



BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS





MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>				<p>1 Salmon w/Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Dessert</p>
<p>4 CLOSED</p> 	<p>5 Crunchy Chicken Salad On a Bed of Greens Pasta Salad Mixed Melons WW Roll Dessert</p>	<p>6 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert</p>	<p>7</p>	<p>8 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Peaches Oatmeal Cookie</p>
<p>11</p>	<p>12 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert</p>	<p>13 Chili Green Salad Spiced Salad Pears Cornbread Dessert</p>	<p>14</p>	<p>15 Clam Chowder 1/2 Turkey Sandwich Coleslaw V-8 Juice Fresh Fruit WW Crackers Dessert</p>
<p>18</p>	<p>19 Baked Fish Wild Rice Green Beans Cucumber Salad Tropical Fruit WW Roll Dessert</p>	<p>20 Mac & Cheese with Bacon Peas & Carrots Tossed Salad Watermelon Dessert</p>	<p>21</p>	<p>22 Beef Stew Spinach Salad Apple Wedges Biscuit Dessert</p>
<p>25</p>	<p>26 Cordon Bleu Casserole Wild Rice Key West Vegetables Greek Salad Mixed Melons WW Roll Dessert</p>	<p>27 French Dip Sandwich Potato Salad Green Salad Peaches Dessert</p>	<p>28</p>	<p>29 Hamburger Steak with Grilled Onions Mashed Potatoes/Gravy Buttered Corn Cuke/Tomato Salad Mandarin Oranges Dessert</p>

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






CASHMERE / LEAVENWORTH

HOME DELIVERED

PLEASE CALL 509-888-4440 TO RESERVE MEALS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p> </div>				1 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad Fruit Ambrosia
4 CLOSED 	5	6 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar	7	8 Baked Fish Fillet Pesto Pasta Carrots Caesar Salad Tropical Fruit Dessert
11 Hamburger Steak /Onions Mashed Potatoes/Gravy Buttered Corn Cuke/Tomato Salad Peaches WW Roll Dessert	12	13 Teriyaki Beef over Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert	14	15 Ham Sandwich Corn Chowder Pea Salad Waldorf Salad Dessert
18 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert	19	20 Pizza Supreme Veggie Tray Apple Wedges Garlic Bread Dessert	21	22 Burger Dip Sandwich Potato Salad Pickled Beets Peaches Dessert
25 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert	26	27 Fall Vegetable Medley Soup Sliced Tomatoes Assorted Melons Focaccia Bread Dessert	28	29 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Apricots Oatmeal Cookies

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Established 1975



CHELAN

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





TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>				<p>1 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad Fruit Ambrosia</p>
<p>4 CLOSED</p> 	<p>5 Sausage & Sauerkraut Roasted Potatoes Spring Salad Apple Celery Salad Dessert</p>	<p>6 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar</p>	<p>7 Sloppy Joe's Jo Jo's Cuke/Watermelon Salad Orange Quarters Dessert</p>	<p>8 Baked Fish Fillet Pesto Pasta Carrots Caesar Salad Tropical Fruit Dessert</p>
<p>11 Hamburger Steak /Onions Mashed Potatoes/Gravy Buttered Corn Cuke/Tomato Salad Peaches WW Roll Dessert</p>	<p>12 Chicken Florentine Pasta Tossed Green Salad Fresh Fruit Dessert</p>	<p>13 Teriyaki Beef over Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert</p>	<p>14 Salmon with Dill Sauce Rosemary Potatoes Spring Salad Tropical Fruit WW Roll Dessert</p>	<p>15 Ham Sandwich Corn Chowder Pea Salad Waldorf Salad Dessert</p>
<p>18 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert</p>	<p>19 Roast Beef Mashed Potatoes/Gravy Mixed Vegetables Caesar Salad Apple Crisp</p>	<p>20 Pizza Supreme Veggie Tray Apple Wedges Garlic Bread Dessert</p>	<p>21 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert</p>	<p>22 Burger Dip Sandwich Potato Salad Pickled Beets Peaches Dessert</p>
<p>25 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert</p>	<p>26 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Peaches Dessert</p>	<p>27 Fall Vegetable Medley Soup Sliced Tomatoes Assorted Melons Focaccia Bread Dessert</p>	<p>28 Sweet & Sour Meatballs Wild Rice Oriental Vegetables Asian Slaw Pineapple Roll Dessert</p>	<p>29 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Apricots Oatmeal Cookies</p>

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DAVENPORT

PLEASE CALL 509-725-7055
TO RESERVE MEALS





TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>				<p>1</p>
<p>4 CLOSED</p> 	<p>5 Chicken Parmesan Garlic Pasta Italian Blend Veggies Caesar Salad Fruit Ambrosia</p>	<p>6 Chili Green Salad Corn & Tomato Salad Pears Cornbread Dessert</p>	<p>7 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Peaches Dessert</p>	<p>8</p>
<p>11</p>	<p>12 Tex-Mex Beef Stew Cucumber Salad Orange Quarters Cornbread Dessert</p>	<p>13 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar</p>	<p>14 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Dessert</p>	<p>15</p>
<p>18</p>	<p>19 Teriyaki Beef Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert</p>	<p>20 Fall Veggie Medley Soup Cottage Cheese Sliced Tomatoes Assorted Melons Focaccia Bread Dessert</p>	<p>21 Hot Dog Potato Salad Pea Salad Strawberry Shortcake</p>	<p>22</p>
<p>25</p>	<p>26 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Dessert</p>	<p>27 French Dip Potato Salad Green Salad Peaches Dessert</p>	<p>28 Mac & Cheese w/Bacon Peas & Carrots Broccoli Salad Tropical Fruit Dessert</p>	<p>29</p>

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ENTIAT

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



ESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>				<p>1</p>
<p>4 CLOSED</p>	<p>5</p>	<p>6</p>	<p>7 Sloppy Joe's Jo Jo's Cuke/Watermelon Salad Orange Quarters Dessert</p>	<p>8</p>
<p>11 Hamburger Steak /Onions Mashed Potatoes/Gravy Buttered Corn Cuke/Tomato Salad Peaches WW Roll Dessert</p>	<p>12</p>	<p>13</p>	<p>14 Salmon with Dill Sauce Rosemary Potatoes Spring Salad Tropical Fruit WW Roll Dessert</p>	<p>15</p>
<p>18 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert</p>	<p>19</p>	<p>20</p>	<p>21 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert</p>	<p>22</p>
<p>25 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert</p>	<p>26</p>	<p>27</p>	<p>28 Sweet & Sour Meatballs Wild Rice Oriental Vegetables Asian Slaw Pineapple Roll Dessert</p>	<p>29</p>

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ODESSA

PLEASE CALL 509-982-2654
TO RESERVE MEALS





TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>				<p>1</p>
<p>4 CLOSED</p> 	<p>5</p>	<p>6 Crunchy Chicken Salad Served over Greens Pasta Salad Mixed Melons WW Roll Dessert</p>	<p>7 Salmon w/Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Dessert</p>	<p>8</p>
<p>11 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert</p>	<p>12</p>	<p>13 Spaghetti w/Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert</p>	<p>14 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Apricots Oatmeal Cookies</p>	<p>15</p>
<p>18 Chicken Fiesta Salad Watermelon Tortilla Chips Dessert</p>	<p>19</p>	<p>20 Burger Dip Potato Salad Green Salad Peaches Dessert</p>	<p>21 Mac & Cheese w/Bacon Peas & Carrots Spring Salad Tropical Fruit Dessert</p>	<p>22</p>
<p>25 Fall Vegetable Medley Soup Cottage Cheese Veggie Tray Assorted Melons Focaccia Bread Dessert</p>	<p>26</p>	<p>27 Sloppy Joes Jo Jo's Cuke/Watermelon Salad Applesauce Dessert</p>	<p>28 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad Apple Crisp</p>	<p>29</p>

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OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741
TO RESERVE MEALS



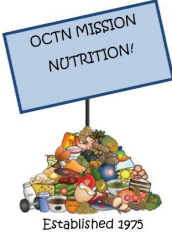

OKANOGAN

OMAK

OKANOGAN

CLOSED

OMAK

<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p> </div>		 <p>OCTN MISSION NUTRITION! Established 1975</p>		<p>1 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Dessert</p>
<p>4 CLOSED</p> 	<p>5 Fall Vegetable Medley Soup Cottage Cheese Sliced Tomatoes Assorted Melons Focaccia Bread Dessert</p>	<p>6 Tuna Casserole Peas & Carrots Tossed Salad Watermelon Dessert</p>	<p>7</p>	<p>8 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar</p>
<p>11 Hamburger Steak with Grilled Onions Mashed Potatoes/Gravy Buttered Corn Cuke/Tomato Salad Mandarin Oranges WW Roll Dessert</p>	<p>12 Fiesta Chicken Salad Tortilla Chips Watermelon Dessert</p>	<p>13 Clam Chowder 1/2 Turkey Sandwich Green Salad V-8 Juice Fresh Fruit Whole Grain Crackers Dessert</p>	<p>14</p>	<p>15 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple WW Roll Dessert</p>
<p>18 French Dip Sandwich Potato Salad Green Salad Peaches Dessert</p>	<p>19 Spaghetti w/Meat Sauce Caesar Salad Fresh Fruit Garlic Bread Dessert</p>	<p>20 Ham Roasted Sweet Potatoes Broccoli Salad Fresh Fruit Tray WW Roll Rice Krispies Treats</p>	<p>21</p>	<p>22 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert</p>
<p>25 Chicken Parmesan Rice Pilaf Italian Vegetables Caesar Salad Garlic Bread Fruit Ambrosia</p>	<p>26 Tex-Mex Beef Stew Cucumber Salad Orange Quarters Cornbread Dessert</p>	<p>27 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Peaches Dessert</p>	<p>28</p>	<p>29 Baked Fish Pesto Pasta Green Beans Carrot Raisin Salad Tropical Fruit WW Roll Dessert</p>

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OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE



OROVILLE/TONASKET

TONASKET/OROVILLE

TONASKET

OROVILLE/TONASKET

TONASKET/OROVILLE

Suggested donation for seniors over age 60 is \$4.00
 FEE for persons under age 60 is \$10.00



1
 Chicken Fried Steak
 Mashed Potatoes/Gravy
 Buttered Corn
 Garden Salad
 Peaches
 Dessert

4 CLOSED



5
 Fall Veggie Medley Soup
 Cottage Cheese
 Sliced Tomatoes
 Asstd Melons
 Focaccia Bread
 Dessert

6
 Pizza Casserole
 Garden Salad
 Apple Wedges
 Garlic Bread
 Dessert

7
 Tex Mex Beef Stew
 Cucumber Salad
 Orange Quarters
 Cornbread
 Dessert

8
 Salmon w/Dill Sauce
 Rosemary Potatoes
 Pea Salad
 Tropical Fruit
 Garlic Bread
 Dessert

11
 Mac & Cheese with Bacon
 Peas & Carrots
 Greek Salad
 Tropical Fruit
 Dessert

12
 Burger Dip Sandwich
 Jo Jo's
 Green Salad
 Peaches
 Dessert

13
 Fiesta Salad w/Chicken
 Watermelon
 Tortilla Chips
 Dessert

14
 Corn Chowder
 Ham Sandwich
 Pea Salad
 Waldorf Salad
 Dessert

15
 Chicken Fettuccine Alfredo
 Carrots
 Spring Salad
 Fresh Fruit
 Dessert

18
 Chili
 Green Salad
 Spiced Salad
 Pears
 Cornbread
 Dessert

19
 Tater Tot Casserole
 Garden Salad
 Peaches
 WW Roll
 Oatmeal Cookies

20
 Chef's Salad
 Fresh Fruit Tray
 WW Roll
 Cereal Bar

21
 BBQ Chicken
 Macaroni Salad
 Tomato/Zucchini Bake
 Spinach Salad
 Pineapple
 Cornbread
 Dessert

22
 Sloppy Joe's
 Jo Jo's
 Cuke/Watermelon Salad
 Waldorf Salad
 Dessert

25
 Chicken Enchiladas
 Seasoned Rice
 Mixed Vegetables
 Coleslaw
 Peaches
 Dessert

26
 Vegetable Lasagna
 Garden Salad
 Watermelon
 Garlic Bread
 Dessert

27
 Ham
 Scalloped Potatoes
 Carrot Raisin Salad
 Applesauce
 Bread Pudding

28
 Baked Fish Fillet
 Pesto Pasta
 Green Beans
 Cucumber Salad
 Tropical Fruit
 Dessert

29
 Cheeseburger Deluxe
 Potato Salad
 Pickled Beets
 Fruit Tray
 Dessert

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TWISP

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





TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>				<p>1 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar</p>
<p>4 CLOSED</p> 	<p>5</p>	<p>6</p>	<p>7 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert</p>	<p>8 Roast Beef Mashed Potatoes/Gravy Trio Vegetables Caesar Salad Apple Crisp</p>
<p>11 Crunchy Chicken Salad Served on Greens Pasta Salad Mixed Melons WW Roll Dessert</p>	<p>12</p>	<p>13</p>	<p>14 French Dip Potato Salad Green Salad Peaches Dessert</p>	<p>15 Tex Mex Beef Stew Cucumber Salad Orange Quarters Cornbread Dessert</p>
<p>18 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert</p>	<p>19</p>	<p>20</p>	<p>21 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar</p>	<p>22 Cheeseburger Deluxe Jo Jo's Three Bean Salad Fruit Tray Dessert</p>
<p>25 Chinese Almond Chicken Steamed Rice Asian Coleslaw Mandarin Oranges Garlic Bread Dessert</p>	<p>26</p>	<p>27</p>	<p>28 Sloppy Joes Jo Jo's Cuke/Watemelon Salad Waldorf Salad Dessert</p>	<p>29 Baked Fish Pesto Pasta Green Beans Carrot Raisin Salad Tropical Fruit WW Roll Dessert</p>

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WILBUR

PLEASE CALL 509-647-5503
TO RESERVE MEALS





TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>				<p>1 Teriyaki Beef over Rice Oriental Vegetables Asian Salad Mandarin Oranges Garlic Bread Dessert</p>
<p>4 CLOSED</p> 	<p>5 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Peaches Oatmeal Cookie</p>	<p>6 Fall Vegetable Soup Cottage Cheese Sliced Tomatoes Assorted Melons Focaccia Bread Dessert</p>	<p>7 Tex-Mex Beef Stew Cucumber Salad Orange Quarters Cornbread Dessert</p>	<p>8 Mac & Cheese w/Bacon Peas & Carrots Green Salad Tropical Fruit Dessert</p>
<p>11</p>	<p>12 Clam Chowder 1/2 Turkey Sandwich Green Salad V-8 Juice Fresh Fruit Whole Grain Crackers Dessert</p>	<p>13 Sloppy Joe's Jo Jo's Cuke/Watermelon Salad Waldorf Salad Dessert</p>	<p>14 Hamburger Steak with Grilled Onions Mashed Potatoes Buttered Corn Mixed Greens Salad Mandarin Oranges WW Roll Dessert</p>	<p>15 Tuna Casserole Peas & Carrots Tossed Salad Watermelon Dessert</p>
<p>18</p>	<p>19 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert</p>	<p>20 BBQ Chicken Macaroni Salad Tomato Zucchini Bake Spinach Salad Pineapple Cornbread Dessert</p>	<p>21 Fish & Chips Coleslaw Garlic Bread Mixed Berries Ice Cream</p>	<p>22 Roast Beef Mashed Potatoes/Gravy Mixed Vegetables Caesar Salad Apple Crisp</p>
<p>25</p>	<p>26 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar</p>	<p>27 Corn Chowder Ham Sandwich Pea Salad Waldorf Salad Dessert</p>	<p>28 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Peaches Dessert</p>	<p>29 Sweet & Sour Pork Rice Oriental Vegetables Asian Style Slaw Tropical Fruit WW Roll Dessert</p>

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