


OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

TO RESERVE MEALS 24 HOURS IN ADVANCE

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>				1 Pork Roast Stuffing and Gravy Roasted Carrots Pea Salad Applesauce Dessert
4 California Chicken Casserole Lettuce & Tomato Salad Apple Celery Salad Garlic Bread Dessert	5 Cabbage Patch Stew Spiced Salad Sliced Peaches WW Roll Dessert	6 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit Dessert	7	8 Hawaiian Chicken Steamed Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert
11 CLOSED  <small>shutterstock · 485763358</small>	12 Beef Stroganoff Zucchini/Tomato Bake Greek Salad Mixed Berries Dessert	13 Chicken Fried Steak Potatoes & Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	14	15 Clam Chowder Tuna Salad Croissant Coleslaw Fruit Tray Dessert
18 Yankee Pot Roast Roasted Potatoes & Carrots Green Beans Mixed Fruit WW Bread or Roll Cereal Bars	19 Pork Lo Mein & Noodles Asian Style Slaw Mandarin Oranges Egg Roll Dessert	20 Beef Stew 7 Layer Salad Peaches Biscuits Dessert	21	22 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert
25 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches WW Roll Dessert	26 Baked Ham Mac & Cheese Peas & Carrots Tossed Green Salad Pineapple Tidbits Dessert	27 Bacon, Mushroom and Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots Muffin	28	29 Lemon Baked Fish Wild Rice Glazed Carrots Caesar Salad Peaches Focaccia Bread Dessert

For information about Home Delivered Meals call 844-826-7979.

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






OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

CLOSED	OROVILLE	TONASKET	OROVILLE	TONASKET
				1 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks 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 FEE for persons under age 60 is \$10.00</p> </div>				
4	5 Pork Roast Stuffing & Gravy Roasted Fall Veggies Greek Salad Cinnamon Apples Dessert	6 Lemon Baked Fish Wild Rice Broccoli Normandy Coleslaw Focaccia Bread Fruited Jell-O	7 Chicken Fettuccine Alfredo Peas Carrot Raisin Salad Berry Crisp	8 Baked Ham Cheesy Potatoes Peas & Carrots Green Salad WW Roll Dessert
11 CLOSED 	12 Meatloaf Mashed Potatoes / Gravy Green Beans Cheesy Biscuit Pear Crisp	13 Garden Chili Cottage Cheese Spinach Salad Peaches Cornbread Dessert	14 Beef Stew Tossed Salad Fruit Cocktail Biscuit Dessert	15 Beef Stroganoff Green Beans Greek Salad Banana Dessert
18	19 Ham & Cheese Quiche Chalet Vegetables Tossed Salad Fruit Salad Cranberry Scone	20 Tuna Noodle Casserole Peas & Carrots Caesar Salad Mandarin Oranges WW Roll Dessert	21 Pork Lo Mein Asian Style Slaw Fruit Salad Egg Roll Dessert	22 Yankee Pot Roast Roasted Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars
25	26 Baked Fish Fillet Basil & Garlic Pasta Mixed Vegetables Garden Salad Grapes Lemon Bars	27 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	28 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert	29 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp

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TWISP

PLEASE CALL 509-997-7722 TO RESERVE MEALS

24 HOURS IN ADVANCE

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>		 <small>Established 1975</small>	<p>1 Lemon Baked Fish Wild Rice Mixed Vegetables Coleslaw WW Roll Apple Crisp</p>	
<p>4 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Herb Biscuit Dessert</p>	<p>5</p>	<p>6</p>	<p>7 Honey Mustard Chicken Rice Pilaf Key West Veggies Spinach Salad Tropical Fruit WW Roll Dessert</p>	<p>8 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Pineapple & Cherries WW Roll Dessert</p>
<p>11 CLOSED</p>  <p style="font-size: small; text-align: right;">shutterstock - 485763358</p>	<p>12</p>	<p>13</p>	<p>14 Bacon, Mushroom & Swiss Cheese Quiche Steamed Broccoli Tossed Salad Mandarin Oranges Blueberry Muffin</p>	<p>15 Meatloaf Mashed Potatoes / Gravy Green Beans Herbed Biscuit Pear Crisp</p>
<p>18 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>19</p>	<p>20</p>	<p>21 Beef Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert</p>	<p>22 Tuna Salad on Croissant Cottage Cheese Coleslaw Fruit Tray Dessert</p>
<p>25 Pork Roast Stuffing & Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert</p>	<p>26</p>	<p>27</p>	<p>28 Cheeseburger Deluxe Jo Jo's Spiced Salad Sliced Pears Dessert</p>	<p>29 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>

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