




DECEMBER 2022

BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>			1	2 Chicken Enchiladas Spanish Rice Baja Vegetables Fresh Salsa Mandarin Oranges Dessert
5	6 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Angel Food Cake	7 Chef's Salad Potato Soup Cinnamon Applesauce WW Roll Cereal Bar	8	9 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
12	13 Baked Ham Scalloped Potatoes 49'er Chopped Salad Pineapple & Cherries WW Roll Rice Krispy Treats	14 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	15	16 Clam Chowder Turkey Sandwich Cucumber Salad Tropical Fruit Dessert
19	20 Stuffed Cabbage Rolls 7 Layer Salad WW Roll Apricot Crisp	21 Roast Beef Baked Potato Green Bean Casserole Mixed Greens Salad Fruit Ambrosia WW Roll Special Dessert	22	23 CLOSED 
26 CLOSED 	27 Hearty Turkey Noodle Soup Tossed Veggie Salad Fresh Fruit Tray Cheesy Garlic Toast Dessert	28 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	29	30 Chicken Cordon Bleu Rice Pilaf Peas & Carrots Spinach Salad Pineapple & Cherries WW Roll Dessert

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



DECEMBER 2022

OKANOGAN / OMAK

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

OKANOGAN

OMAK

OKANOGAN

CLOSED

OMAK

Suggested donation for seniors over age 60 is \$4.00

FEE for persons under age 60 is \$10.00



1

2

Lemon Pepper Fish
Roasted Red Potatoes
Trio Vegetables
Coleslaw
Chilled Peaches
Garlic Bread
Dessert

5

Pork Chow Mein
Stir Fry Vegetables
Asian Slaw
Mandarin Oranges
Egg Roll
Dessert

6

Chicken & Rice Bake
California Blend Veggies
Greek salad
Applesauce
Garlic Bread
Dessert

7

Chef's Salad
Potato Soup
Cinnamon Applesauce
WW Roll
Cereal Bars

8

9

Mac & Cheese with Ham
Peas & Carrots
Tossed Green Salad
Mixed Berries
Angel Food Cake

12

Lasagna
Mixed Vegetables
Caesar Salad
Pears
Garlic Bread
Dessert

13

Clam Chowder
Turkey Sandwich
Cucumber Salad
Tropical Fruit
Dessert

14

Pork Chops
Mashed Potatoes & Gravy
Roasted Carrots
Garden Salad
Applesauce
Biscuit
Dessert

15

16

Orange Glazed Chicken
Steamed Rice
Stir Fry Vegetables
Asian Style Slaw
Chilled Pineapple
Egg Roll
Dessert

19

Chicken Spaghetti Casserole
Broccoli Salad
Fruit Salad
Dessert

20

Country Fried Steak
Mashed Potatoes
Green Beans
Garden Salad
Fruit Cocktail
WW Roll
Dessert

21

Roast Beef
Baked Potato
Green Bean Casserole
Mixed Greens Salad
Fruit Ambrosia
WW Roll
Special Dessert

22

23 CLOSED



26

CLOSED

Merry Christmas

27

Spaghetti & Meat Sauce
Caesar Salad
Peaches
Garlic Bread
Dessert

28

Hearty Turkey Noodle
Soup
Tossed Salad
Fresh Fruit Tray
Cheesy Garlic Toast
Dessert

29

30

BBQ Meatballs
Rice Pilaf
Italian Vegetables
Caesar Salad
Tropical Fruit
WW Roll
Dessert

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DECEMBER 2022

OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

TONASKET

OROVILLE/TONASKET

TONASKET

OROVILLE/TONASKET

OROVILLE

Suggested donation for seniors over age 60 is \$4.00

FEE for persons under age 60 is \$10.00



1
Chicken Spaghetti Casserole
Tossed Green Salad
Fruit Salad
Dessert

2
Lemon Pepper Fish
Roasted Red Potatoes
Trio Vegetables
Coleslaw
Chilled Peaches
Garlic Bread
Dessert

5
Bacon Cheeseburger
Sweet Potato Fries
Three Bean Salad
Sliced Pears
Dessert

6
Beef Taco Pie
Spanish Rise
Garden Salad
Spiced Apples
Dessert

7
Chicken Florentine over
Pasta
Tossed Green Salad
Cherries & Pineapple
Dessert

8
Pork Chops
Stuffing & Gravy
Roasted Carrots
Garden Salad
Applesauce
Dessert

9
Lasagna
Mixed Vegetables
Caesar Salad
Pears
Garlic Bread
Dessert

12
Farmer's Casserole
Tomato Cucumber Salad
Fruit or V-8 Juice
Pancakes
Dessert

13
Pork Lo Mein on Noodles
Asian Style Slaw
Mandarin Oranges
Egg Roll
Dessert

14
Taco Soup
Tortilla Chips
Tossed Salad
Peaches
Cornbread
Dessert

15
Spaghetti & Meat Sauce
Caesar Salad
Sliced Pears
Garlic Bread
Dessert

16
Baked Chicken
Wild Rice
Glazed Carrots
Broccoli Salad
Fruit Cocktail
WW Roll
Dessert

19
Meatloaf
Mashed Potatoes & Gravy
Green Beans
Garden Salad
WW Roll
Fruited Jell-O

20
Chicken Fettuccine Alfredo
Italian Vegetables
Caesar Salad
Mandarin Oranges
Dessert

21
French Dip Sandwich
Jo Jo's
Spring Salad
Peaches
Dessert

22
Roast Turkey
Stuffing & Gravy
Green Bean Casserole
Cranberry Salad
Waldorf Salad
Pumpkin Pie

23 CLOSED



26 CLOSED



27
Turkey Sandwich
Clam Chowder
Cucumber Salad
Tropical Fruit
Dessert

28
BBQ Meatballs
Rice Pilaf
Italian Vegetables
Caesar Salad
Fruit Cocktail
WW Roll
Dessert

29
Chicken Cordon Bleu
Rosemary Potatoes
7 Layer Salad
Pineapple & Cherries
Lemon Bars

30
Roast Beef
Baked Potato
Green Bean Casserole
Tossed Salad
Fruit Ambrosia
WW Roll
Special Dessert

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DECEMBER 2022

TWISP

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>			1 Chicken Cacciatore Shell Pasta Italian Vegetables Grapes Bread Stick Dessert	2 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
5 Meatloaf Mashed Potatoes/Gravy Green Beans Garden Salad WW Roll Dessert	6	7	8 Baked Ham Scalloped Potatoes 49'er Chopped Salad Pineapple & Cherries WW Roll Rice Krispy Treats	9 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert
12 Mac & Cheese with Bacon Peas & Carrots Spiced Salad Mixed Berries Angel Food Cake	13	14	15 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Cranberry Sauce Waldorf Salad Pumpkin Pie	16 Clam Chowder Turkey Sandwich Cucumber Salad Tropical Fruit Dessert
19 Lasagna w/Meat Sauce Mixed Vegetables Caesar Salad Garlic Bread Dessert	20	21	22 Prime Rib Baked Potatoes Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Dessert	23 CLOSED 
26 CLOSED 	27	28	29 Baked Chicken Wild Rice Glazed Carrots Broccoli Salad Fruit Cocktail Roll Dessert	30 Bacon Cheeseburger Sweet Potato Fries Three Bean Salad Sliced Pears Oatmeal Cookies

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