Γ	OCTN MISSION NUTRITION!	
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BREWSTER - BRIDGEPORT-PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE

TUESDAY WEDNESDAY THURSDAY FRIDAY 1 Jenebricker 2 3 4 Beef Stew Spinach Salad 5 2 BQ Chicken Mark & Chesse Broccoll Normandy Spiced Salad 3 4 Beef Stew Spinach Salad 5 8 9 10 11 12 1 Creas Salad Craherry Salad 11 12 8 9 10 Chicken Salad Croissant Grapes 11 12 15 CLOSED 16 17 18 White Bean Chicken Chili Orssend Vegetables Tayer Salad 19 22 23 Chicken Florentine Garden Salad 17 18 White Bean Chicken Chili Orssent Vegetables Tayer Salad Apricots 19 22 23 Chicken Florentine Garden Shalad Tayer Salad Dessert 24 25 26 22 23 Chicken Florentine Garden Shalad Dessert 24 25 26 23 Chicken Florentine Garden Salad 26 25 26 24 Teriyaki Beef Spinach Salad Chicken Shalad Apricots 26 25 Clam Chowder Three Ban Salad Chicken Florentine Garden Salad Chicken Florentine Garden Salad 26 25 Clam Chowder Three Bean Salad Chicken Shalad Dessert Chicken Shalad Peaches					
Examining and the second sec	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti & Meat Sauce Caesar Salad Spiced Pears Garlic Bread DessertChicken Salad Croissant Vegetable Soup Crapes DessertHoney Dijon Chicken Rasted Red Potatoes Chuck Wagon Corn Mixed Greens Salad Citrus Salad Winte Bean Chicken Chili Corn Chips Spinach Salad Peaches WW Roll Dessert192223 Chicken Florentine Garlic Bread Presh Fruit Garlic Bread Dessert24 Teriyaki Beef Spinach Salad Peaches Spinach Salad Peaches25 Clam Chowder Three Bean Salad Peaches WW Roll Dessert2624 Teriyaki Beef Spinach Salad Peaches Besert25 Clam Chowder Three Bean Salad Peaches WW Roll Dessert2624 Teriyaki Beef Spinach Salad Peaches Spinach Salad Peaches Spinach Salad Peaches2624 Teriyaki Beef Spinach Salad Peaches Spinach Salad Peaches Spinach Salad Peaches2625 Clam Chowder Three Bean Salad Peaches Cheesy Garlic Bread Dessert2626Image: Image:		BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad	Hot Turkey Sandwich Mashed Potatoes Peas & Carrots Tossed Veggie Salad Cranberry Salad	Beef Stew Spinach Salad Banana Biscuit	5
Lemon Baked Fish Rosemary Potatoes Mixed Vegetables 7 Layer Salad Focaccia Bread Fruit CrispBeef Stroganoff Green Beans Tossed Green Salad Apricots French Bread DessertWhite Bean Chicken Chili Corn Chips Spinach Salad Peaches WW Roll DessertWhite Bean Chicken Chili Corn Chips Spinach Salad Peaches WW Roll Dessert2223 Chicken Florentine Garden Salad Fresh Fruit Garlic Bread Dessert24 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges 	3	Spaghetti & Meat Sauce Caesar Salad Spiced Pears Garlic Bread	Chicken Salad Croissant Vegetable Soup Grapes	Honey Dijon Chicken Roasted Red Potatoes Chuck Wagon Corn Mixed Greens Salad Citrus Salad WW Roll	12
Chicken Florentine Garden Salad Fresh Fruit Garlic Bread DessertTeriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Egg Roll DessertClam Chowder Three Bean Salad Peaches Cheesy Garlic Bread Oatmeal CookiesImage: Chicken Florentine Garlic Bread DessertImage: Chicken Florentine Spinach Salad Mandarin Oranges Egg Roll DessertImage: Chicken Florentine DessertImage: Chicken Florentine Garlic Bread DessertImage: Chicken Florentine Spinach Salad Mandarin Oranges Egg Roll DessertImage: Chicken Florentine DessertImage: Chicken Florentine Chicken Florentine Chicken Florentine 	L5 CLOSED	Lemon Baked Fish Rosemary Potatoes Mixed Vegetables 7 Layer Salad Focaccia Bread	Beef Stroganoff Green Beans Tossed Green Salad Apricots French Bread	White Bean Chicken Chili Corn Chips Spinach Salad Peaches WW Roll	19
	22	Chicken Florentine Garden Salad Fresh Fruit Garlic Bread	Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Egg Roll	Clam Chowder Three Bean Salad Peaches Cheesy Garlic Bread	26
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Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840





OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

TO RESERVE MEALS 24 HOURS IN ADVANCE

Established 1975 OKanogan	Omak	Okanogan	Closed	Omak
1 Teriyaki Beef over Rice Asian Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	2 Chicken Spaghetti Casserole Greek Salad Fruit Salad Focaccia Bread Dessert	3 Pork Chops & Gravy Mashed Potatoes Peas & Carrots Green Salad Waldorf Salad WW Roll Dessert	4	5 Beef Stew Spinach Salad Strawberries & Bananas Biscuit Cereal Bars
8 Chicken Stir Fry Garden Rice Coleslaw Mandarin Oranges Egg Roll Fortune Cookies	9 Swedish Meatballs Egg Noodles Glazed Carrots Spiced Salad WW Roll Dessert	10 Supreme Style Pizza Caesar Salad Fruit Salad Bread Stick Dessert	11	12 Clam Chowder Three Bean Salad Waldorf Salad Cheesy Garlic Bread Oatmeal Cookies
15 PHISIDENIS DAY	16 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Tossed Salad Cranberry Salad Dessert	17 Hamburger Steak with Grilled Onions Twice Bake Style Potato 4 Way Veggie Blend Garden Salad WW Roll Berry Crisp	18	19 Chicken Burger Deluxe Sweet Potato Fries Coleslaw Waldorf Salad Dessert
22 Ham & Navy Bean Soup 1/2 Turkey Sandwich Crunchy Pea Salad Peaches Cereal Bars	23 Spaghetti & Meat Sauce Caesar Salad Spiced Pears Garlic Bread Dessert	24 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	25	26 Fish & Chips Cabbage Apple Slaw Fruit Cocktail Cereal Bars
	Home Delivered Meals call &			EBRUARY.
	d to: OCTN P.O. Box 471 Ok			2021



OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

Established 1975	OROVILLE	TONASKET	OROVILLE	TONASKET
1	2 White Bean Chicken Chili Corn Chips Spinach Salad Fruit Cocktail Cornbread Dessert	3 Hamburger Steak with Grilled Onions Potatoes & Gravy Vegetable Blend Caesar Salad WW Roll Berry Cobbler	4 Ham Steak Cheesy Potatoes Peas & Carrots Tossed Salad WW Roll Pineapple Upside Down Cake	5 Chicken Burger Deluxe Sweet Potato Fries Frito Salad Grapes Dessert
8	9 Swedish Meatballs Egg Noodles Glazed Carrots Greek Salad Peaches WW Roll Dessert	10 Fish & Chips Cabbage Apple Slaw Fruit Cocktail Cheesy Garlic Toast Dessert	11 Chicken Fajitas Spanish Rice Southwest Salad Tropical Fruit Dessert	12 Roast Beef Mashed Potatoes Caribbean Veggies Spinach Salad WW Roll Apple Crisp
15 CLOSED	16 Hot Turkey Sandwich Mashed Potatoes Green Beans Tossed Veggie Salad Cranberries Dessert	17 Supreme Style Pizza Greek Salad Fruit Salad Cereal Bar	18 Cheese Ravioli in Meat Sauce Venetian Blend Veggies Caesar Salad Bread Stick Dessert	19 Chicken & Dumplings Spring Salad Fresh Fruit Dessert
22	23 Meatloaf Mashed Potatoes Green Beans Tossed Salad Pears WW Roll Dessert	24 Pork Stir Fry Chow Mein Noodles Asian Slaw Mandarin Oranges Egg Roll Fortune Cookie	25 Beef Taco Pie Baja Veggies Fiesta Salad Waldorf Salad Dessert	26 Hot Turkey Sandwich Mashed Potatoes Green Beans Garden Salad Cranberries Dessert
You can visit our webs	Home Delivered Meals ca <i>ite</i> at www.octn.org and fo ed to: OCTN P.O. Box 471 (bllow us on Facebook!	f	BRUARY



TWISP

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

Established 1975 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ Chicken Au Gratin Potatoes Chuck Wagon Corn Spiced Salad Biscuit Apple Crisp	2	3	4 Chicken Spaghetti Casserole Greek Salad Fruit Salad Garlic Bread Dessert	5 Beef Fajitas Southwest Salad Tropical Fruit Dessert
8 Hot Turkey Sandwich Mashed Potatoes Peas & Carrots Garden Salad Cranberry Salad Dessert	9	10	11 Beef Stroganoff Green Beans Tossed Green Salad Apricots French Bread Dessert	12 Navy Bean & Ham Soup 1/2 Turkey Sandwich Crunchy Pea Salad Peaches Cereal Bars
15 CLOSED	16	17	18 Chicken Salad on Croissant Vegetable Soup Grapes Dessert	19 Beef Stew Spinach Salad Banana Biscuit Cereal Bars
22 Chicken Parmesan Pasta in Marinara Sauce Steamed Broccoli Caesar Salad Focaccia Bread Fruit Crisp	23	24	25 Pepper Steak Rice Garden Salad Cinnamon Pears WW Roll Dessert	26 Beef Taco Pie Cottage Cheese Baja Veggie Blend Pico de Gallo Spiced Applesauce Dessert
For information about H You can visit our website Donations can be mailed	e at www.octn.org and	follow us on Facebook!		° BRUARY.
	a to. Octiver.O. Dox 471			2021