

# BREWSTER - BRIDGEPORT—PATEROS Home delivered clients: 509-826-7979

#### TO CHANGE OR CANCEL MEALS

| MONDAY                       | TUESDAY  | WEDNESDAY   | THURSDAY | FRIDAY  |
|------------------------------|--|---|----------|---|
|                              | ation for seniors over age 60 is<br>s under age 60 is \$12.00                                  | \$5.00  | 1        | 2<br>Fish & Chips<br>Cabbage & Apple Slaw<br>Fruit Cocktail<br>Rice Krispies Treats               |
| 5                            | 6<br>Honey Dijon Chicken<br>Wild Rice<br>Beets<br>Spring Salad<br>Banana<br>WW Roll<br>Dessert | 7<br>Meatloaf<br>Mashed Potatoes & Gravy<br>Green Beans<br>Tossed Salad<br>WW Roll<br>Apple Crisp | 8        | 9<br>Swedish Meatballs<br>Egg Noodles<br>Buttered Carrots<br>Spiced Salad<br>Dessert              |
| 12                           | 13<br>Pizza Casserole<br>Caesar Salad<br>Fruit Salad<br>Dessert                                | 14<br>Biscuits & Gravy<br>Oven Brown Potatoes<br>Fresh Fruit<br>Juice<br>Dessert                  | 15       | 16<br>Beef Stew<br>Spinach Salad<br>Banana<br>Biscuit<br>Cereal Bar                               |
| 19 CLOSED<br>Presidents day! | 20<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Cinnamon Pears<br>Garlic Bread<br>Dessert      | 21<br>White Bean Chicken Chili<br>Coleslaw<br>Peaches<br>Corn Bread<br>Dessert                    | 22       | 23<br>Ham Steak<br>Scalloped Potatoes<br>Spinach Salad<br>Pineapple<br>WW Roll<br>Tapioca Pudding |
| 26                           | 27<br>Paprika Chicken<br>Egg Noodles<br>Greek Salad<br>Fruit Salad<br>Sugar Cookies            | 28<br>Italian Rice & Beef<br>Caesar Salad<br>Apple Slices<br>Dessert                              | 29       | OCTN MISSION<br>NUTRITION!<br>Established 1975  |

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## CASHMERE / LEAVENWORTH PLEASE CALL 509-888-4440 TO RESERVE MEALS 509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY | FRIDAY   |
|---|---|--|----------|--|
|   | onation for seniors over age 6<br>ons under age 60 is \$12.00 | 50 is \$5.00   | 1        | 2<br>Beef Stew<br>Spinach Salad<br>Fruit Cocktail<br>Biscuit<br>Cereal Bar                                     |
| 5<br>Teriyaki Beef<br>Rice<br>Oriental Vegetables<br>Asian Style Slaw<br>Mandarin Oranges<br>Egg Roll<br>Dessert                    | 6   | 7<br>Swedish Meatballs<br>Egg Noodles<br>Buttered Carrots<br>Spiced Salad<br>Peaches<br>Dessert          | 8        | 9<br>Lemon Baked Fish<br>Wild Rice<br>Asparagus<br>Green Salad<br>Orange Quarters<br>Focaccia Bread<br>Dessert |
| 12<br>Hamburger Steak with<br>Grilled Onions<br>Twice Bake Style Potato<br>Casserole<br>Trio Veggies<br>Garden Salad<br>Apple Crisp | 13  | 14<br>Hot Turkey Sandwich<br>Mashed Potatoes<br>Green Beans<br>Cranberry Salad<br>WW Roll<br>Pumpkin Pie | 15       | 16<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Cinnamon Pears<br>Garlic Bread<br>Dessert                      |
| 19 CLOSED<br>Presidents day!  | 20  | 21<br>Biscuits & Gravy<br>Oven Brown Potatoes<br>Juice<br>Fresh Fruit<br>Dessert                         | 22       | 23<br>Pepper Steak<br>Rice<br>Garden Salad<br>Cinnamon Pears<br>WW Roll<br>Dessert                             |
| 26<br>Meatloaf<br>Mashed Potatoes & Gravy<br>Green Beans<br>Tossed Salad<br>WW Roll<br>Peach Crisp                                  | 27  | 28<br>Beef Taco Pie<br>Baja Veggie Blend<br>Garden Salad<br>Spiced Applesauce<br>Dessert                 | 29       | OCTN MISSION<br>NUTRITION!<br>Established 1975   |

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#### CHELAN PLEASE CALL 509-888-4440 TO RESERVE MEALS 509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
|   | tion for seniors over age 60 is<br>under age 60 is \$12.00  | \$5.00   | 1<br>BBQ Chicken<br>Mac & Cheese<br>Broccoli Normandy<br>Spiced Salad<br>Apple Crisp                                     | 2<br>Beef Stew<br>Spinach Salad<br>Fruit Cocktail<br>Biscuit<br>Cereal Bar                                     |
| 5<br>Teriyaki Beef<br>Rice<br>Oriental Vegetables<br>Asian Style Slaw<br>Mandarin Oranges<br>Egg Roll<br>Dessert                    | 6<br>Chicken Parmesan<br>Pasta Marinara<br>Steamed Broccoli<br>7 Layer Salad<br>Berry Crisp         | 7<br>Swedish Meatballs<br>Egg Noodles<br>Buttered Carrots<br>Spiced Salad<br>Peaches<br>Dessert          | 8<br>White Bean Chicken Chili<br>Corn Chips<br>Spinach Salad<br>Chilled Pears<br>Cornbread<br>Dessert                    | 9<br>Lemon Baked Fish<br>Wild Rice<br>Asparagus<br>Green Salad<br>Orange Quarters<br>Focaccia Bread<br>Dessert |
| 12<br>Hamburger Steak with<br>Grilled Onions<br>Twice Bake Style Potato<br>Casserole<br>Trio Veggies<br>Garden Salad<br>Apple Crisp | 13<br>Veggie Tortellini Soup<br>String Cheese<br>7 Layer Salad<br>Pears<br>Bread Stick<br>Dessert   | 14<br>Hot Turkey Sandwich<br>Mashed Potatoes<br>Green Beans<br>Cranberry Salad<br>WW Roll<br>Pumpkin Pie | 15<br>Chicken Fajitas<br>Southwest Salad<br>Tropical Fruit<br>Dessert  | 16<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Cinnamon Pears<br>Garlic Bread<br>Dessert                      |
| 19 CLOSED<br>Presidents day!  | 20<br>Roast Beef<br>1/2 Baked Potato<br>Buttered Corn<br>Spinach Salad<br>WW Roll<br>Fruit Ambrosia | 21<br>Biscuits & Gravy<br>Oven Brown Potatoes<br>Juice<br>Fresh Fruit<br>Dessert                         | 22<br>Chicken Fettuccine<br>Zucchini Tomato Bake<br>Greek Salad<br>Fruit Salad<br>Dessert                                | 23<br>Pepper Steak<br>Rice<br>Garden Salad<br>Cinnamon Pears<br>WW Roll<br>Dessert                             |
| 26<br>Meatloaf<br>Mashed Potatoes & Gravy<br>Green Beans<br>Tossed Salad<br>WW Roll<br>Peach Crisp                                  | 27<br>Chicken Burger Deluxe<br>Sweet Potato Fries<br>Coleslaw<br>Waldorf Salad<br>Dessert           | 28<br>Beef Taco Pie<br>Baja Veggie Blend<br>Garden Salad<br>Spiced Applesauce<br>Dessert                 | 29<br>Cheese Ravioli with Meat<br>Sauce<br>Venetian Blend Veggies<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert | OCTN MISSION<br>NUTRITION!<br>Established 1975   |

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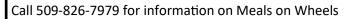


## DAVENPORT PLEASE CALL 509-725-7055 TO RESERVE MEALS 509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| Suggested donation for<br>\$5.00<br>FEE for persons under a |  |  | 1<br>BBQ Chicken<br>Mac & Cheese<br>Broccoli Normandy<br>Spiced Salad<br>Apple Crisp   | 2  |
| 5   | 6<br>Teriyaki Beef<br>Rice<br>Oriental Veggies<br>Spinach Salad<br>Mandarin Oranges<br>Garlic Bread<br>Dessert | 7<br>Ham Steak<br>Scalloped Potatoes<br>Green Beans<br>Pineapple<br>WW Roll<br>Dessert             | 8<br>Lemon Baked Fish<br>Pesto Pasta<br>Asparagus<br>Green Salad<br>Tropical Fruit<br>Dessert                                | 9  |
| 12  | 13<br>Chicken Stir Fry<br>Steamed Rice<br>Coleslaw<br>Pineapple<br>Egg Roll<br>Dessert                         | 14<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Cinnamon Pears<br>Garlic Bread<br>Dessert          | 15<br>Beef Stew<br>Spinach Salad<br>Banana<br>Biscuit<br>Cereal Bar  | 16   |
| 19 CLOSED<br>Presidents day!                                | 20<br>Ham & Cheese Sandwich<br>Tomato Rice Soup<br>Three Bean Salad<br>Peaches<br>Dessert                      | 21<br>Fish & Chips<br>Cabbage & Apple Slaw<br>Fruit Cocktail<br>Rice Krispies Treats               | 22<br>Country Fried Steak<br>Mashed Potatoes / Gravy<br>Buttered Corn<br>Garden Salad<br>Chilled Pears<br>WW Roll<br>Dessert | 23   |
| 26  | 27<br>Chicken Parmesan<br>Garlic Pasta<br>Steamed Broccoli<br>7 Layer Salad<br>Fruited Jell-O                  | 28<br>Meatloaf<br>Mashed Potatoes / Gravy<br>Green Beans<br>Tossed Salad<br>WW Roll<br>Apple Crisp | 29<br>Pepper Steak<br>Rice<br>Garden Salad<br>Cinnamon Pears<br>WW Roll<br>Dessert   | OCTN MISSION<br>NUTRITION!<br>Established 1975 |

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#### ENTIAT PLEASE CALL 509-888-4440 TO RESERVE MEALS 509-470-0522 FOR HOME DELIVERED MEALS

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|-------------|--|--|
|   | nation for seniors over age 6<br>ns under age 60 is \$12.00 | 0 is \$5.00 | 1<br>BBQ Chicken<br>Mac & Cheese<br>Broccoli Normandy<br>Spiced Salad<br>Apple Crisp                                     | 2  |
| 5<br>Teriyaki Beef<br>Rice<br>Oriental Vegetables<br>Asian Style Slaw<br>Mandarin Oranges<br>Egg Roll<br>Dessert                    | 6   | 7           | 8<br>White Bean Chicken Chili<br>Corn Chips<br>Spinach Salad<br>Chilled Pears<br>Cornbread<br>Dessert                    | 9  |
| 12<br>Hamburger Steak with<br>Grilled Onions<br>Twice Bake Style Potato<br>Casserole<br>Trio Veggies<br>Garden Salad<br>Apple Crisp | 13  | 14          | 15<br>Chicken Fajitas<br>Southwest Salad<br>Tropical Fruit<br>Dessert  | 16   |
| 19 CLOSED<br>Presidents day!  | 20  | 21          | 22<br>Chicken Fettuccine<br>Zucchini Tomato Bake<br>Greek Salad<br>Fruit Salad<br>Dessert                                | 23   |
| 26<br>Meatloaf<br>Mashed Potatoes & Gravy<br>Green Beans<br>Tossed Salad<br>WW Roll<br>Peach Crisp                                  | 27  | 28          | 29<br>Cheese Ravioli with Meat<br>Sauce<br>Venetian Blend Veggies<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert | OCTN MISSION<br>NUTRITION!<br>Established 1975 |

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#### ODESSA PLEASE CALL 509-982-2654 TO RESERVE MEALS 509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY   | TUESDAY | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---------|--|--|--|
| Suggested donation for senic<br>\$5.00<br>FEE for persons under age 60                           |         |  | 1<br>Fish Sandwich<br>Jo Jo's<br>Cabbage & Apple Slaw<br>Banana<br>Dessert                                       | 2  |
| 5<br>BBQ Country Style Ribs<br>Mac & Cheese<br>Green Beans<br>Tossed Salad<br>Peaches<br>Dessert | 6       | 7<br>Swedish Meatballs<br>Egg Noodles<br>Buttered Carrots<br>Spiced Salad<br>Applesauce<br>Dessert | 8<br>Chicken King Ranch Casserole<br>Baja Veggie Blend<br>Mixed Greens Salad<br>Apricots<br>Cornbread<br>Dessert | 9  |
| 12<br>Split Pea & Ham Soup<br>Turkey Sandwich Deluxe<br>Orange Juice<br>Dessert                  | 13      | 14<br>Chicken Burger Deluxe<br>Waffle Fries<br>Coleslaw<br>Apple Crisp                             | 15<br>Hamburger Steak with Grilled<br>Onions & Gravy<br>Mashed Potatoes<br>Peas<br>Garden Salad                  | 16   |
| 19 CLOSED<br>Presidents day!   | 20      | 21<br>Beef Taco Pie<br>Baja Vegetable Blend<br>Garden Salad<br>Applesauce<br>Dessert               | 23<br>Country Fried Steak<br>Mashed Potatoes & Gravy<br>Carrots<br>Chilled Pears<br>WW Roll<br>Dessert           | 24   |
| 26<br>Chicken Salad Sandwich<br>Vegetable Soup<br>Fruit Tray<br>Dessert                          | 27      | 28<br>Beef Stew<br>Tossed Salad<br>Banana<br>Biscuit<br>Cereal Bar                                 | 29<br>Honey Dijon Chicken<br>Garden Rice<br>Beets<br>Mixed Greens Salad<br>Peaches<br>WW Roll<br>Dessert         | OCTN MISSION<br>NUTRITION!<br>Established 1975 |

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#### OKANOGAN / OMAK HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

| OKANOGAN  | ΟΜΑΚ   | OKANOGAN  | OKANOGAN 9am  | OMAK  |
|---|--|---|---|---|
| Suggested donation for<br>FEE for persons under a   | seniors over age 60 is \$5.00<br>age 60 is \$12.00   |   | 1<br>Ham Steak<br>Breakfast Potatoes<br>Juice<br>Strawberries<br>Waffles<br><b>No Home Delivery</b>                 | 2<br>Teriyaki Beef<br>Steamed Rice<br>Oriental Vegetables<br>Spinach Salad<br>Mandarin Oranges<br>Garlic Bread<br>Dessert |
| 5<br>Swedish Meatballs<br>Egg Noodles<br>Buttered Carrots<br>Spiced Salad<br>Peaches<br>Dessert   | 6<br>Honey Dijon Chicken<br>Garden Rice<br>Beets<br>Mixed Greens Salad<br>Banana<br>WW Roll<br>Dessert | 7<br>Meatloaf<br>Mashed Potatoes / Gravy<br>Green Beans<br>Tossed Green Salad<br>WW Roll<br>Apple Crisp                               | 8<br>Farmer's Casserole<br>V-8 Juice<br>Orange Quarters<br>Cereal Bar<br>Muffin<br><b>No Home Delivery</b>          | 9<br>Fish & Chips<br>Cabbage / Apple Slaw<br>Fruit Cocktail<br>Rice Krispy Treats   |
| 12<br>Hamburger Steak with<br>Grilled Onions<br>Twice Bake Style Potatoes<br>4 Way Veggie Blend<br>Garden Salad<br>WW Roll<br>Berry Crisp | 13<br>Pork Stir Fry<br>Steamed Rice<br>Coleslaw<br>Mandarin Oranges<br>Egg Roll<br>Dessert             | 14<br>Chicken Parmesan<br>Pasta Marinara<br>Steamed Broccoli<br>7 Layer Salad<br>Focaccia Bread<br>Dessert                            | 15<br>Cheese Omelet<br>Bacon<br>Fried Potatoes<br>Fresh Fruit<br>Waffle<br><b>No Home Delivery</b>                  | 16<br>Beef Stroganoff<br>Green Beans<br>Tossed Green Salad<br>French Bread<br>Apricots<br>Dessert                         |
| 19 CLOSED<br>Presidents day!  | 20<br>Tomato Rice Soup<br>Ham & Cheese Sandwich<br>Three Bean Salad<br>Orange Quarters<br>Dessert      | 21<br>Country Fried Steak<br>Mashed Potatoes / Gravy<br>Buttered Corn<br>Garden Salad<br>Chilled Pears<br>WW Bread or Roll<br>Dessert | 22<br>Sausage Patty<br>Breakfast Potatoes<br>Juice<br>Fresh Fruit<br>French Toast Sticks<br><b>No Home Delivery</b> | 23<br>Lemon Baked Fish<br>Pesto Pasta<br>Asparagus<br>Green Salad<br>Apple Slices<br>Dessert                              |
| 26<br>Hot Turkey Sandwich<br>Mashed Potatoes / Gravy<br>Green Beans<br>Cranberry Salad<br>Dessert   | 27<br>Ham Steak<br>Scalloped Potatoes<br>Spinach Salad<br>Pineapple<br>WW Roll<br>Tapioca Pudding      | 28<br>Cheese Ravioli/Meat Sauce<br>Venetian Blend Veggies<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert                      | 29<br>Biscuits & Gravy<br>Scrambled Eggs<br>Hash Browns<br>Juice<br>Fresh Fruit<br><b>No Home Delivery</b>          | OCTN MISSION<br>NUTRITION!<br>Established 1973  |

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### OROVILLE HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

| MONDAY   | TUESDAY  | CLOSED | THURSDAY  | FRIDAY  |
|--|--|--------|---|---|
| Suggested donation for sen<br>FEE for persons under age 6  |  |        | 1<br>Teriyaki Beef<br>Steamed Rice<br>Oriental Vegetables<br>Spinach Salad<br>Mandarin Oranges<br>Garlic Bread<br>Dessert | 2<br>Pork Chops<br>Mashed Potatoes/Gravy<br>Green Salad<br>Waldorf Salad<br>Bread Pudding |
| 5<br>Hamburger Steak with Grilled<br>Onions<br>Twice Bake Style Potatoes<br>Trio Veggies<br>Garden Veggie Salad<br>Berry Crisp | 6<br>Chicken Fajitas<br>Southwest Salad<br>Tropical Fruit<br>Dessert                     | 7      | 8<br>Hot Turkey Sandwich<br>Mashed Potatoes/Gravy<br>Buttered Carrots<br>Cranberry Salad<br>WW Roll<br>Dessert            | 9<br>Beef Stroganoff<br>Green Beans<br>Tossed Green Salad<br>Apricots<br>Dessert          |
| 12<br>Bacon & Egg Salad Sandwich<br>Vegetable Soup<br>Cucumber Slices<br>Orange Quarters<br>Dessert                            | 13<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Chilled Pears<br>Garlic Bread<br>Dessert | 14     | 15<br>Roast Beef<br>1/2 Baked Potato<br>Spinach Salad<br>Mixed Berries<br>WW Roll<br>Dessert                              | 16<br>Fish & Chips<br>Cabbage / Apple Slaw<br>Fruit Cocktail<br>Rice Krispies Treats      |
| 19 CLOSED<br>Presidents day!   | 20<br>Pepper Steak<br>Rice<br>Garden Salad<br>Cinnamon Pears<br>WW Roll<br>Dessert       | 21     | 22<br>Yakisoba (Beef & Noodles)<br>Stir Fry Veggies<br>Coleslaw<br>Mandarin Oranges<br>Dessert                            | 23<br>White Bean Chicken Chili<br>Spinach Salad<br>Peaches<br>Cornbread<br>Dessert        |
| 26<br>Biscuits & Gravy<br>Oven Brown Potatoes<br>Juice<br>Fresh Fruit<br>Dessert   | 27<br>Beef Stew<br>Tossed Salad<br>Banana<br>Biscuit<br>Cereal Bars                      | 28     | 29<br>Chicken Burger Deluxe<br>Sweet Potato Fries<br>Coleslaw<br>Waldorf Salad<br>Dessert                                 | OCTN MISSION<br>NUTRITION!<br>Established 1973  |

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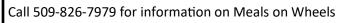


### TONASKET HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| Suggested donation for s<br>FEE for persons under ag  | eniors over age 60 is \$5.00<br>e 60 is \$12.00  |  | 1<br>Teriyaki Beef on Rice<br>Oriental Vegetables<br>Cucumber Salad<br>Mandarin Oranges<br>Egg Roll<br>Dessert             | 2<br>Chicken Florentine over<br>Fettuccine Noodles<br>Garden Salad<br>Fresh Fruit<br>Dessert      |
| 5<br>Fish & Chips<br>Cabbage / Apple Slaw<br>Fruit Cocktail<br>Rice Krispies Treats                 | 6<br>Chicken Salad Sandwich<br>Vegetable Soup<br>Sweet Potato Fries<br>Grapes<br>Dessert         | 7<br>Beef Stew<br>Spinach Salad<br>Banana<br>Biscuit<br>Cereal Bar   | 8<br>Beef Stroganoff<br>Green Beans<br>Tossed Green Salad<br>Apricots<br>Dessert   | 9<br>Ham Steak<br>Scalloped Potatoes<br>Broccoli Salad<br>Pineapple<br>WW Roll<br>Tapioca Pudding |
| 12<br>Lemon Baked Fish<br>Pesto Pasta<br>Asparagus<br>Green Salad<br>Orange Quarters<br>Dessert     | 13<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Cinnamon Pears<br>Garlic Bread<br>Dessert        | 14<br>Chicken Fajitas<br>Southwest Salad<br>Tropical Fruit<br>Dessert  | 15<br>Beef & Broccoli Stir Fry<br>Steamed Rice<br>Asian Slaw<br>Mandarin Oranges<br>Egg Roll<br>Dessert                    | 16<br>Tuna Noodle Casserole<br>Peas & Carrots<br>Spring Salad<br>Fruit Salad<br>Dessert           |
| 19 CLOSED<br>Presidents day!  | 20<br>Smothered Pork Chops<br>Mashed Potatoes<br>Spinach Salad<br>Waldorf Salad<br>Bread Pudding | 21<br>Chicken Parmesan<br>Pasta Marinara<br>Steamed Broccoli<br>7 Layer Salad<br>Focaccia Bread<br>Berry Parfait | 22<br>Cabbage Roll Casserole<br>Tossed Salad<br>Strawberries & Bananas<br>WW Roll<br>Dessert                               | 23<br>Scrambled Eggs<br>Sausage<br>Potatoes O'Brien<br>Stewed Tomatoes<br>Mixed Fruit<br>Pancakes |
| 26<br>White Bean Chicken Chili<br>Corn Chips<br>Greek Salad<br>Fresh Fruit<br>Corn Bread<br>Dessert | 27<br>Swedish Meatballs<br>Egg Noodles<br>Buttered Carrots<br>Spiced Salad<br>Peaches<br>Dessert | 28<br>Veggie Tortellini Soup<br>Cottage Cheese<br>Tossed Salad<br>Pears<br>Bread Stick<br>Dessert                | 29<br>Hamburger Steak with<br>Grilled Onions<br>Trio Vegetables<br>Twice Bake Potato Cass.<br>7 Layer Salad<br>Apple Crisp | OCTN MISSION<br>NUTRITION!<br>Established 1973  |

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#### TWISP HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

| MONDAY   | TUESDAY | WEDNESDAY | THURSDAY   | FRIDAY  |
|--|---------|-----------|--|---|
| Suggested donation fo<br>is \$5.00<br>FEE for persons under                              |         |           | 1<br>Hot Turkey Sandwich<br>Mashed Potatoes/Gravy<br>Green Beans<br>Cranberry Salad<br>Oatmeal Cookies | 2<br>Lemon Baked Fish<br>Pesto Pasta<br>Asparagus<br>Green Salad<br>Tropical Fruit<br>Dessert                                   |
| 5<br>Split Pea & Ham Soup<br>Turkey Sandwich<br>Apple Wedges<br>Peaches<br>Dessert       | 6       | 7         | 8<br>Biscuits & Gravy<br>Oven Brown Potatoes<br>Fresh Fruit<br>Juice<br>Dessert                        | 9<br>Hamburger Steak with<br>Grilled Onions<br>Twice Bake Style Potatoes<br>Buttered Corn<br>Garden Veggie Salad<br>Berry Crisp |
| 12<br>Beef Taco Pie<br>Baja Veggie Blend<br>Garden Salad<br>Spiced Applesauce<br>Dessert | 13      | 14        | 15<br>Meatloaf<br>Mashed Potatoes & Gravy<br>Green Beans<br>Tossed Salad<br>WW Roll<br>Apple Crisp     | 16<br>Honey Dijon Chicken<br>Garden Rice<br>Beets<br>Mixed Greens Salad<br>Banana<br>WW Roll<br>Dessert                         |
| 19 CLOSED<br>Presidents day!   | 20      | 21        | 22<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Cinnamon Pears<br>Garlic Bread<br>Dessert              | 23<br>Chicken Salad Croissant<br>Vegetable Soup<br>Grapes<br>Dessert  |
| 26<br>Roast Beef<br>1/2 Baked Potato<br>Green Beans<br>WW Roll<br>Pear Crisp             | 27      | 28        | 29<br>Tomato Rice Soup<br>Ham & Cheese Sandwich<br>Three Bean Salad<br>Orange Quarters<br>Dessert      | OCTN MISSION<br>NUTRITION!<br>Established 1975  |

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Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840





#### WILBUR

#### PLEASE CALL 509-647-5503 TO RESERVE MEALS

#### 509-826-7979 FOR HOME DELIVERED MEALS

THURSDAY

MONDAY

TUESDAY

WEDNESDAY

FRIDAY

| WONDAY   | TUESDAY  | WEDNESDAY  | THUKSDAY  | FRIDAY  |
|--|--|--|---|---|
| Suggested donation for s<br>FEE for persons under ag | seniors over age 60 is \$5.00<br>ge 60 is \$12.00  |  | 1<br>BBQ Chicken<br>Mac & Cheese<br>Broccoli Normandy<br>Spiced Salad<br>Apple Crisp                      | 2<br>Lemon Baked Fish<br>Pesto Pasta<br>Asparagus<br>Green Salad<br>Tropical Fruit<br>Dessert   |
| 5  | 6<br>Hamburger Steak with<br>Grilled Onions<br>Twice Bake Style Potato<br>Trio Veggies<br>Garden Salad<br>Berry Crisp            | 7<br>Fish & Chips<br>Cabbage & Apple Slaw<br>Fruit Cocktail<br>Rice Krispies Treats                              | 8<br>Bacon & Egg Salad<br>Sandwich on Croissant<br>Vegetable Soup<br>Cucumber Slices<br>Grapes<br>Dessert | 9<br>Meatloaf<br>Mashed Potatoes/Gravy<br>Green Beans<br>WW Roll<br>Apple Crisp                 |
| 12   | 13<br>Country Fried Steak<br>Mashed Potatoes/Gravy<br>Buttered Corn<br>Mixed Greens Salad<br>Chilled Pears<br>WW Roll<br>Dessert | 14<br>Pork Chops<br>Stuffing & Gravy<br>Buttered Peas<br>Green Salad<br>Waldorf Salad<br>Dessert                 | 15<br>Cabbage Rolls<br>Spiced Salad<br>Strawberries & Bananas<br>WW Roll<br>Dessert                       | 16<br>Hot Turkey Sandwich<br>Mashed Potatoes/Gravy<br>Green Beans<br>Cranberry Salad<br>Dessert |
| 19 CLOSED<br>Presidents day!                         | 20<br>Teriyaki Beef<br>Steamed Rice<br>Oriental Vegetables<br>Spinach Salad<br>Mandarin Oranges<br>Egg Roll<br>Dessert           | 21<br>Cheese Ravioli/Meat Sauce<br>Venetian Blend Veggies<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert | 22<br>Chicken Fajitas<br>Southwest Salad<br>Tropical Fruit<br>Dessert                                     | 23<br>Split Pea & Ham Soup<br>Turkey Sandwich<br>Apple Wedges<br>Peaches<br>Dessert             |
| 26   | 27<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Cinnamon Pears<br>Garlic Bread<br>Dessert  | 28<br>Chicken Salad Sandwich<br>Vegetable Soup<br>Grapes<br>Dessert  | 29<br>Pizza Casserole<br>Spring Salad<br>Dessert  | OCTN MISSION<br>NUTRITION!<br>Established 1975  |

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