



BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 CLOSED 	5 Chicken Parmesan Pasta Marinara Italian Veggies Garden Salad Fresh Fruit Tray Garlic Bread Dessert	6	7 Baked Fish Fillet Herbed Fettucine Peas Cabbage/Apple Slaw Mixed Berries Angel Food Cake
10	11 Breakfast Casserole Hash Browns Juice Strawberries & Bananas Muffin	12 Country Fried Steak Mashed Potatoes/Gravy Trio Veggies Tossed Salad Peaches WW Roll Dessert	13	14 Cheese Ravioli with Pesto Sauce Venetian Vegetables Caesar Salad Mixed Berry Shortcake
17	18 Beef Stew Cottage Cheese Garden Salad Peaches Biscuit Dessert	19 Chicken, Bacon and Swiss Cheese Sandwich Jo Jo's Broccoli Salad Watermelon Dessert	20	21 Sweet Sour Meatballs Wild Rice Asian Vegetables Cucumber Salad Tropical Fruit WW Roll Dessert
24	25 Teriyaki Chicken on Rice Oriental Vegetables Garden Salad Pineapple Egg Roll Dessert	26 Hot Dog Potato Salad Pea Salad Strawberry Shortcake	27	28 Fish & Chips Coleslaw Grapes Garlic Toast Dessert
31	<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>			

For information about Home Delivered Meals call 509-826-7979.

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



July
2023

CASHMERE / LEAVENWORTH

HOME DELIVERED

PLEASE CALL 509-888-4440 TO CANCEL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Deluxe Cheeseburger Potato Salad Three Bean Salad Watermelon Dessert	4 CLOSED 	5 Fish & Chips Coleslaw Apple Wedges Cheesy Garlic Toast Dessert	6	7 BLT Sandwich Cottage Cheese Pea Salad V-8 Juice Fresh Fruit Dessert
10 Sweet & Sour Meatballs Wild Rice Oriental Veggies Cucumber Salad Tropical Fruit WW Roll Dessert	11	12 Quiche Spinach Salad Cucumber Slices Pineapple & Cherries Muffin	13	14 Chili Sweet Potato Waffle Fries Corn & Tomato Salad Mixed Melons Cornbread Dessert
17 Chicken Fettuccine Alfredo Carrots Spring Salad Grapes Dessert	18	19 Turkey Sandwich Deluxe Potato Salad Three Bean Salad Fresh Fruit Dessert	20	21 Baked Fish Filet Herbed Fettuccine Peas Cabbage / Apple Slaw Mixed Berries Angel Food Cake
24 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	25	26 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes WW Bread or Roll Dessert	27	28 Cheese Ravioli Venetian Vegetables Caesar Salad Mixed Berry Shortcake
31 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple Dessert	<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>			

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July
2023

CHELAN

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Deluxe Cheeseburger Potato Salad Three Bean Salad Watermelon Dessert	4 CLOSED 	5 Fish & Chips Coleslaw Apple Wedges Cheesy Garlic Toast Dessert	6 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	7 BLT Sandwich Cottage Cheese Pea Salad V-8 Juice Fresh Fruit Dessert
10 Sweet & Sour Meatballs Wild Rice Oriental Veggies Cucumber Salad Tropical Fruit WW Roll Dessert	11 French Dip Sandwich Jo Jo's Crunchy Pea Salad Orange Quarters Dessert	12 Quiche Spinach Salad Cucumber Slices Pineapple & Cherries Muffin	13 Country Fried Steak Mashed Potatoes/Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert	14 Chili Sweet Potato Waffle Fries Corn & Tomato Salad Mixed Melons Cornbread Dessert
17 Chicken Fettuccine Alfredo Carrots Spring Salad Grapes Dessert	18 Hamburger Steak with Sautéed Onions Mashed Potatoes Tossed Green Salad WW Roll Cherry Crisp	19 Turkey Sandwich Deluxe Potato Salad Three Bean Salad Fresh Fruit Dessert	20 Pizza Supreme Caesar Salad Pears Dessert	21 Baked Fish Filet Herbed Fettuccine Peas Cabbage / Apple Slaw Mixed Berries Angel Food Cake
24 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	25 Pork Roast Stuffing & Gravy Carrots Tossed Green Salad Applesauce Dessert	26 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes WW Bread or Roll Dessert	27 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	28 Cheese Ravioli Venetian Vegetables Caesar Salad Mixed Berry Shortcake
31 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple Dessert	<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>OCTN MISSION NUTRITION!</p> <p>Established 1975</p>

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DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS

24 HOURS IN ADVANCE

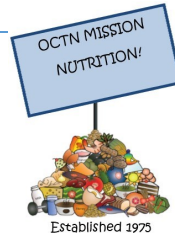


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 CLOSED 	5 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes WW Roll Dessert	6 Clam Chowder Cottage Cheese Spiced Salad Watermelon Cheesy Garlic Toast Dessert	7
10	11 Pork Roast Stuffing & Gravy Green Beans Tossed Salad Applesauce Dessert	12 Chef's Salad Mixed Melons WW Roll Cereal Bars	13 Beef Tacos Spanish Rice Mexican Slaw Cinnamon pears Dessert	14
16	17 Chicken Fettuccine Alfredo Carrots Spring Salad Fresh Fruit Dessert	19 Country Fried Steak Mashed Potatoes/Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert	20 Turkey Sandwich Deluxe Pea Salad Three Bean Salad Mixed Melons Dessert	21
23	24 French Dip Sandwich Jo Jo's Cucumber Salad Apple Slices Dessert	26 Baked Fish Fillet Herbed Fettuccine Key West Vegetables Tossed Salad Mixed Berries Angel Food Cake	27 Quiche Spinach Salad Pea Salad Pineapple & Cherries Muffin	28
30	31 Deluxe Cheeseburger Potato Salad Three Bean Salad Watermelon Dessert	<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>		

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ENTIAT

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Deluxe Cheeseburger Potato Salad Three Bean Salad Watermelon Dessert	4 CLOSED 	5	6 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	7
10 Sweet & Sour Meatballs Wild Rice Oriental Veggies Cucumber Salad Tropical Fruit WW Roll Dessert	11	12	13 Country Fried Steak Mashed Potatoes/Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert	14
17 Chicken Fettuccine Alfredo Carrots Spring Salad Grapes Dessert	18	19	20 Pizza Supreme Caesar Salad Pears Dessert	21
24 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	25	26	27 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	28
31 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple Dessert	<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>			

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ODESSA



PLEASE CALL 509-982-2654 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	4 CLOSED 	5 Supreme Style Pizza Caesar Salad Pears Dessert	6 Chicken Fettuccine Alfredo Carrots Spring Salad Fresh Fruit Dessert	7
10 Tater Tot Casserole Green Beans Garden Salad Peaches WW Roll Oatmeal Cookie	11	12 Chicken Enchiladas Seasoned Rice Coleslaw Cuke/Watermelon Salad Mandarin Oranges Dessert	13 Chef's Salad Mixed Melons WW Roll Cereal Bars	14
17 Country Fried Steak Mashed Potatoes/Gravy Trio Veggies Garden Salad Peaches WW Roll Dessert	18	19 Chili w/Cheese & Onions Sweet Potato Waffle Fries Corn Salad Green Salad Mixed Melons Cornbread Dessert	20 Baked Fish Fillet Garlic Noodles Peas Cabbage/Apple Slaw Mixed Berries Angel Food Cake	21
24 Deluxe Turkey Sandwich Potato Salad Three Bean Salad Fresh Fruit Dessert	25	26 Beef Stew Cottage Cheese Garden Salad Peaches Biscuit Dessert	27 Liver & Onions Mashed Potatoes / Gravy Green Beans WW Roll Cherry Crisp	28
31 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert	<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>			

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Established 1975



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OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

TO RESERVE MEALS 24 HOURS IN ADVANCE



OKANOGAN	OMAK	OKANOGAN	CLOSED	OMAK
3 Chicken, Bacon & Swiss Cheese Sandwich Potato Salad Three Bean Salad Watermelon Dessert	4 CLOSED 	5 Fish & Chips Coleslaw Peaches Garlic Toast Dessert	6	7 Pork Roast Stuffing & Gravy Green Beans Tossed Green Salad Applesauce Dessert
10 Teriyaki Beef over Rice Oriental Vegetables Coleslaw Tropical Fruit WW Roll Dessert	11 Cheese Ravioli with Sauce Venetian Vegetables Caesar Salad Mixed Berry Shortcake	12 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookier	13	14 Clam Chowder Cottage Cheese Spiced Salad Watermelon Cheesy Garlic Toast Dessert
17 Beef Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert	18 Deluxe Turkey Sandwich Potato Salad Pickled Beets Fresh Fruit Dessert	19 Pork Stir Fry Steamed Rice Coleslaw Mandarin Oranges Egg Roll Dessert	20	21 Baked Fish Fillet Herbed Fettuccine Peas Cabbage / Apple Slaw Mixed Berries Angel Food Cake
24 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple Dessert	25 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert	26 Chicken Fettuccine Carrots Spring Salad Fresh Fruit Dessert	27	28 Sweet & Sour Meatballs Wild Rice Oriental Vegetables Cucumber Salad Tropical Fruit WW Roll Dessert
31 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert		<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>		

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July
2023

TONASKET/OROVILLE

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE



TONASKET/OROVILLE	TONASKET/OROVILLE	TONASKET	TONASKET/OROVILLE	TONAKSET/OROVILLE
<p>3</p> <p>Chicken Tacos Spanish Rice Mexican Slaw Cinnamon Pears Dessert</p>	<p>4 CLOSED</p> 	<p>5</p> <p>Sweet & Sour Meatballs Wild Rice Oriental Vegetables Asian Style Salad Tropical Fruit WW Roll Dessert</p>	<p>6</p> <p>Clam Chowder 1/2 Turkey Sandwich Spiced Salad Watermelon Cheesy Garlic Toast Dessert</p>	<p>7</p> <p>Beef Stew Cottage Cheese Garden Salad Peaches Biscuits Dessert</p>
<p>10</p> <p>White Bean Chicken Chili Spinach Salad Mixed Berries Cornbread Dessert</p>	<p>11</p> <p>Hot Dog Potato Salad Pea Salad Strawberry Shortcake</p>	<p>12</p> <p>Chef's Salad Mixed Melons WW Roll Cereal Bar</p>	<p>13</p> <p>Deluxe Cheeseburger Macaroni Salad Three Bean Salad Watermelon Dessert</p>	<p>14</p> <p>Fish & Chips Coleslaw Peaches Garlic Toast Dessert</p>
<p>17</p> <p>Chicken Enchiladas Spanish Rice Coleslaw Cuke/Watermelon Salad Mandarin Oranges Dessert</p>	<p>18</p> <p>Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert</p>	<p>19</p> <p>Tater Tot Casserole Garden Salad Grapes WW Bread or Roll Oatmeal Cookies</p>	<p>20</p> <p>Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin</p>	<p>21</p> <p>Baked Fish Fillet Herbed Fettuccine Peas Cabbage/Apple Slaw Mixed Berries Angel Food Cake</p>
<p>24</p> <p>Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>25</p> <p>Chicken, Bacon & Swiss Cheese on a Croissant Jo Jo's Broccoli Salad Watermelon Dessert</p>	<p>26</p> <p>Quiche Spinach Salad Pea Salad Pineapple & Cherries Muffin</p>	<p>27</p> <p>Country Fried Steak Mashed Potatoes/Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert</p>	<p>28</p> <p>Pork Stir Fry Rice Coleslaw Mandarin Oranges Egg Roll Dessert</p>
<p>31</p> <p>Chili with Cheese & Onions Sweet Potato Waffle Fries Corn & Tomato Salad Mixed Melons Cornbread Dessert</p>	<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>Established 1975</p>

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TWISP

PLEASE CALL 509-997-7722 TO RESERVE MEALS
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hot Dog Potato Salad Pea Salad Strawberry Shortcake	4 CLOSED 	5	6 Quiche Spinach Salad V-8 Juice Pineapple & Cherries Muffin	7 Baked Fish Fillet Herbed Fettuccine Peas Cabbage & Apple Slaw Mixed Berries Dessert
10 Pork Roast Stuffing & Gravy Green Beans Tossed Green Salad Applesauce Dessert	11	12	13 Deluxe Cheeseburger Jo Jo's Three Bean Salad Watermelon Dessert	14 Teriyaki Chicken Steamed Rice Oriental Vegetables Garden Salad Tropical Fruit WW Roll Dessert
17 Turkey Sandwich Deluxe Potato Salad Cucumber Slices Fresh Fruit Dessert	18	19	20 Beef Tacos Spanish Rice Mexican Slaw Cinnamon Pears Dessert	21 Chicken Parmesan Pasta Marinara Italian Vegetables Garden Salad Fresh Fruit Tray Garlic Bread Dessert
24 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	25	26	27 Chef's Salad Mixed Melons WW Roll Cereal Bar	28 Clam Chowder Cottage Cheese Garden Salad Watermelon Cheesy Garlic Toast Dessert
31 Hamburger Steak with Sautee' Onions Mashed Potatoes / Gravy Tossed Green Salad WW Roll Cherry Crisp	<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>			

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July
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WILBUR

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 CLOSED 	5 Supreme Style Pizza Caesar Salad Pears Dessert	6 Chicken Fettuccine Alfredo Carrots Spring Salad Fresh Fruit Dessert	7 Cheeseburger Deluxe Potato Salad Three Bean Salad Watermelon Dessert
10	11 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	12 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple Dessert	13 Chicken Stir Fry Rice Coleslaw Mandarin Oranges Egg Roll Dessert	14 Chili Sweet Potato Waffle Fries Tossed Salad Corn & Tomato Salad Mixed Melons Cornbread Dessert
17	18 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	19 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert	20 Country Fried Steak Mashed Potatoes/Gravy Trio Vegetables Tossed Salad Mandarin Oranges WW Roll Dessert	21 Baked Fish Fillet Herbed Fettuccine Peas Cabbage & Apple Slaw Mixed Berries Angel Food Cake
24	25 Beef Tacos Spanish Rice Mexican Style Slaw Cinnamon Pears Dessert	26 Chef's Salad Mixed Melons WW Roll Cereal Bars	27 Sweet & Sour Meatballs Wild Rice Oriental Vegetables Cucumber Salad Tropical Fruit WW Roll Dessert	28 Hot Dog Potato Salad Pea Salad Strawberry Shortcake
31	<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>			

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