

March 2023

BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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>	<p>1 Country Style Ribs Au Gratin Potatoes Cabbage Apple Slaw Orange Quarters WW Roll Lemon Tart</p>	<p>2</p>	<p>3 Salmon with Dill Sauce Pesto Pasta Mediterranean Veggies Garden Salad Waldorf Salad Dessert</p>
<p>6</p>	<p>7 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding</p>	<p>8 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>9</p>	<p>10 Chili Stuffed Potato Green Salad Peaches Cornbread Dessert</p>
<p>13</p>	<p>14 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Cheesy Biscuit Dessert</p>	<p>15 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Dessert</p>	<p>16</p>	<p>17 Corned Beef & Cabbage Boiled Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding</p> 
<p>20</p>	<p>21 Bacon, Broccoli & Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>22 Baked Fish Fillet Rice Pilaf Chalet Blend Veggies Tossed Salad Apple Celery Salad Garlic Bread Dessert</p>	<p>23</p>	<p>24 Beef Enchiladas Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert</p>
<p>27</p>	<p>28 Lasagna with Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert</p>	<p>29 Tuna Noodle Casserole Peas & Carrots Spiced Salad Waldorf Salad Dessert</p>	<p>30</p>	<p>31 Pork Roast Mashed Potatoes / Gravy Spinach Salad Orange Quarters WW Roll Rice Krispy Treats</p>

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



March 2023

OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741
TO RESERVE MEALS 24 HOURS IN ADVANCE



Okanogan	Omak	Okanogan	Closed	Omak
	<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>	<p>1 Scrambled Eggs & Ham Potatoes O'Brien Carrot Raisin Salad Peaches Cereal Bar Muffin</p>	<p>2</p>	<p>3 Salmon Fillet Rosemary Potatoes Chalet Veggie Blend Fruit Tray Focaccia Bread Dessert</p>
<p>6 Country Style Ribs Au Gratin Potatoes Cabbage & Apple Slaw Orange Quarters WW Roll Lemon Tart</p>	<p>7 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert</p>	<p>8 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Bread Pudding</p>	<p>9</p>	<p>10 Tuna Noodle Casserole Peas & Carrots Tossed Salad Waldorf Salad Garlic Bread Dessert</p>
<p>13 Scalloped Potatoes & Ham Casserole Peas Carrot Raisin Salad Sliced Apples WW Roll Dessert</p>	<p>14 Chicken Fettuccine Key West Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>15 Salisbury Steak and Mushroom Gravy Egg Noodles Green Bean Casserole Spiced Salad WW Roll Dessert</p>	<p>16</p>	<p>17 Corned Beef & Cabbage Boiled Potatoes Carrots Tropical Fruit WW Roll Dessert</p>
<p>20 Biscuits & Gravy Hash Browns V-8 Juice Fresh Fruit Muffin</p>	<p>21 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>22 Chili Stuffed Potato Green Salad Corn Chips Peaches Cornbread Dessert</p>	<p>23</p>	<p>24 Baked Fish Fillet Rosemary Potatoes Chalet Vegetable Blend Carrot Raisin Salad Garlic Bread Rice Krispy Treats</p>
<p>27 Country Fried Steak Mashed Potatoes / Gravy Chuck Wagon Corn Tossed Green Salad WW Roll Apple Crisp</p>	<p>28 Teriyaki Beef Steamed Rice Stir Fry Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert</p>	<p>29 Vegetable Lasagna Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>	<p>30</p>	<p>31 Pork Chops Stuffing & Gravy Broccoli Normandy Garden Salad Applesauce Dessert</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

	<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>	<p>1 Salisbury Steak with Mushroom Gravy Egg Noodles Green Bean Casserole Spiced Salad Pears Dessert</p>	<p>2 Chicken Fettuccine Key West Vegetables Spinach Salad Tropical Fruit Garlic Bread Dessert</p>	<p>3 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert</p>
<p>6 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert</p>	<p>7 Salmon with Dill Sauce Pesto Pasta Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert</p>	<p>8 Sweet & Sour Pork Rice Spinach Salad Pineapple Tidbits Garlic Bread Dessert</p>	<p>9 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding</p>	<p>10 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Cheesy Biscuit Dessert</p>
<p>13 Broccoli, Bacon and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>14 Ham Sandwich Split Pea Soup Potato Salad Tropical Fruit Dessert</p>	<p>15 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert</p>	<p>16 Chicken Cordon Bleu Rice Pilaf Greek Salad Fruit Salad WW Roll Dessert</p>	<p>17 Corned Beef & Cabbage Carrots & Potatoes Tropical Fruit WW Roll Pistachio Pudding</p>
<p>20 Hawaiian Chicken Wild Rice Herbed Cauliflower Garden Salad Pineapple WW Roll Dessert</p>	<p>21 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert</p>	<p>22 Teriyaki Beef on Rice Stir Fry Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert</p>	<p>23 Biscuits & Sausage Gravy V-8 Juice Hash Brown Potatoes Fresh Fruit Blueberry Muffin</p>	<p>24 Baked Fish Garlic Pasta Shells Asian Vegetables Spinach Salad Grapes WW Roll Dessert</p>
<p>27 Chili with Cheese 1/2 Baked Potato Green Salad Apple Slices Cornbread Dessert</p>	<p>28 Beef Tacos Spanish Rice Three Bean Salad Mandarin Oranges Dessert</p>	<p>29 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert</p>	<p>30 Lasagna with Meat Sauce Green Beans Caesar Salad Pears Bread Sticks Dessert</p>	<p>31 Chicken Florentine with Spinach and Mushrooms Tossed Salad Peaches Dessert</p>

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March 2023

TWISP

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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>	1	2 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	3 Pork Roast Mashed Potatoes / Gravy Spinach Salad Applesauce WW Roll Rice Krispy Treats
6 Lasagna with Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert	7	8	9 Ham Sandwich Split Pea Soup Potato Salad Tropical Fruit Dessert	10 Salmon with Dill Sauce Pesto Pasta Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert
13 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	14	15	16 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Bread Pudding	17 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding 
20 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert	21	22	23 Quiche! Bacon, Broccoli, and Swiss Cheese Crunchy Pea Salad Grapes Blueberry Muffin	24 Baked Fish Fillet Rice Asian Vegetables Spinach Salad Fresh Fruit WW Roll Dessert
27 Roast Beef Mashed Potatoes / Gravy Broccoli Cuts Tossed Salad Mixed Berries WW Roll Dessert	28	29	30 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding	31 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert

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