



OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

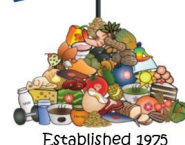
TO RESERVE MEALS 24 HOURS IN ADVANCE

Okanogan	Omak	Okanogan	CLOSED	Omak
2 Meatloaf Mashed Potatoes / Gravy Broccoli Caesar Salad Pears WW Roll Dessert	3 Paprika Chicken Egg Noodles Peas Garden Salad Peaches WW Bread Dessert	4 Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert	5	6 Baked Fish Fillet Rice Pilaf Green Beans Coleslaw Mixed Melons WW Roll Dessert
9 Beef Stroganoff Green Beans Garden Salad Fruited Jell-O	10 BBQ Chicken Peas & Carrots Macaroni Salad Mixed Greens Salad WW Roll Berry Cobbler	11 Beef Taco Pie Southwest Salad Watermelon Dessert	12	13 Turkey & Spinach Wrap Style Sandwich Tortilla Chips Coleslaw Mixed Berries over Angel Food Cake
16 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	17 Salisbury Steak Mashed Potatoes / Gravy Broccoli WW Bread Apricot Crisp	18 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	19	20 Pulled Pork Sandwich Baked Beans Three Bean Salad Coleslaw Watermelon Dessert
23 BBQ Ribs Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	24 Taco Salad Spanish Rice Tortilla Chips Mixed Fruit Dessert	25 Yakisoba Stir Fry Vegetables Asian Style Slaw Cinnamon Pears Fortune Cookies	26	27 Chicken Spaghetti Casserole Tossed Salad Apricots Dessert
30 Pork Chop Suey Steamed Rice Asian Style Slaw Mandarin Oranges Garlic Bread Fortune Cookies	31 Pot Roast Roast Carrots & Potatoes Garden Salad Watermelon WW Roll Oatmeal Cookies			

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



Established 1975



OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

CLOSED	OROVILLE	TONASKET	OROVILLE	TONASKET
2	3 Beef Stroganoff Green Beans Pickled Beets Banana Pudding	4 Bacon & Egg Salad Sandwich on a Croissant Three Bean Salad Carrot Raisin Salad Strawberry Shortcake	5 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	6 Pot Roast & Gravy Roasted Potatoes and Roasted Carrots Pea Salad Fruit Cocktail WW Roll Oatmeal Cookies
9	10 Ham Roast Sweet Potatoes Trio Vegetables Garden Salad Pineapple Bread Pudding	11 White Bean Chicken Chili Fiesta Salad Pears Tortilla Chips Dessert	12 Beef & Broccoli Stir Fry Steamed Rice Spiced Salad Tropical Fruit Egg Roll Fortune Cookies	13 Fish & Chips Coleslaw Apricots Cheesy Biscuits Lemon Bars
16	17 Turkey Ala King Normandy Vegetables Cucumber Salad Biscuits Strawberry Shortcake	18 Pulled Pork Sandwich Three Bean Salad Potato Salad Peaches Dessert	19 Beef Taco Pie Southwest Salad Watermelon Dessert	20 Meatloaf & Gravy Mashed Potatoes Chalet Vegetables Caesar Salad Pears WW Roll Dessert
23	24 Tuna Noodle Casserole Peas & Carrots Pickled Beets Mandarin Oranges Dessert	25 Pork Roast Stuffing & Gravy Glazed Carrots Spinach Salad Cinnamon Apples Dessert	26 BBQ Ribs Baked Beans Zucchini Crunchy Pea Salad Cornbread Peach Cobbler	27 Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Asian Style Slaw Pineapple Egg Roll Fortune cookies
30	31 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert			

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TWISP

PLEASE CALL 509-997-7722 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad Berry Cobbler	3	4	5 Meatloaf Mashed Potatoes / Gravy Broccoli Caesar Salad Pears WW Roll Dessert	6 Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert
9 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	10	11	12 Pot Roast & Gravy Roasted Potatoes Roasted Carrots Garden Salad Watermelon WW Roll Oatmeal Cookies	13 Turkey Ala King Normandy Vegetables Tossed Green Salad Spicy Apples Biscuits Dessert
16 Chicken Enchiladas Spanish Rice Lettuce & Tomato Salad Cinnamon Pears Dessert	17	18	19 Pulled Pork Sandwich Baked Beans Three Bean Salad Coleslaw Peaches Dessert	20 Baked Fish Fillet Rice Pilaf Peas Broccoli Slaw Mixed Melons WW Roll Dessert
23 Beef Stroganoff Green Beans Garden Salad Fruited Jell-O	24	25	26 Chicken Chop Suey Steamed Rice Asian Style Slaw Mandarin Oranges Garlic Bread Dessert	27 Ham Scalloped Potatoes Garden Salad Pineapple Slices Bread Pudding
30 Stuffed Pepper Casserole Tossed Salad Peaches WW Roll Dessert	31			

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