



October 2023

BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	4 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert	5	6 Fish & Chips Coleslaw Grapes Rice Krispy Treats
9 CLOSED 	10 Stuffed Pepper Casserole Mixed Greens Salad Pears Mozzarella Breadstick Dessert	11 Honey Mustard Chicken Wild Rice Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert	12	13 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp
16	17 Beef Stew 7 Layer Salad Orange Quarters Biscuits Dessert	18 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	19	20 Chicken Paprika Shell Pasta Normandy Veggies Mixed Greens Salad Apple Wedges Dessert
23	24 Personal Omelettes Potatoes O'Brien V-8 Juice Peaches Muffin	25 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries Dessert	26	27 Yankee Pot Roast Roasted Potatoes and Carrots Green Beans Mixed Fruit WW Roll Cereal Bar
30	31 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert	 Established 1975	<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>	



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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




October 2023

OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

509-826-7979 FOR HOME DELIVERED MEALS

OKANOGAN	OMAK	OKANOGAN	CLOSED	OMAK
2 Cabbage Patch Stew String Cheese Cuke & Tomato Salad Waldorf Salad French Bread Dessert	3 Yankee Pot Roast Mashed Potatoes & Gravy Buttered Corn Spring Salad Fruit Salad WW Roll Dessert	4 Chicken & Stuffing Casserole CA Veggie Blend Tossed Salad Grapes Garlic Bread Dessert	5	6 Garden Chili Tortilla Chips Spinach Salad Peaches Mozzarella Breadstick Dessert
9 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	10 Beef Stew 7 Layer Salad Orange Quarters Biscuit Dessert	11 Pork Roast Rosemary Potatoes Roasted Fall Veggies Applesauce Focaccia Bread Dessert	12	13 Fish & Chips Coleslaw Grapes Rice Krispy Treats
16 Stuffed Pepper Casserole Mixed Greens Salad Pears French Bread Dessert	17 Pork Chops Au Gratin Potatoes Trio Vegetables Applesauce WW Roll Dessert	18 Chicken Fettuccine Alfredo Caesar Salad Zucchini/Tomato Bake Mixed Berries Dessert	19	20 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert
23 Hawaiian Chicken Rice Oriental Vegetables Coleslaw Tropical Fruit WW Roll Dessert	24 Chicken Fried Steak Mashed Potatoes & Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	25 Hearty Vegetable Beef Soup Tossed Green Salad Apple Wedges Mozzarella Breadstick Oatmeal Cookies	26	27 Lemon Baked Fish Garlic Parm Pasta Glazed Carrots Caesar Salad Peaches Dessert
30 Beef Stroganoff Green Beans Tossed Green Salad Mixed Berries Dessert	31 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert		<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>	



Happy Halloween

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OROVILLE

PLEASE CALL 476-2412

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Yankee Pot Roast Roasted Potatoes and Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	3 California Chicken Casserole Caesar Salad Apple Celery Salad Garlic Bread Dessert	4	5 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad Apple Crisp	6 Garden Chili Tortilla Chips Cottage Cheese Spinach Salad Peaches Corn Bread Dessert
9 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	10 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW roll Dessert	11  Established 1975	12 Pork Roast Stuffing & Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert	13 Beef Stew 7 Layer Salad Orange Quarters Biscuit Dessert
16 Chicken Fettuccine Alfredo Zucchini / Tomato Bake Caesar Salad Mixed Berries Dessert	17 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Tropical Fruit Egg Roll Dessert	18	19 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	20 Korean Beef Bulgogi Rice Garlic Green Beans Green Salad Pineapple WW Roll Dessert
23 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert	24 Beef Stroganoff Carrots Tossed Green Salad Mixed Berries Dessert	25	26 Fish & Chips Coleslaw Grapes Rice Krispies Treats	27 Meatloaf Mashed Potatoes & Gravy Green Beans Chilled Pears WW Roll Oatmeal Cookies
30 Honey Mustard Chicken Wild Rice Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert	31 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries Dessert		<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>	

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October 2023

TONASKET

PLEASE CALL 486-2483 OR

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	4 Pulled Pork Sandwich Pea Salad Coleslaw Dessert	5 Scrambled Eggs & Ham Hash Brown Potatoes V-8 Juice Strawberries & Bananas Waffle Muffin	6 Cabbage Patch Stew Spiced Salad Waldorf Salad Mozzarella Breadsticks Dessert
9 CLOSED 	10 Meatloaf Mashed Potatoes /Gravy Green Beans WW Roll Pear Crisp	11 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert	12 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert	13 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Peaches Focaccia Bread Dessert
16 Cheeseburger Deluxe Jo Jo's Three Bean Salad Sliced Pears Dessert	17 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	18 Tuna Salad Croissant Clam Chowder Coleslaw Fruit Tray Dessert	19 Breakfast Casserole Stewed Tomatoes Spinach Salad Blueberry/Pudding Parfait	20 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Slaw Tropical Fruit Egg Roll Dessert
23 Bacon, Mushroom and Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots Muffin	24 Chicken Florentine Wild Rice Caesar Salad Cherries & Pineapple WW Roll Dessert	25 Hamburger Gravy Mashed Potatoes Green Beans Fruit Salad WW Roll Cereal Bar	26 Ham Sandwich Deluxe Tomato Basil Soup Tossed Salad Peaches Whole Grain Crackers Dessert	27 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Green Salad WW Roll Apple Crisp
30 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	31 Pork Roast Stuffing & Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert		Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00	
				

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October 2023

TWISP

PLEASE CALL 509-997-7722 TO RESERVE MEALS
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	3	4	5 Scrambled Eggs with Ham Hash Brown Potatoes V-8 Juice Strawberries & Bananas Biscuits	6 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert
9 Beef Stew 7 Layer Salad Orange Quarters Corn Bread Dessert	10	11	12 Sweet & Sour Pork over Noodles Stir Fry Vegetables Asian Style Slaw Topical Fruit Dessert	13 Tuna Salad on Croissant Clam Chowder Coleslaw Fruit Tray Dessert
16 Pork Roast Stuffing & Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert	17	18	19 Breakfast Casserole Stewed Tomatoes Spinach Salad English Muffin Pudding Parfait & Berries	20 Crunchy Chicken Salad Sandwich Minestrone Soup Grapes Dessert
23 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	24	25	26 Honey Mustard Chicken Wild Rice Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert	27 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Peaches Focaccia Bread Dessert
30 Meatloaf & Gravy Mashed Potatoes Green Beans WW Roll Pear Crisp	31 		Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00	

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