



# OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

TO RESERVE MEALS 24 HOURS IN ADVANCE



Okanogan

Omak

Okanogan

Closed

Omak

1 BBQ Chicken Macaroni Salad Cauliflower & Chives Greek Salad Mixed Fresh Fruit Biscuit Dessert	2 Stuffed Pepper Casserole Spiced Salad Pears Cornbread Dessert	3 Pork Roast Stuffing & Gravy Roasted Green Beans Spinach Salad Applesauce Dessert	4	5 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Pineapple & Cherries Dessert
8 Pepper Steak Rice Tossed Salad Mandarin Oranges WW Roll Dessert	9 Oven Fried Chicken Mac & Cheese Peas Cuke & Tomato Salad Grapes Dessert	10 Bacon & Egg Salad Sandwich on a Croissant Tomato Basil Soup Spinach Salad Apple Wedges Dessert	11 	12 Taco Stuffed Baked Potato With Taco Meat & Cheese Chilled Pears Veggie Pasta Salad Tortilla Chips Dessert
15 Biscuits & Sausage Gravy Oven Brown Potatoes V-8 Juice Orange Quarters Muffin	16 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Cherry Cobbler	17 Veggie Lasagna Cottage Cheese Caesar Salad Apricots Garlic Bread Dessert	18	19 Baked Fish Garden Rice Caribbean Vegetables Spinach Salad Pear Crisp
22 Parmesan Chicken Pasta Marinara California Vegetables Green Salad Mandarin Oranges Dessert	23 Baked Ham Scalloped Potatoes Peas & Carrots WW Roll Apple Crisp	24 Roast Turkey & Gravy Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	25 	26
29 Cheddar Potato Soup 1/2 Turkey Sandwich Pea Salad Fresh Fruit Tray Whole Grain Crackers Dessert	30 Asian Beef & Broccoli Steamed Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert			

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](http://www.octn.org) and follow us on Facebook!

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



Established 1975



# OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE



CLOSED

OROVILLE

TONASKET

OROVILLE

TONASKET

1	2 Shepherd's Pie Caesar Salad Pineapple WW Roll Dessert	3 Hot Roast Beef Sandwich (Open Face) Mashed Potatoes Buttered Peas Chilled Peaches WW Bread Dessert	4 Baked Ham Cheesy Potatoes Peas & Carrots Carrot Raisin Salad WW Bread or Roll Apple Crisp	5 Parmesan Chicken Pasta Marinara California Veggies Garden Salad Mandarin Oranges Dessert
8	9 Pot Roast Roast Carrots & Potatoes Mixed Greens Salad Pears WW Roll Dessert	10 Ham & Navy Bean Soup 1/2 Turkey Sandwich Tossed Salad Pickled Beets Waldorf Salad Corn Chips Dessert	11 CLOSED 	12 Meatloaf & Gravy Mashed Potatoes Country Vegetables Cuke & Tomato Salad WW Roll Dessert
15	16 Sloppy Joe Sandwich Sweet Potato Fries Frito Salad Fruit Salad Dessert	17 Hamburger Steak Mashed Potatoes 4 Way Veggies Caesar Salad WW Roll Berry Cobbler	18 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Pea Salad Tropical Fruit WW Roll Dessert	19 Beef & Broccoli Steamed Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert
22	23 Roast Turkey Mashed Potatoes / Gravy Green Bean Casserole Pickled Beets Cranberry Sauce WW Roll Pumpkin Pie	24 Roast Turkey Stuffing & Gravy Glazed Carrots Green Salad Apple Celery Salad Pumpkin Pie	25 CLOSED 	26 CLOSED
29	30 Pork Roast Stuffing & Gravy Butternut Squash Spinach Salad Cinnamon Apples Dessert	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <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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# TWISP

PLEASE CALL 509-997-7722 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Biscuits & Country Gravy Scrambled Eggs Oven Browned Potatoes V-8 Juice Orange Quarters Sherbet	2	3	4 Pot Roast Roasted Potatoes Green Beans Mixed Greens Salad Pineapple Tidbits WW Roll Dessert	5 Baked Fish Garden Rice Caribbean Veggies Spinach Salad Pear Crisp
8 Philly Steak Sandwich Jo Jo's Fruit Tray Dessert	9	10	11 CLOSED 	12 BBQ Chicken Macaroni Salad Cauliflower & Chives Greek Salad Mixed Fresh Fruit Biscuit Dessert
15 Turkey & Cheese Deli Style Sandwich Vegetable Soup Coleslaw Mixed Berries Dessert	16	17	18 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Pineapple & Cherries Dessert	19 Hamburger Steak Mashed Potatoes Buttered Corn Garden Salad WW Bread or Roll Apple Crisp
22 Roast Turkey Stuffing & Gravy Sweet Potatoes Green Beans Cranberry Sauce Pumpkin Pie	23	24	25 CLOSED 	26 CLOSED
29 Veggie Lasagna Cottage Cheese Caesar Salad Apricots Garlic Bread Dessert	30	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <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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