peaches WW Roll Special Dessert	<b>23</b> CLOSED <i>Merry Christmas</i>
<b>26</b> CLOSED 	<b>27</b> Hearty Turkey Noodle Soup Tossed Salad Fresh Fruit Tray Cheesy Garlic Toast Dessert	<b>28</b> BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Tropical fruit WW Roll Dessert	<b>29</b> Baked Chicken Wild Rice Glazed Carrots Broccoli Salad Fruit Cocktail WW Roll Dessert	<b>30</b> Meatloaf Mashed Potatoes / Gravy Green Beans Garlic Bread Pear Crisp

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