



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED MEALS

PLEASE CALL 509-826-7979 TO CANCEL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<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>				
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

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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





OKANOGAN / OMAK

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



Okanogan

Omak

Okanogan

Closed

Omak

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

Suggested donation for seniors
over age 60 is \$4.00

FEE for persons under age 60 is \$10.00



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

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TWISP

PLEASE CALL 509-997-7722 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>California Chicken Casserole Spinach Salad Mandarin Oranges Focaccia Bread Dessert</p>	<p>4</p>	<p>5</p>	<p>6</p> <p>Beef Stew Green Salad Peaches Biscuit Cereal Bar</p>	<p>7</p> <p>Rueben Sandwich with Swiss Cheese Jo Jo's Cucumber Salad Apple Wedges Dessert</p>
<p>10</p> <p>Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert</p>	<p>11</p>	<p>12</p>	<p>13</p> <p>Meatloaf Mashed Potatoes/Gravy Green Beans Fruit Salad WW Roll Dessert</p>	<p>14</p> <p>Pork Roast & Gravy Stuffing Glazed Carrots Greek Salad Pineapple Dessert</p>
<p>17</p> <p>Yankee Pot Roast with Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies</p>	<p>18</p>	<p>19</p>	<p>20</p> <p>Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes WW Roll Dessert</p>	<p>21</p> <p>Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>
<p>24</p> <p>Bacon, Broccoli, Swiss Quiche Spinach Salad Fresh Fruit Muffin</p>	<p>25</p>	<p>26</p>	<p>27</p> <p>Baked Ham Scalloped Potatoes Caesar Salad Waldorf Salad WW Roll Dessert</p>	<p>28</p> <p>Tuna Noodle Casserole Peas Garden Salad Oregon Berries Angel Food Cake</p>

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