

March 2022

OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

TO RESERVE MEALS 24 HOURS IN ADVANCE



Okanogan	Omak	Okanogan	Closed	Omak
	1 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert	2 Bacon, Broccoli & Swiss Cheese Quiche Crunchy Pea Salad Grapes Muffin	3	4 Salmon with Dill Sauce Pesto Pasta Key West Veggies Garden Salad Waldorf Salad WW Roll Dessert
7 Chicken Florentine Tossed Salad Peaches WW Roll Dessert	8 Stuffed Pepper Casserole Garden Salad Orange Quarters WW Roll Dessert	9 Country Style Ribs Au Gratin Potatoes Cabbage & Apple Slaw Pineapple Dessert	12	11 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert
14 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert	15 Pork Chops Stuffing & Gravy Broccoli Normandy Garden Salad Waldorf Salad Dessert	16 Corned Beef & Cabbage Boiled Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding 	17	18 Tuna Noodle Casserole Peas & Carrots Spiced Salad Orange Quarters Garlic Bread Dessert
21 Sweet & Sour Pork Steamed Rice Spinach Salad Pineapple Garlic Bread Dessert	21 Lasagna with Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert	23 Chicken Salad Sandwich Vegetable Soup Sweet Potato Fries Mixed Fruit Dessert	24	25 Ham & Scalloped Potato Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding
28 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Cheesy Biscuit Dessert	29 Chili with Cheese Green Salad Peaches Cornbread Berries on Angel Food Cake	30 French Dip Jo Jo's Pea Salad Tropical Fruit Dessert	31	Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00

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



March 2022

OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE



TONASKET

OROVILLE

TONASKET

OROVILLE/TONASKET

OROVILLE



1
Country Style Ribs
Au Gratin Potatoes
Cabbage & Apple Slaw
Pineapple & Cherries
WW Roll
Lemon Bars

2
Bacon, Broccoli & Swiss
Cheese Quiche
Crunchy Pea Salad
Grapes
Muffin

3
Chicken Cordon Bleu
Rice Pilaf
Venetian Vegetables
Greek Salad
Fruit Salad
WW Roll
Dessert

4
Rueben Sandwich
Jo Jo's
Spiced Salad
Mandarin Oranges
Dessert

7
Lasagna w/Meat Sauce
Green Beans
Caesar Salad
Pears
Bread Stick
Dessert

8
Salmon with Dill Sauce
Pesto Pasta
Venetian Vegetables
Garden Salad
Waldorf Salad
WW Roll
Dessert

9
Beef Enchiladas
Spanish Rice
Baja Veggie Blend
Mexican Style Slaw
Fruit Cup
Dessert

12
Hamburger Steak with
Grilled Onions
Egg Noodles
Green Bean Casserole
Spiced Salad
Pears
WW Roll
Dessert

11
Chili with Cheese
Corn Chips
Green Salad
Peaches
Cornbread
Pudding & Berry Parfait

14
Pork Roast
Stuffing & Gravy
Roasted Cauliflower
Spinach Salad
Peach Cobbler

15
Baked Fish
Rice Pilaf
Asian Vegetables
Garden Salad
Pears
WW Roll
Dessert

16
French Dip
Jo Jo's
Pea Salad
Tropical Fruit
Dessert

17
Corned Beef & Cabbage
Boiled Potatoes
Carrots
Fruit Cocktail
WW Roll
Pistachio Pudding

18
Chicken Florentine
Tossed Salad
Peaches
WW Roll
Dessert

21
Beef Tacos
Spanish Rice
Spiced Salad
Mandarin Oranges
Dessert

21
Roast Beef
Mashed Potatoes / Gravy
Broccoli Cuts
Tossed Green Salad
Sliced Pears
WW Roll
Dessert

23
Tuna Noodle Casserole
Peas & Carrots
Spring Salad
Tropical Fruit
Dessert

24
Sweet & Sour Pork
Steamed Rice
Spinach Salad
Pineapple Tidbits
Egg Roll
Dessert

25
Biscuits & Gravy
Hash Brown Potatoes
Stewed Tomatoes
Fresh Fruit
Muffin

28
Chicken Fettuccine
Key West Vegetables
Spinach Salad
Tropical Fruit
Garlic Bread
Dessert

29
Pork Chops
Stuffing & Gravy
Broccoli Normandy
Garden Salad
Fruit Salad
Dessert

30
Baked Fish Filet
Wild Rice
Chalet Blend Veggies
Caesar Salad
Apple Celery Salad
Garlic Bread
Dessert

31
Country Fried Steak
Potatoes & Gravy
Chuck Wagon Corn
Carrot Raisin Salad
WW Roll
Apple Crisp

Suggested donation for
seniors over age 60 is
\$4.00

FEE for persons under
age 60 is \$10.00

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March 2022

TWISP

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Pork Roast w/Applesauce Stuffing & Gravy Roasted Cauliflower Spinach Salad Peach Cobber	4 Salmon with Dill Sauce Pesto Pasta Key West Veggies Garden Salad Waldorf Salad WW Roll Dessert
7 Stuffed Pepper Casserole Green Beans Orange Quarters Cornbread Dessert	8	9	12 Chicken Cordon Bleu Rice Pilaf Venetian Veggies Greek Salad Fruit Salad WW Roll Dessert	11 1/2 Ham Sandwich Split Pea Soup Potato Salad Tropical Fruit Whole Grain Crackers Dessert
14 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Dessert	15	16	17 Corned Beef & Cabbage Boiled Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding	18 Baked Fish Fillet Rice Pilaf Chalet Vegetables Tossed Salad Apple Celery Salad Garlic Bread Dessert
21 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert	21	23	24 Bacon, Broccoli & Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin	25 Roast Beef Mashed Potatoes Broccoli Cuts Spring Salad Sliced Pears WW Roll Dessert
28 Salmon Fillet Rosemary Potatoes Chalet Vegetables Fruit Tray Focaccia Bread Dessert	29	30	31 Lasagna with Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert	Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00

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