



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>				<p>1</p> <p>Salmon with Dill Sauce Pesto Pasta Chalet Vegetable Blend Garden Salad Waldorf Salad Dessert</p>
4	5 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookie	6 Chicken Cordon Bleu Rice Pilaf Venetian Veggies Greek Salad Fruit Salad WW Roll Dessert	7	8 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats
11	12 Scrambled Eggs Sausage Patty Potatoes O'Brien Peaches Juice Muffin	13 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	14	15 Corned Beef & Cabbage Potatoes & Carrots Tossed Salad Tropical Fruit WW Roll Pistachio Pudding
18	19 Tuna Noodle Casserole Peas & Carrots Spiced Salad Waldorf Salad Dessert	2 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple WW Roll Dessert	21	22 Baked Fish Pesto Pasta Normandy Veggies Tossed Salad Tropical Fruit Dessert
25	26 Broccoli, Bacon & Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin	27 Chili with Cheese 1/2 Baked Potato Green Salad Peaches Corn Chips Dessert	28	29 Country Fried Steak Mashed Potatoes/Gravy Chuck Wagon Corn Tossed Green Salad Apple Crisp

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



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CASHMERE / LEAVENWORTH HOME DELIVERY

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>				<p>1 Bacon, Broccoli and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>
<p>4 Tuna Noodle Casserole Peas & Carrots Tossed Salad Waldorf Salad Dessert</p>	<p>5</p>	<p>6 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexican Style Slaw Mandarin Oranges Dessert</p>	<p>7</p>	<p>8 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats</p>
<p>11 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Dessert</p>	<p>12</p>	<p>13 Country Fried Steak Mashed Potatoes/Gravy Chuck Wagon Corn Tossed Green Salad WW Roll Apple Crisp</p>	<p>14</p>	<p>15 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert</p>
<p>18 Cheeseburger Pie Pea Salad Fruit Tray Dessert</p>	<p>19</p>	<p>20 Veggie Lasagna Caesar Salad Orange Quarters Dessert</p>	<p>21</p>	<p>22 Chicken Florentine over Egg Noodles Spring Salad Peaches Dessert</p>
<p>25 Sweet & Sour Chicken Rice Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>26</p>	<p>27 Chili with Cheese 1/2 Baked Potato Corn Chips Green Salad Chilled Pears Cornbread Dessert</p>	<p>28</p>	<p>29 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert</p>

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Call 509-470-0522 for information on Meals on Wheels





CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>				<p>1 Bacon, Broccoli and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>
<p>4 Tuna Noodle Casserole Peas & Carrots Tossed Salad Waldorf Salad Dessert</p>	<p>5 French Dip Sandwich Jo Jo's Pickled Beets Banana Dessert</p>	<p>6 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexican Style Slaw Mandarin Oranges Dessert</p>	<p>7 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert</p>	<p>8 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats</p>
<p>11 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Dessert</p>	<p>12 Scrambled Eggs Sausage Patty Potatoes O'Brien Juice Peaches Muffin</p>	<p>13 Country Fried Steak Mashed Potatoes/Gravy Chuck Wagon Corn Tossed Green Salad WW Roll Apple Crisp</p>	<p>14 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies</p>	<p>15 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert</p>
<p>18 Cheeseburger Pie Pea Salad Fruit Tray Dessert</p>	<p>19 Baked Fish Rice Pilaf Normandy Veggies Tossed Salad Apple Celery Salad Garlic Bread Dessert</p>	<p>20 Veggie Lasagna Caesar Salad Orange Quarters Dessert</p>	<p>21 Salisbury Steak with Mushroom Gravy Mashed Potatoes Buttered Carrots Pears WW Roll Cereal Bar</p>	<p>22 Chicken Florentine over Egg Noodles Spring Salad Peaches Dessert</p>
<p>25 Sweet & Sour Chicken Rice Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>26 Salmon with Dill Sauce Pesto Pasta Chalet Vegetables Spring Salad Waldorf Salad Dessert</p>	<p>27 Chili with Cheese 1/2 Baked Potato Corn Chips Green Salad Chilled Pears Cornbread Dessert</p>	<p>28 Baked Chicken Rosemary Potatoes Three Bean Salad Peaches Bread Pudding</p>	<p>29 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert</p>

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DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS
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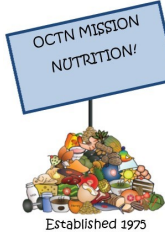
MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>				<p>1</p>
<p>4</p>	<p>5 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert</p>	<p>6 Salmon with Dill Sauce Pesto Pasta Chalet Veggie Blend Garden Salad Waldorf Salad Dessert</p>	<p>7 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>8</p>
<p>11</p>	<p>12 Broccoli, Bacon and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>13 Sweet & Sour Pork Steamed Rice Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>14 Corned Beef & Cabbage Carrots & Potatoes Tossed Salad Tropical Fruit WW Roll Pistachio Pudding</p>	<p>15</p>
<p>18</p>	<p>19 Roast Beef Mashed Potatoes & Gravy Trio Veggies Broccoli Salad Mixed Berries WW Roll Dessert</p>	<p>20 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple WW Roll Dessert</p>	<p>21 Chili with Cheese 1/2 Baked Potato Green Salad Peaches Corn Chips Dessert</p>	<p>22</p>
<p>25</p>	<p>26 Baked Fish Rice Pilaf Asian Vegetables Spinach Salad Grapes WW Roll Dessert</p>	<p>27 Ham Sandwich Split Pea Soup Cucumber Salad Tropical Fruit Dessert</p>	<p>28 Lasagna with Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert</p>	<p>29</p>

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ENTIAT

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509-470-0522 FOR HOME DELIVERED MEALS

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<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>				1
4 Tuna Noodle Casserole Peas & Carrots Tossed Salad Waldorf Salad Dessert	5	6	7 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	8
11 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Dessert	12	13	14 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies	15
18 Cheeseburger Pie Pea Salad Fruit Tray Dessert	19	20	21 Salisbury Steak with Mushroom Gravy Mashed Potatoes Buttered Carrots Pears WW Roll Cereal Bar	22
25 Sweet & Sour Chicken Rice Spinach Salad Mandarin Oranges Garlic Bread Dessert	26	27	28 Baked Chicken Rosemary Potatoes Three Bean Salad Peaches Bread Pudding	29

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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
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>				1
<p>4 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats</p>	5	<p>6 Breakfast Casserole Potatoes O'Brien Juice Peaches Muffin</p>	<p>7 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert</p>	8
<p>11 Pulled Pork Sandwich Steak Fries Coleslaw Mixed Fruit Dessert</p>	12	<p>13 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies</p>	<p>14 Corned Beef & Cabbage Potatoes & Carrots Tropical Fruit WW Roll Pistachio Pudding</p>	15
<p>18 Rueben Sandwich Jo Jo's Spiced Salad Fruit Juice Dessert</p>	19	<p>20 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Dessert</p>	<p>21 Sweet & Sour Pork Steamed Rice Asian Vegetables Spinach Salad Mandarin Oranges Dessert</p>	22
<p>25 Cheeseburger Casserole Garlic Fries Pea Salad Fruit Tray Dessert</p>	26	<p>27 Pork Chops Mashed Potatoes / Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert</p>	<p>28 Salmon with Dill Sauce Pesto Pasta Chalet Vegetable Blend Garden Salad Waldorf Salad Dessert</p>	29

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OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		 <p>Established 1975</p>		<p>1 French Dip Sandwich Jo Jo's Pickled Beets Banana Dessert</p>
<p>4 Veggie Lasagna Caesar Salad Cinnamon Pears Dessert</p>	<p>5 Baked Chicken Wild Rice Roasted Squash Three Bean Salad Peaches Bread Pudding</p>	<p>6 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert</p>	<p>7 Veggie Loaded Breakfast Bake Casserole Juice Waffle Berries & Yogurt No Home Delivery</p>	<p>8 Baked Fish Fillet Rosemary Potatoes Spinach Salad Grapes WW Roll Oatmeal Cookies</p>
<p>11 Country Fried Steak Mashed Potatoes/Gravy Chuck Wagon Corn Tossed Green Salad Apple Crisp</p>	<p>12 Sweet & Sour Pork Steamed Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>13 Chili with Cheese 1/2 Baked Potato Cucumber Salad Peaches Corn Chips Dessert</p>	<p>14 Eggs Florentine Juice Orange Quarters English Muffin Pastry No Home Delivery</p>	<p>15 Corned Beef & Cabbage Potatoes & Carrots Tossed Salad Tropical Fruit WW Roll Pistachio Pudding</p>
<p>18 Cheeseburger Pie Pea Salad Fruit Tray Dessert</p>	<p>19 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>20 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert</p>	<p>21 Scrambled Eggs Sausage Link Potatoes O'Brien Juice Melon Wedge Pancakes No Home Delivery</p>	<p>22 Scalloped Potatoes and Ham Casserole Buttered Peas Pineapple WW Roll Rice Krispies Treats</p>
<p>25 Chicken Florentine over Noodles Tossed Salad Peaches Dessert</p>	<p>26 Teriyaki Beef Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert</p>	<p>27 Pork Roast w/Applesauce Mashed Potatoes/Gravy Spinach Salad WW Roll Apple Crisp</p>	<p>28 Breakfast Sandwich On a Croissant Hash Browns Juice Diced Peaches Muffin No Home Delivery</p>	<p>29 BBQ Country Style Ribs Green Beans Cabbage & Apple Slaw Orange Quarters Corn Bread Cereal Bar</p>

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OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>				<p>1 Salmon with Dill Sauce Pesto Pasta Chalet Blend Veggies Garden Salad Waldorf Salad Dessert</p>
<p>4 Ham Sandwich Split Pea Soup Cucumber Salad Tropical Fruit Dessert</p>	<p>5 Salisbury Steak with Mushroom Gravy Egg Noodles Buttered Carrots Tossed Salad Pears Dessert</p>	<p>6</p>	<p>7 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert</p>	<p>8 Baked Fish Wild Rice Key West Veggies Spring Salad Mixed Berries Garlic Bread Dessert</p>
<p>11 Biscuits & Gravy Hash Browns Juice Fresh Fruit Blueberry Muffin</p>	<p>12 Teriyaki Beef Rice Stir Fry Veggies Asian Coleslaw Tropical Fruit Egg Roll Dessert</p>	<p>13</p>	<p>14 Tuna Noodle Casserole Peas & Carrots Spiced Salad Waldorf Salad Dessert</p>	<p>15 Rueben Sandwich Jo Jo's Coleslaw Coleslaw Pistachio Pudding</p>
<p>18 Lasagna with Meat Sauce Green Beans Tossed Salad Bread Stick Dessert</p>	<p>19 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats</p>	<p>20</p>	<p>21 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert</p>	<p>22 Bacon, Broccoli and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>
<p>25 French Dip Sandwich Jo Jo's Pickled Beets Banana Dessert</p>	<p>26 Chicken Florentine Served over Noodles Tossed Salad Peaches Dessert</p>	<p>27</p>	<p>28 Scalloped Potatoes and Ham Casserole Buttered Peas WW Roll Apple Crisp</p>	<p>29 Pork Roast Mashed Potatoes / Gravy Spinach Salad Orange Quarters WW Roll Rise Krispies Treats</p>

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TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY

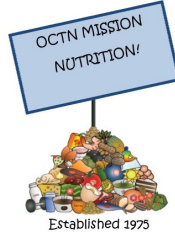
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Suggested donation for seniors over age 60 is \$5.00
 FEE for persons under age 60 is \$12.00



1
 Beef Taco's
 Spanish Rice
 Fresh Salsa
 Mandarin Oranges
 Dessert

4
 Biscuits & Gravy
 Hash Brown Potatoes
 Juice
 Fresh Fruit
 Pancake

5
 Chicken Enchiladas
 Baja Veggie Blend
 Mexican Slaw
 Mandarin Oranges
 Dessert

6
 Salmon with Dill Sauce
 Pesto Pasta
 Chalet Veggie Blend
 Garden Salad
 Fruit Cocktail
 Dessert

7
 Tater Tot Casserole
 Cuke & Tomato Salad
 Apricots
 WW Roll
 Rice Krispies Treats

8
 Broccoli, Bacon and Swiss
 Cheese Quiche
 Crunchy Pea Salad
 Grapes
 Blueberry Muffin

11
 Vegetable Lasagna
 Caesar Salad
 Cinnamon Pears
 Garlic Bread
 Dessert

12
 Country Fried Steak
 Mashed Potatoes/Gravy
 Chuck Wagon Corn
 Tossed Green Salad
 Apple Crisp

13
 Sweet & Sour Pork
 Rice
 Spinach Salad
 Mandarin Oranges
 Garlic Bread
 Dessert

14
 Baked Chicken
 Couscous
 Roasted Squash
 Three Bean Salad
 Fruit Ambrosia
 Bread Stick
 Dessert

15
 Stuffed Pepper Casserole
 Green Beans
 Orange Quarters
 WW Roll
 Dessert

18
 Corned Beef & Cabbage
 Potatoes & Carrots
 Tossed Salad
 Tropical Fruit
 WW Roll
 Pistachio Pudding

19
 Chicken Fettuccine
 Carrots
 Spinach Salad
 Peaches
 Dessert

20
 Ham & Cheese Sandwich
 Split Pea Soup
 Cucumber Salad
 Applesauce
 Dessert

21
 Teriyaki Beef
 Rice
 Stir Fry Vegetables
 Asian Coleslaw
 Tropical Fruit
 Egg Roll
 Dessert

22
 Rueben Sandwich
 Jo Jo's
 Spiced Salad
 Mandarin Oranges
 Dessert

25
 Cheeseburger Pie
 Pea Salad
 Fruit Tray
 Dessert

26
 Pulled Pork Sandwich
 Sweet Potato Fries
 Coleslaw
 Mixed Fruit
 Dessert

27
 Broccoli/Cheese Soup
 Turkey Roll Up
 Crunchy Pea Salad
 Grapes
 Muffin

28
 BBQ Country Style Ribs
 Green Beans
 Potato Salad
 Diced Apples
 Corn Bread
 Dessert

29
 Meatball Sub Sandwich
 Jo Jo's
 Pea Salad
 Mixed Fruit
 Dessert

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TWISP

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>				<p>1 Salmon with Dill Sauce Pesto Pasta Chalet Vegetables Garden Salad Waldorf Salad Dessert</p>
<p>4 Baked Chicken Wild Rice Roasted Squash Three Bean Salad Peaches Break Pudding</p>	<p>5</p>	<p>6</p>	<p>7 Quiche: Bacon, Broccoli and Swiss Cheese Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>8 Pork Roast Mashed Potatoes & Gravy Spinach Salad Orange Quarters WW Roll Rice Krispies Treats</p>
<p>11 Scalloped Potatoes and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies</p>	<p>12</p>	<p>13</p>	<p>14 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple WW Roll Dessert</p>	<p>15 Corned Beef & Cabbage Carrots & Potatoes Tossed Salad Tropical Fruit WW Roll Pistachio Pudding</p>
<p>18 Chicken Cordon Bleu Rice Pilaf Venetian Veggies Greek Salad Fruit Salad WW Roll Dessert</p>	<p>19</p>	<p>20</p>	<p>21 Rubeen Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert</p>	<p>22 Baked Fish Rice Pilaf Normandy Veggies Tossed Salad Apple Celery Salad Garlic Bread Dessert</p>
<p>25 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert</p>	<p>26</p>	<p>27</p>	<p>28 Biscuits & Gravy Hash Brown Potatoes Fresh Fruit Juice Blueberry Muffin</p>	<p>29 Roast Beef Mashed Potatoes Trio Veggies Broccoli Salad Mixed Berries WW Roll Dessert</p>

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WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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<p>4</p>	<p>5 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>6 Salmon w/Dill Sauce Pesto Pasta Chalet Vegetable Blend Garden Salad Waldorf Salad Dessert</p>	<p>7 Salisbury Steak with Mushroom Gravy Egg Noodles Buttered Carrots Spiced Salad Pears Dessert</p>	<p>8 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies</p>
<p>11</p>	<p>12 Chili with Cheese 1/2 Baked Potato Green Salad Peaches Corn Chips Dessert</p>	<p>13 Sweet & Sour Pork Rice Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>14 Tuna Noodle Casserole Peas & Carrots Spiced Salad Waldorf Salad Dessert</p>	<p>15 Corned Beef & Cabbage Potatoes & Carrots Tossed Salad Tropical Fruit WW Roll Pistachio Pudding</p>
<p>18</p>	<p>19 Biscuits & Gravy Hash Brown Potatoes Juice Fresh Fruit Blueberry Muffin</p>	<p>20 Beef Tacos Spanish Rice Fresh Salsa Mandarin Oranges Dessert</p>	<p>21 Baked Chicken Wild Rice Roasted Squash Three Bean Salad Orange Quarters WW Roll Dessert</p>	<p>22 Veggie Lasagna Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>
<p>25</p>	<p>26 French Dip Sandwich Jo Jo's Pickled Beets Banana Dessert</p>	<p>27 Baked Fish Rice Pilaf Asian Vegetables Spinach Salad Grapes WW Roll Dessert</p>	<p>28 Stuffed Pepper Casserole Green Beans Waldorf Salad WW Roll Dessert</p>	<p>29 BBQ Country Style Ribs Mac & Cheese Peas Cabbage / Apple Slaw Fruit Cocktail Dessert</p>

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