

# October 2023

## BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY                                                                                           | TUESDAY                                                                                           | WEDNESDAY                                                                                                        | THURSDAY                                                                                                    | FRIDAY                                                                                                        |
|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| 2                                                                                                | 3<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert                | 4<br>Broccoli Chicken Bake<br>Rice Pilaf<br>Garden Salad<br>Waldorf Salad<br>WW Roll<br>Dessert                  | 5                                                                                                           | 6<br>Fish & Chips<br>Coleslaw<br>Grapes<br>Rice Krispy Treats                                                 |
| 9<br>CLOSED<br> | 10<br>Stuffed Pepper Casserole<br>Mixed Greens Salad<br>Pears<br>Mozzarella Breadstick<br>Dessert | 11<br>Honey Mustard Chicken<br>Wild Rice<br>Key West Veggies<br>Coleslaw<br>Tropical Fruit<br>WW Roll<br>Dessert | 12                                                                                                          | 13<br>Meatloaf<br>Mashed Potatoes & Gravy<br>Green Beans<br>WW Roll<br>Pear Crisp                             |
| 16                                                                                               | 17<br>Beef Stew<br>7 Layer Salad<br>Orange Quarters<br>Biscuits<br>Dessert                        | 18<br>Tater Tot Casserole<br>Greek Salad<br>Chilled Peaches<br>WW Roll<br>Dessert                                | 19                                                                                                          | 20<br>Chicken Paprika<br>Shell Pasta<br>Normandy Veggies<br>Mixed Greens Salad<br>Apple Wedges<br>Dessert     |
| 23                                                                                               | 24<br>Personal Omelettes<br>Potatoes O'Brien<br>V-8 Juice<br>Peaches<br>Muffin                    | 25<br>Tuna Noodle Casserole<br>Peas & Carrots<br>Spiced Salad<br>Oregon Berries<br>Dessert                       | 26                                                                                                          | 27<br>Yankee Pot Roast<br>Roasted Potatoes and Carrots<br>Green Beans<br>Mixed Fruit<br>WW Roll<br>Cereal Bar |
| 30                                                                                               | 31<br>Pulled Pork Sandwich<br>Pea Salad<br>Coleslaw<br>Tropical Fruit<br>Dessert                  | <br>Established 1975          | <div>Suggested donation for seniors over age 60 is \$4.00<br/>FEE for persons under age 60 is \$10.00</div> |                                                                                                               |

# Happy Halloween



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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





# CHELAN

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

| MONDAY                                                                                                              | TUESDAY                                                                                                               | WEDNESDAY                                                                                                                              | THURSDAY                                                                                                       | FRIDAY                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| 2<br>Tater Tot Casserole<br>Greek Salad<br>Chilled Peaches<br>WW Bread or Roll<br>Dessert                           | 3<br>Cheese Ravioli with<br>Meat Sauce<br>Italian Vegetables<br>Spiced Pears<br>Bread Sticks<br>Dessert               | 4<br>Broccoli Chicken Bake<br>Rice Pilaf<br>Garden Salad<br>Waldorf Salad<br>WW Roll<br>Dessert                                        | 5<br>Ham & Cheese Sandwich<br>Corn Chowder<br>Pea Salad<br>Chilled Apricots<br>Dessert                         | 6<br>Stuffed Pepper Casserole<br>Mixed Greens Salad<br>Pears<br>Mozzarella Breadstick<br>Dessert              |
| 9<br>Chicken Fajitas<br>Spanish Rice<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert                                  | 10<br>Cheeseburger Deluxe<br>Jo Jo's<br>Coleslaw<br>Sliced Pears<br>Dessert                                           | 11<br>Tuna Noodle Casserole<br>Peas & Carrots<br>Spiced Salad<br>Oregon Berries<br>Dessert                                             | 12<br>Cabbage Patch Stew<br>Tossed Salad<br>Waldorf Salad<br>Mozzarella Breadsticks<br>Dessert                 | 13<br>Lemon Baked Fish<br>Wild Rice<br>Glazed Carrots<br>Caesar Salad<br>Peaches<br>Focaccia Bread<br>Dessert |
| 16<br>Wild Rice & Ham Casserole<br>Buttered Peas<br>Spinach Salad<br>Orange Quarters<br>WW Bread or Roll<br>Dessert | 17<br>Meatloaf<br>Mashed Potatoes / Gravy<br>Green Beans<br>Pears<br>WW Roll<br>Oatmeal Cookies                       | 18<br>Personal Size Omelettes<br>Potatoes O'Brien<br>V-8 Juice<br>Peaches<br>Cereal Bar<br>Blueberry Muffin                            | 19<br>Garden Chili<br>Tortilla Chips<br>String Cheese<br>Spinach Salad<br>Apple Slices<br>Cornbread<br>Dessert | 20<br>Pork Riblet Sandwich<br>Pea Salad<br>Coleslaw<br>Tropical Fruit<br>Dessert                              |
| 23<br>Beef Stroganoff<br>Carrots<br>Tossed Green Salad<br>Mixed Berries<br>Dessert                                  | 24<br>Tuna Salad on Croissant<br>Clam Chowder<br>Coleslaw<br>Fruit Tray<br>Dessert                                    | 25<br>Chicken Florentine<br>Wild Rice<br>Caesar Salad<br>Cherries & Pineapple<br>WW Roll<br>Dessert                                    | 26<br>Yankee Pot Roast<br>Roasted Potatoes and<br>Fall Vegetables<br>Green Beans<br>WW Roll<br>Apple Crisp     | 27<br>Fish & Chips<br>Coleslaw<br>Grapes<br>Rice Krispy Treats                                                |
| 30<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert                                 | 31<br>Chicken Fried Steak<br>Mashed Potatoes / Gravy<br>Buttered Corn<br>Tossed Green Salad<br>WW Roll<br>Berry Crisp | <div>Suggested donation for seniors over age 60 is \$4.00<br/>FEE for persons under age 60 is \$10.00</div> <div>Happy Halloween</div> |                                                                                                                |                                                                                                               |



For information about Home Delivered Meals call 509-470-0522

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# October 2023

## DAVENPORT

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

| MONDAY                                                                                | TUESDAY                                                                                                                   | WEDNESDAY                                                                                                                                                                                                   | THURSDAY                                                                                                            | FRIDAY |
|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------|
| 2                                                                                     | 3<br>Cabbage Patch Stew<br>Spiced Salad<br>Mandarin Oranges<br>Whole Grain Crackers<br>Mozzarella Breadsticks<br>Dessert  | 4<br>California Chicken Casserole<br>Lettuce & Tomato Salad<br>Apple Celery Salad<br>Garlic Bread<br>Dessert                                                                                                | 5<br>Chicken Fried Steak<br>Mashed Potatoes / Gravy<br>Buttered Corn<br>Tossed Green Salad<br>WW Roll<br>Pear Crisp | 6      |
| 9<br> | 10<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert                                       | 11<br>Hawaiian Chicken<br>Rice<br>Asian Vegetables<br>Coleslaw<br>Tropical Fruit<br>WW Roll<br>Dessert                                                                                                      | 12<br>Beef Stew<br>7 Layer Salad<br>Orange Quarters<br>Biscuit<br>Dessert                                           | 13     |
| 16                                                                                    | 17<br>Stuffed Pepper Casserole<br>Mixed Greens Salad<br>Pears<br>Mozzarella Breadstick<br>Dessert                         | 18<br>Sweet & Sour Meatballs<br>Rice Pilaf<br>Oriental Vegetables<br>Asian Style Slaw<br>Egg Roll<br>Dessert                                                                                                | 19<br>Tuna Salad Croissant<br>Clam Chowder<br>Three Bean Salad<br>Fruit Tray<br>Dessert                             | 20     |
| 23                                                                                    | 24<br>Tater Tot Casserole<br>Greek Salad<br>Chilled Peaches<br>WW Roll<br>Dessert                                         | 25<br>Chicken Fettuccine Alfredo<br>Zucchini Tomato Bake<br>Caesar Salad<br>Mixed Berries<br>Dessert                                                                                                        | 26<br>Lemon Baked Fish<br>Wild Rice<br>Glazed Carrots<br>Spinach Salad<br>Focaccia Bread<br>Dessert                 | 27     |
| 30                                                                                    | 31<br>Hearty Vegetable Beef<br>Soup<br>Cottage Cheese<br>Tossed Green Salad<br>Apple Wedges<br>WW Roll<br>Oatmeal Cookies |  <div> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div> |                                                                                                                     |        |

# Happy Halloween



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# October 2023

ENTIAT

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

| MONDAY                                                                                                              | TUESDAY | WEDNESDAY                                                                                                                                                                                                                | THURSDAY                                                                                                       | FRIDAY |
|---------------------------------------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------|
| 2<br>Tater Tot Casserole<br>Greek Salad<br>Chilled Peaches<br>WW Bread or Roll<br>Dessert                           | 3       | 4                                                                                                                                                                                                                        | 5<br>Ham & Cheese Sandwich<br>Corn Chowder<br>Pea Salad<br>Chilled Apricots<br>Dessert                         | 6      |
| 9<br>Chicken Fajitas<br>Spanish Rice<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert                                  | 10      | 11                                                                                                                                                                                                                       | 12<br>Cabbage Patch Stew<br>Tossed Salad<br>Waldorf Salad<br>Mozzarella Breadsticks<br>Dessert                 | 13     |
| 16<br>Wild Rice & Ham Casserole<br>Buttered Peas<br>Spinach Salad<br>Orange Quarters<br>WW Bread or Roll<br>Dessert | 17      | 18                                                                                                                                                                                                                       | 19<br>Garden Chili<br>Tortilla Chips<br>String Cheese<br>Spinach Salad<br>Apple Slices<br>Cornbread<br>Dessert | 20     |
| 23<br>Beef Stroganoff<br>Carrots<br>Tossed Green Salad<br>Mixed Berries<br>Dessert                                  | 24      | 25                                                                                                                                                                                                                       | 26<br>Yankee Pot Roast<br>Roasted Potatoes and<br>Fall Vegetables<br>Green Beans<br>WW Roll<br>Apple Crisp     | 27     |
| 30<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert                                 | 31      | <div>  <div> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div> </div> |                                                                                                                |        |

## Happy Halloween!



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# October 2023

## LEAVENWORTH/CASHMERE

### HOME DELIVERED

PLEASE CALL 509-888-4440 TO RESERVE MEALS

| MONDAY                                                                                                              | TUESDAY | WEDNESDAY                                                                                                                                                                                                                | THURSDAY | FRIDAY                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------------------------------------------------------------------------------------------------------|
| 2<br>Tater Tot Casserole<br>Greek Salad<br>Chilled Peaches<br>WW Bread or Roll<br>Dessert                           | 3       | 4<br>Broccoli Chicken Bake<br>Rice Pilaf<br>Garden Salad<br>Waldorf Salad<br>WW Roll<br>Dessert                                                                                                                          | 5        | 6<br>Stuffed Pepper Casserole<br>Mixed Greens Salad<br>Pears<br>Mozzarella Breadstick<br>Dessert              |
| 9<br>Chicken Fajitas<br>Spanish Rice<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert                                  | 10      | 11<br>Tuna Noodle Casserole<br>Peas & Carrots<br>Spiced Salad<br>Oregon Berries<br>Dessert                                                                                                                               | 12       | 13<br>Lemon Baked Fish<br>Wild Rice<br>Glazed Carrots<br>Caesar Salad<br>Peaches<br>Focaccia Bread<br>Dessert |
| 16<br>Wild Rice & Ham Casserole<br>Buttered Peas<br>Spinach Salad<br>Orange Quarters<br>WW Bread or Roll<br>Dessert | 17      | 18<br>Personal Size Omelettes<br>Potatoes O'Brien<br>V-8 Juice<br>Peaches<br>Cereal Bar<br>Blueberry Muffin                                                                                                              | 19       | 20<br>Pork Riblet Sandwich<br>Pea Salad<br>Coleslaw<br>Tropical Fruit<br>Dessert                              |
| 23<br>Beef Stroganoff<br>Carrots<br>Tossed Green Salad<br>Mixed Berries<br>Dessert                                  | 24      | 25<br>Chicken Florentine<br>Wild Rice<br>Caesar Salad<br>Cherries & Pineapple<br>WW Roll<br>Dessert                                                                                                                      | 26       | 27<br>Fish & Chips<br>Coleslaw<br>Grapes<br>Rice Krispy Treats                                                |
| 30<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert                                 | 31      | <div>  <div> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div> </div> |          |                                                                                                               |

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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 |
|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------|
| 2<br>Garden Chili<br>Tortilla Chips<br>Cottage Cheese<br>Spinach Salad<br>Peaches<br>Cornbread<br>Dessert                | 3                                                                                         | 4<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert                    | 5<br>Wild Rice & Ham Casserole<br>Green Beans<br>Green Salad<br>Orange Quarters<br>WW Roll<br>Dessert                        | 6      |
| 9<br>Chicken Salad Sandwich<br>Minestrone Soup<br>Grapes<br>Dessert                                                      | 10                                                                                        | 11<br>Pork Roast<br>Stuffing & Gravy<br>Roasted Fall Veggies<br>Tossed Salad<br>Applesauce<br>Dessert | 12<br>Sweet & Sour Meatballs<br>Rice Pilaf<br>Oriental Vegetables<br>Asian Coleslaw<br>Tropical Fruit<br>Egg Roll<br>Dessert | 13     |
| 16<br>Chicken Fettuccine Alfredo<br>Harvard Beets<br>Caesar Salad<br>Mixed Berries<br>Dessert                            | 17                                                                                        | 18<br>Tater Tot Casserole<br>Greek Salad<br>Chilled Peaches<br>WW Roll<br>Dessert                     | 19<br>Fish Sandwich<br>Potato Wedges<br>Coleslaw<br>Tropical Fruit<br>Dessert                                                | 20     |
| 23<br>Hearty Vegetable Beef<br>Soup<br>String Cheese<br>Tossed Green Salad<br>Apple Wedges<br>Biscuit<br>Oatmeal Cookies | 24                                                                                        | 25<br>Tuna Noodle Casserole<br>Peas & Carrots<br>Veggie Tray<br>Oregon Berries<br>Ice Cream           | 26<br>Meatloaf<br>Mashed Potatoes / Gravy<br>Green Beans<br>Tossed Salad<br>WW Roll<br>Pear Crisp                            | 27     |
| 30<br>Ham & Cheese Sandwich<br>Corn Chowder<br>Pea Salad<br>Chilled Apricots<br>Dessert                                  | 31<br> |                    | <div> <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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# OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

509-826-7979 FOR HOME DELIVERED MEALS

| OKANOGAN                                                                                                    | OMAK                                                                                                                   | OKANOGAN                                                                                                                | CLOSED | OMAK                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|--------|------------------------------------------------------------------------------------------------------------------------------|
| 2<br>Cabbage Patch Stew<br>String Cheese<br>Cuke & Tomato Salad<br>Waldorf Salad<br>French Bread<br>Dessert | 3<br>Yankee Pot Roast<br>Mashed Potatoes & Gravy<br>Buttered Corn<br>Spring Salad<br>Fruit Salad<br>WW Roll<br>Dessert | 4<br>Chicken & Stuffing Casserole<br>CA Veggie Blend<br>Tossed Salad<br>Grapes<br>Garlic Bread<br>Dessert               | 5      | 6<br>Garden Chili<br>Tortilla Chips<br>Spinach Salad<br>Peaches<br>Mozzarella Breadstick<br>Dessert                          |
| 9<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert                          | 10<br>Beef Stew<br>7 Layer Salad<br>Orange Quarters<br>Biscuit<br>Dessert                                              | 11<br>Pork Roast<br>Rosemary Potatoes<br>Roasted Fall Veggies<br>Applesauce<br>Focaccia Bread<br>Dessert                | 12     | 13<br>Fish & Chips<br>Coleslaw<br>Grapes<br>Rice Krispy Treats                                                               |
| 16<br>Stuffed Pepper Casserole<br>Mixed Greens Salad<br>Pears<br>French Bread<br>Dessert                    | 17<br>Pork Chops<br>Au Gratin Potatoes<br>Trio Vegetables<br>Applesauce<br>WW Roll<br>Dessert                          | 18<br>Chicken Fettuccine Alfredo<br>Caesar Salad<br>Zucchini/Tomato Bake<br>Mixed Berries<br>Dessert                    | 19     | 20<br>Sweet & Sour Meatballs<br>Rice Pilaf<br>Oriental Vegetables<br>Asian Coleslaw<br>Tropical Fruit<br>Egg Roll<br>Dessert |
| 23<br>Hawaiian Chicken<br>Rice<br>Oriental Vegetables<br>Coleslaw<br>Tropical Fruit<br>WW Roll<br>Dessert   | 24<br>Chicken Fried Steak<br>Mashed Potatoes & Gravy<br>Buttered Corn<br>Tossed Green Salad<br>WW Roll<br>Apple Crisp  | 25<br>Hearty Vegetable Beef Soup<br>Tossed Green Salad<br>Apple Wedges<br>Mozzarella Breadstick<br>Oatmeal Cookies      | 26     | 27<br>Lemon Baked Fish<br>Garlic Parm Pasta<br>Glazed Carrots<br>Caesar Salad<br>Peaches<br>Dessert                          |
| 30<br>Beef Stroganoff<br>Green Beans<br>Tossed Green Salad<br>Mixed Berries<br>Dessert                      | 31<br>Pulled Pork Sandwich<br>Pea Salad<br>Coleslaw<br>Tropical Fruit<br>Dessert                                       | <div> </div>                                                                                                            |        |                                                                                                                              |
|                                                                                                             |                                                                                                                        | <div> </div>                                                                                                            |        |                                                                                                                              |
|                                                                                                             |                                                                                                                        | <div> <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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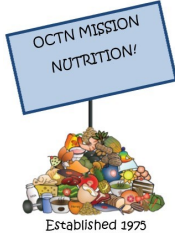
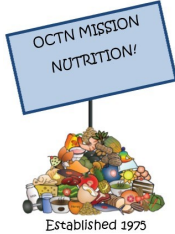
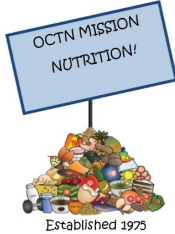
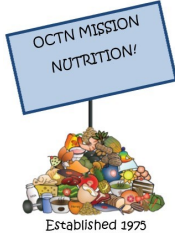




# OROVILLE

PLEASE CALL 476-2412

509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY                                                                                                           | TUESDAY                                                                                                    | WEDNESDAY                                                                               | THURSDAY                                                                                                                | FRIDAY                                                                                                     |
|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| 2<br>Yankee Pot Roast<br>Roasted Potatoes and Carrots<br>Green Beans<br>Mixed Fruit<br>WW Roll<br>Cereal Bars    | 3<br>California Chicken Casserole<br>Caesar Salad<br>Apple Celery Salad<br>Garlic Bread<br>Dessert         | 4<br>  | 5<br>Chicken Fried Steak<br>Mashed Potatoes/Gravy<br>Buttered Corn<br>Tossed Green Salad<br>Apple Crisp                 | 6<br>Garden Chili<br>Tortilla Chips<br>Cottage Cheese<br>Spinach Salad<br>Peaches<br>Corn Bread<br>Dessert |
| 9<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert                               | 10<br>Hawaiian Chicken<br>Rice<br>Asian Vegetables<br>Coleslaw<br>Tropical Fruit<br>WW roll<br>Dessert     | 11<br> | 12<br>Pork Roast<br>Stuffing & Gravy<br>Roasted Fall Veggies<br>Pea Salad<br>Applesauce<br>Dessert                      | 13<br>Beef Stew<br>7 Layer Salad<br>Orange Quarters<br>Biscuit<br>Dessert                                  |
| 16<br>Chicken Fettuccine Alfredo<br>Zucchini / Tomato Bake<br>Caesar Salad<br>Mixed Berries<br>Dessert           | 17<br>Sweet & Sour Meatballs<br>Rice Pilaf<br>Oriental Vegetables<br>Tropical Fruit<br>Egg Roll<br>Dessert | 18<br> | 19<br>Tater Tot Casserole<br>Greek Salad<br>Chilled Peaches<br>WW Roll<br>Dessert                                       | 20<br>Korean Beef Bulgogi<br>Rice<br>Garlic Green Beans<br>Green Salad<br>Pineapple<br>WW Roll<br>Dessert  |
| 23<br>Ham & Cheese Sandwich<br>Corn Chowder<br>Pea Salad<br>Chilled Apricots<br>Dessert                          | 24<br>Beef Stroganoff<br>Carrots<br>Tossed Green Salad<br>Mixed Berries<br>Dessert                         | 25<br> | 26<br>Fish & Chips<br>Coleslaw<br>Grapes<br>Rice Krispies Treats                                                        | 27<br>Meatloaf<br>Mashed Potatoes & Gravy<br>Green Beans<br>Chilled Pears<br>WW Roll<br>Oatmeal Cookies    |
| 30<br>Honey Mustard Chicken<br>Wild Rice<br>Key West Veggies<br>Coleslaw<br>Tropical Fruit<br>WW Roll<br>Dessert | 31<br>Tuna Noodle Casserole<br>Peas & Carrots<br>Spiced Salad<br>Oregon Berries<br>Dessert                 |      | <div> <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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# Happy Halloween







# TONASKET

PLEASE CALL 486-2483 OR  
509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY                                                                                                  | TUESDAY                                                                                              | WEDNESDAY                                                                                                                                                                                                                                                                                     | THURSDAY                                                                                                     | FRIDAY                                                                                                                   |
|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| 2<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert                      | Chicken Fajitas<br>Spanish Rice<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert                        | 4<br>Pulled Pork Sandwich<br>Pea Salad<br>Coleslaw<br>Dessert                                                                                                                                                                                                                                 | 5<br>Scrambled Eggs & Ham<br>Hash Brown Potatoes<br>V-8 Juice<br>Strawberries & Bananas<br>Waffle<br>Muffin  | 6<br>Cabbage Patch Stew<br>Spiced Salad<br>Waldorf Salad<br>Mozzarella Breadsticks<br>Dessert                            |
| 9 CLOSED<br>            | 10<br>Meatloaf<br>Mashed Potatoes /Gravy<br>Green Beans<br>WW Roll<br>Pear Crisp                     | 11<br>Broccoli Chicken Bake<br>Rice Pilaf<br>Garden Salad<br>Waldorf Salad<br>WW Roll<br>Dessert                                                                                                                                                                                              | 12<br>Cheese Ravioli with Meat Sauce<br>Italian Vegetables<br>Spiced Pears<br>Bread Sticks<br>Dessert        | 13<br>Lemon Baked Fish<br>Garlic Pasta<br>Glazed Carrots<br>Caesar Salad<br>Peaches<br>Focaccia Bread<br>Dessert         |
| 16<br>Cheeseburger Deluxe<br>Jo Jo's<br>Three Bean Salad<br>Sliced Pears<br>Dessert                     | 17<br>Chicken Fettuccine Alfredo<br>Zucchini Tomato Bake<br>Caesar Salad<br>Mixed Berries<br>Dessert | 18<br>Tuna Salad Croissant<br>Clam Chowder<br>Coleslaw<br>Fruit Tray<br>Dessert                                                                                                                                                                                                               | 19<br>Breakfast Casserole<br>Stewed Tomatoes<br>Spinach Salad<br>Blueberry/Pudding Parfait                   | 20<br>Sweet & Sour Meatballs<br>Rice Pilaf<br>Oriental Vegetables<br>Asian Slaw<br>Tropical Fruit<br>Egg Roll<br>Dessert |
| 23<br>Bacon, Mushroom and Swiss Cheese Quiche<br>Steamed Broccoli<br>Tossed Salad<br>Apricots<br>Muffin | 24<br>Chicken Florentine<br>Wild Rice<br>Caesar Salad<br>Cherries & Pineapple<br>WW Roll<br>Dessert  | 25<br>Hamburger Gravy<br>Mashed Potatoes<br>Green Beans<br>Fruit Salad<br>WW Roll<br>Cereal Bar                                                                                                                                                                                               | 26<br>Ham Sandwich Deluxe<br>Tomato Basil Soup<br>Tossed Salad<br>Peaches<br>Whole Grain Crackers<br>Dessert | 27<br>Chicken Fried Steak<br>Mashed Potatoes/Gravy<br>Buttered Corn<br>Green Salad<br>WW Roll<br>Apple Crisp             |
| 30<br>Hawaiian Chicken<br>Rice<br>Asian Vegetables<br>Coleslaw<br>Tropical Fruit<br>WW Roll<br>Dessert  | 31<br>Pork Roast<br>Stuffing & Gravy<br>Roasted Fall Veggies<br>Pea Salad<br>Applesauce<br>Dessert   | <div></div> <div>Suggested donation for seniors over age 60 is \$4.00<br/>FEE for persons under age 60 is \$10.00</div> |                                                                                                              |                                                                                                                          |

# Happy Halloween

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# TWISP

PLEASE CALL 509-997-7722 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY                                                                                             | TUESDAY                                                                                   | WEDNESDAY                                                                                                                                                                                                  | THURSDAY                                                                                                         | FRIDAY                                                                                                           |
|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| 2<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert                 | 3                                                                                         | 4                                                                                                                                                                                                          | 5<br>Scrambled Eggs with Ham<br>Hash Brown Potatoes<br>V-8 Juice<br>Strawberries & Bananas<br>Biscuits           | 6<br>Chicken Fajitas<br>Spanish Rice<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert                               |
| 9<br>Beef Stew<br>7 Layer Salad<br>Orange Quarters<br>Corn Bread<br>Dessert                        | 10                                                                                        | 11                                                                                                                                                                                                         | 12<br>Sweet & Sour Pork over<br>Noodles<br>Stir Fry Vegetables<br>Asian Style Slaw<br>Topical Fruit<br>Dessert   | 13<br>Tuna Salad on Croissant<br>Clam Chowder<br>Coleslaw<br>Fruit Tray<br>Dessert                               |
| 16<br>Pork Roast<br>Stuffing & Gravy<br>Roasted Fall Veggies<br>Pea Salad<br>Applesauce<br>Dessert | 17                                                                                        | 18                                                                                                                                                                                                         | 19<br>Breakfast Casserole<br>Stewed Tomatoes<br>Spinach Salad<br>English Muffin<br>Pudding Parfait & Berries     | 20<br>Crunchy Chicken Salad<br>Sandwich<br>Minestrone Soup<br>Grapes<br>Dessert                                  |
| 23<br>Tater Tot Casserole<br>Greek Salad<br>Chilled Peaches<br>WW Roll<br>Dessert                  | 24                                                                                        | 25                                                                                                                                                                                                         | 26<br>Honey Mustard Chicken<br>Wild Rice<br>Key West Veggies<br>Coleslaw<br>Tropical Fruit<br>WW Roll<br>Dessert | 27<br>Lemon Baked Fish<br>Garlic Pasta<br>Glazed Carrots<br>Caesar Salad<br>Peaches<br>Focaccia Bread<br>Dessert |
| 30<br>Meatloaf & Gravy<br>Mashed Potatoes<br>Green Beans<br>WW Roll<br>Pear Crisp                  | 31<br> | <div></div> <div>Suggested donation for seniors over age 60 is \$4.00<br/>FEE for persons under age 60 is \$10.00</div> |                                                                                                                  |                                                                                                                  |

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# October 2023

## WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY                                                                                       | TUESDAY                                                                                                         | WEDNESDAY                                                                                                                                                                                                   | THURSDAY                                                                                                            | FRIDAY                                                                                                                    |
|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| 2                                                                                            | 3<br>Cabbage Patch Stew<br>Spiced Salad<br>Waldorf Salad<br>Mozzarella Breadsticks<br>Dessert                   | 4<br>Pork Chops<br>Au Gratin Potatoes<br>Brussels Sprouts<br>Green Salad<br>Applesauce<br>WW Roll<br>Dessert                                                                                                | 5<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>Dessert                                  | 6<br>Crunch Chicken Salad<br>Sandwich<br>Minestrone Soup<br>Grapes<br>Dessert                                             |
| 9 CLOSED<br> | 10<br>Chicken Fettuccine Alfredo<br>Zucchini Tomato Bake<br>Caesar Salad<br>Mixed Berries<br>Dessert            | 11<br>Sweet & Sour Meatballs<br>Rice Pilaf<br>Oriental Vegetables<br>Asian Coleslaw<br>Tropical Fruit<br>Egg Roll<br>Dessert                                                                                | 12<br>Pork Roast<br>Stuffing & Gravy<br>Roasted Fall Veggies<br>Pea Salad<br>Applesauce<br>Dessert                  | 13<br>Stuffed Pepper Casserole<br>Mixed Greens Salad<br>Pears<br>Mozzarella Breadstick<br>Dessert                         |
| 16                                                                                           | 17<br>Hawaiian Chicken<br>Wild Rice<br>Asian Vegetables<br>Coleslaw<br>Tropical Fruit<br>WW Roll<br>Dessert     | 18<br>Korean Beef Bulgogi<br>Steamed Rice<br>Garlic Green Beans<br>Spring Salad<br>Pineapple<br>WW Roll<br>Dessert                                                                                          | 19<br>Chicken Fried Steak<br>Mashed Potatoes/Gravy<br>Buttered Corn<br>Tossed Green Salad<br>WW Roll<br>Apple Crisp | 20<br>Lemon Baked Fish<br>Garlic Parmesan Pasta<br>Glazed Carrots<br>Caesar Salad<br>Peaches<br>Focaccia Bread<br>Dessert |
| 23                                                                                           | 24<br>Vegetable Beef Soup<br>Cottage Cheese<br>Tossed Green Salad<br>Apple Wedges<br>Biscuit<br>Oatmeal Cookies | 25<br>Sweet & Sour Pork over Noodles<br>Stir Fry Vegetables<br>Asian Style Slaw<br>Tropical Fruit<br>Dessert                                                                                                | 26<br>Tuna Salad on Croissant<br>Clam Chowder<br>Coleslaw<br>Fruit Tray<br>Dessert                                  | 27<br>Meatloaf<br>Mashed Potatoes/Gravy<br>Green Beans<br>WW Roll<br>Pear Crisp                                           |
| 30                                                                                           | 31<br>Pulled Pork Sandwich<br>Pea Salad<br>Coleslaw<br>Tropical Fruit<br>Dessert                                |  <div> <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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