




BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	5 Beef Stew 7 Layer Salad Peaches Biscuits Dessert	6	7 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert
10 	11 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	12 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit WW Roll Dessert	13	14 Pork Chops Au Gratin Potatoes Chuck Wagon Corn Green Salad Applesauce WW Roll Dessert
17	18 Hamburger Gravy Mashed Potatoes Green Beans Spinach Salad WW Roll Oatmeal Cookies	19 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries Dessert	20	21 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert
24	25 Honey Mustard Chicken Wild Rice Key West Vegetables Coleslaw Tropical Fruit WW Roll Dessert	26 Baked Fish Fillet Garlic & Parmesan Pasta Peas Garden Salad Grapes Dessert	27	28 Western Omelets Potatoes O'Brien V-8 Juice Peaches Cereal Bar Blueberry Muffin
31		 <p>Established 1975</p>	<div style="border: 2px solid black; padding: 5px;"> <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



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



CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Bulgogi (Korean Beef) Rice Garlic Green Beans Green Salad Pineapple WW Roll Dessert	4 Western Omelets Potatoes O'Brien V-8 Juice Peaches Cereal Bar Blueberry Muffin	5 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	6 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	7 Lemon Baked Fish Rice Pilaf Buttered Peas Spinach Salad Peaches Focaccia Bread Dessert
10 	11 Vegetable Beef Soup Cottage Cheese Tossed Green Salad Orange Quarters WW Roll Oatmeal Cookies	12 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert	13 California Chicken Cass. Lettuce & Tomato Salad Apple Celery Salad Garlic Bread Dessert	14 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Peaches Dessert
17 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	18 Beef Stew 7 Layer Salad Peaches Biscuit Dessert	19 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	20 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert	21 Garden Chili Tortilla Chips Cottage Cheese Spinach Salad Peaches Cornbread Dessert
24 Spaghetti & Meat Sauce Caesar Salad Garlic Bread Apricots Dessert	25 Wild Rice & Ham Casserole Buttered Peas Spinach Salad Orange Quarters WW Roll Dessert	26 Meatloaf Mashed Potatoes/Gravy Green Beans Muffin Pear Crisp	27 Sweet & Sour Chicken Over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit Dessert	28 Minestrone Soup Cottage Cheese Tossed Salad Chilled Pears WW Roll Dessert
31 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries WW Roll Dessert		 <p>Established 1975</p>	<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>	

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ENTIAT

PLEASE CALL 509-888-4440 TO RESERVE MEALS
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Bulgogi (Korean Beef) Rice Garlic Green Beans Green Salad Pineapple WW Roll Dessert	4	5	6 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	7
10 	11	12	13 California Chicken Cass. Lettuce & Tomato Salad Apple Celery Salad Garlic Bread Dessert	14
17 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	18	19	20 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert	21
24 Spaghetti & Meat Sauce Caesar Salad Garlic Bread Apricots Dessert	25	26	27 Sweet & Sour Chicken Over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit Dessert	28
31 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries WW Roll Dessert			Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00	

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LEAVENWORTH/CASHMERE HOME DELIVERED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Bulgogi (Korean Beef) Rice Garlic Green Beans Green Salad Pineapple WW Roll Dessert	4	5 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	6	7 Lemon Baked Fish Rice Pilaf Buttered Peas Spinach Salad Peaches Focaccia Bread Dessert
10 	11	12 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert	13	14 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Peaches Dessert
17 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	18	19 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	20	21 Garden Chili Tortilla Chips Cottage Cheese Spinach Salad Peaches Cornbread Dessert
24 Spaghetti & Meat Sauce Caesar Salad Garlic Bread Apricots Dessert	25	26 Meatloaf Mashed Potatoes/Gravy Green Beans Muffin Pear Crisp	27	28 Minestrone Soup Cottage Cheese Tossed Salad Chilled Pears WW Roll Dessert
31 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries WW Roll Dessert		 <p>Established 1975</p>	<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>	

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ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS
24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Fried Steak Mashed Potatoes/Gravy Green Beans WW Roll Apple Crisp	4	5 California Chicken Casserole Cucumber Salad Waldorf Salad Garlic Bread Dessert	6 Garden Chili Cottage Cheese Spinach Salad Peaches Cornbread Dessert	7
10 CLOSED 	11	12 Beef Stew Garden Salad Pears Biscuits Dessert	13 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical fruit WW Roll Dessert	14
17 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	18	19 Chicken Fettuccine Alfredo Zucchini / Tomato Bake Chopped Salad Berry Crisp	20 Wild Rice & Ham Casserole Green Beans Tossed Salad Orange Quarters WW Roll Dessert	21
24 Tater Tot Casserole Greek Salad Plums WW Roll Dessert	25	26 Hearty Vegetable Beef Soup Cottage Cheese Garden Salad Apple Wedges WW Roll Oatmeal Cookies	27 Pork Chops w/Applesauce Potato Casserole Brussels Sprouts Green Salad Biscuit Dessert	28
31 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit WW Roll Dessert		 <p>OCTN MISSION NUTRITION!</p> <p>Established 1975</p>	<div style="border: 2px solid black; padding: 5px;"> <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

TO RESERVE MEALS 24 HOURS IN ADVANCE

OKANOGAN	OMAK	OKANOGAN	CLOSED	OMAK
3 Cabbage Patch Stew Spiced Salad Waldorf Salad WW Roll Dessert	4 Pork Roast Stuffing & Gravy Roast Fall Vegetables Pea Salad Applesauce Dessert	5 Tater Tot Casserole Cottage Cheese Greek Salad Chilled Peaches WW Roll Dessert	6	7 Baked Fish Fillet Garlic & Parmesan Pasta Venetian Blend Veggies Garden Salad Grapes Dessert
10 	11 Hamburger Gravy over Biscuits Green Beans Tossed Salad Apple Crisp	12 Crunchy Chicken Salad Sandwich Vegetable Soup Chilled Peaches Dessert	13	14 Lemon Baked Fish Rice Pilaf Glazed Carrots Caesar Salad Peaches Focaccia Bread Dessert
17 Broccoli Chicken Bake Rice Pilaf Garden Salad Tropical Fruit Dessert	18 Cheese Ravioli with Meat Sauce Italian Vegetables Peaches Bread Stick Dessert	19 Breakfast Burrito Stewed Tomatoes Spinach Salad Pudding Parfait with Berries	20	21 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Oatmeal Cookies
24 Beef Stew Spinach Salad Peaches Biscuit Dessert	25 California Chicken Casserole Lettuce & Tomato Salad Tropical Fruit Dessert	26 Pork Chops Au Gratin Potatoes Brussels Sprouts Applesauce WW Roll Rice Krispy Treats	27	28 Tuna Salad on Croissant Clam Chowder Coleslaw Fruit Tray Dessert
31 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert		 <p>OCTN MISSION NUTRITION!</p> <p>Established 1975</p>	<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>	

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OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

TONASKET	OROVILLE/TONASKET	TONASKET	OROVILLE/TONASKET	OROVILLE
3 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	4 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	5 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	6 Bacon, Mushroom & Swiss Cheese Quiche Steamed Broccoli Tossed Salad Grapes Muffin	7 Tuna Salad on Croissant Clam Chowder Coleslaw Fruit Tray Dessert
10 CLOSED 	11 California Chicken Casserole Lettuce & Tomato Salad Apple Celery Salad Garlic Bread Dessert	12 Hamburger Gravy Mashed Potatoes Green Beans Orange Quarters Biscuit Rice Krispy Treats	13 Beef Stroganoff Zucchini Tomato Bake Tossed Green Salad Mixed Berries Dessert	14 Chicken Fried Steak Mashed Potatoes Buttered Corn Spinach Salad Peaches WW Roll Dessert
17 Korean Beef Bulgogi Rice Garlic Green Beans Green Salad Pineapple WW Roll Dessert	18 Wild Rice & ham Casserole Venetian Vegetables Spinach Salad Orange Quarters Dessert	19 Garden Chili Tortilla Chips Spring Salad Peaches Cheesy Biscuit Dessert	20 Meatloaf Mashed Potatoes Green Beans Sliced Pears Muffin Oatmeal Cookies	21 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries WW Roll Dessert
24 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit WW Roll Dessert	25 Yankee Pot Roast with Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	26 Beef Barley Soup Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	27 Pulled Pork Sandwich Pea Salad Coleslaw Pineapple Dessert	28 Stuffed Pepper Casserole 49'er Chopped Salad Pears WW Roll Dessert
31 Ham Sandwich Minestrone Soup Tossed Salad Peaches Dessert		 <p>OCTN MISSION NUTRITION!</p> <p>Established 1975</p>	<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>	

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TWISP

PLEASE CALL 509-997-7722 TO RESERVE MEALS
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Honey Mustard Chicken Wild Rice Key West Veggies Coleslaw Tropical Fruit Dessert	4 Western Omelets Potatoes O'Brien V-8 Juice Peaches Cereal Bar Blueberry Muffin	5	6 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries Dessert	7 Corn Chowder Ham & Cheese Sandwich Pea Salad Chilled Apricots Dessert
10 CLOSED 	11 Meatloaf Mashed Potatoes/Gravy Green Beans Muffin Pear Crisp	12	13 Crunchy Chicken Salad on a Croissant Vegetable Soup Chilled Peaches Dessert	14 Lemon Baked Fish Rice Pilaf Glazed Carrots Coleslaw Grapes Focaccia Bread Dessert
17 Yankee Pot Roast Roast Carrots & Potatoes Beets Mixed Fruit WW Roll Oatmeal Cookies	18 Chicken Fettuccine Alfredo Zucchini & Tomato Bake Caesar Salad Mixed Berries Dessert	19	20 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert	21 Tater Tot Casserole Cottage Cheese Greek Salad Chilled Peaches WW Roll Dessert
24 Cheeseburger Deluxe Jo Jo's Carrot / Raisin Salad Sliced Pears Oatmeal Cookies	25 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	26	27 Pork Roast Stuffing & Gravy Roasted Fall Veggies Waldorf Salad Applesauce Dessert	28 Tuna Salad on Croissant Clam Chowder Coleslaw Fruit Tray Dessert
31 Stuffed Pepper Casserole 49'er Chopped Salad Pears WW Roll Dessert		 <p>Established 1975</p>	<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>	

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WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS
24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Cabbage Patch Stew Spiced Salad Waldorf Salad WW Roll Dessert	5 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	6 Sweet & Sour Meatballs Rice Oriental Vegetables Asian Coleslaw Tropical Fruit Garlic Bread Dessert	7 Crunchy Chicken Salad Sandwich Vegetable Soup Chilled Peaches Dessert
10 CLOSED 	11 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	12 Lemon Baked Fish Rice Pilaf Glazed Carrots Tossed Veggie Salad Peaches Focaccia Bread Dessert	13 Pork Chops w/Applesauce Au Gratin Potatoes Brussels Sprouts Green Salad Biscuits Dessert	14 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert
17	18 Meatloaf Mashed Potatoes/Gravy Green Beans Muffin Pear crisp	19 Tuna Salad Croissant Clam Chowder Coleslaw Fruit Tray Dessert	20 Stuffed Pepper Casserole 49'er Chopped Salad Pears WW Roll Dessert	21 Chicken Fettuccine Alfredo Zucchini / Tomato Bake Caesar Salad Mixed Berries Dessert
24	25 Honey Mustard Chicken Wild Rice Key West Vegetables Cucumber Salad Tropical Fruit Dessert	26 Pulled Pork Sandwich Pea Salad Coleslaw Peaches Dessert	27 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	28 Breakfast Burrito with Egg, sausage, cheese & potato Stewed Tomatoes Spinach Salad Pudding Parfait with Blue- berries
31		 <p>Established 1975</p>	<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>	

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