

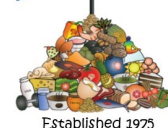


BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Ham Scalloped Potatoes Garden Salad Pineapple WW Roll Bread Puccing	3 Beef Stroganoff Green Beans Garden Salad Fruit Salad Dessert <u>Home Delivery Only</u>	4	5 Western Omelettes Oven Brown Potatoes Stewed Tomatoes Mixed Melons Blueberry Muffin
8	9 Pulled Pork Sandwich Potato Salad Coleslaw Apple Slices Dessert	10 Chicken Strips JoJo's Spinach Salad Mandarin Oranges Garlic Bread Dessert <u>Home Delivery Only</u>	11	12 Yakisoba Stir Fry Vegetables Asian Style Slaw Cinnamon Pears Egg Roll Dessert
15	16 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	17 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert <u>Home Delivery Only</u>	18	19 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons Dessert
22	23 Cheese Stuffed Shells with Sauce Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	24 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert <u>Home Delivery Only</u>	25	26 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Shortcake
29	30 Beef Stroganoff Green Beans Garden Salad Fruit Salad Dessert	31 Shepherd's Pie Cottage Cheese Caesar Salad WW Roll Dessert <u>Home Delivery Only</u>	<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>	



Established 1975

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



OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

TO RESERVE MEALS 24 HOURS IN ADVANCE

OKANOGAN	OMAK	OKANOGAN	CLOSED	OMAK
1 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	2 Pulled Pork Sandwich Potato Salad Coleslaw Apple Slices Dessert	3 Beef Stroganoff Green Beans Garden Salad Fruit Salad Dessert	4	5 Turkey A'la King over Biscuits Normandy Veggies Tossed Green Salad Spicy Apples Dessert
8 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Shortcake	9 Meatballs Mashed Potatoes / Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispy Treats	10 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	11	12 Lemony Cheese Tortellini Salad with Bacon Mixed Berries Dessert
15 Garden Chili Cottage Cheese Caesar Salad Fruit Cocktail Corn Chips Dessert	16 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	17 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	18	19 Chicken Cacciatore Wild Rice Carrot Raisin Salad Garlic bread Fruited Jell-O
22 Sweet & Sour Pork Steamed Rice Stir Fry Veggies Tropical Fruit Egg Roll Dessert	23 Pot Roast with Carrots and Potatoes Garden Salad Watermelon WW Roll Oatmeal Cookies	24 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert	25	26 Tuna Casserole Peas & Carrots Garden Salad Orange Quarters Dessert
29 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce Dessert	30 Cheese Stuffed Shells with Alfredo Sauce Venetian Vegetables Tossed Salad Apricots Garlic Bread Dessert	31 Shepherd's Pie Cottage Cheese Caesar Salad WW Roll Dessert	<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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2022

OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

TONASKET	OROVILLE	TONASKET	OROVILLE/TONASKET	OROVILLE
1 Turkey A'la King Biscuits Normandy Veggies Tossed Green Salad Spicy Apples Dessert	2 Meatloaf Mac & Cheese Green Beans Coleslaw WW Roll Mixed Berries on Angel Food Cake	3 BLT Sandwich Cottage Cheese Fresh Fruit Tray V-8 Juice Dessert	4 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon Cheesy Garlic Toast Dessert	5 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert
8 Salisbury Steak Mashed Potatoes / Gravy Broccoli WW Bread Apricot Crisp	9 Pizza Casserole Caesar Saald Pears Dessert	10 BBQ Chicken Green Beans Macaroni Salad Mixed Greens Salad WW Roll Berry Shortcake	11 Fish & Chips Coleslaw Apricots Garlic Bread Dessert	12 Lemony Cheese Tortellini & Bacon Salad Mixed Berries Dessert
15 Meatballs Mashed Potatoes & Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispy Treats	16 Ham Scalloped Potatoes Garden Salad Pineapple WW Roll Bread Pudding	17 BBQ Riblets Mac & Cheese Green Beans Spiced Salad Apple Wedges Dessert	18 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	19 Rueben Sandwich Pea Salad Coleslaw Fresh Fruit Dessert
22 Cheeseburger Deluxe Three Bean Salad Coleslaw Peaches Dessert	23 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert	24 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	25 Pot Roast with Potatoes and Carrots Garden Salad Watermelon WW Roll Oatmeal Cookies	26 Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert
29 Beef & Broccoli Stir Fry Spiced Salad Tropical Fruit Egg Roll Dessert	30 Beef Taco Pie Coleslaw Southwest Salad Watermelon Dessert	31 Chicken Caesar Salad Tomato Wedges Melon Slices Cheese Garlic Toast Dessert	<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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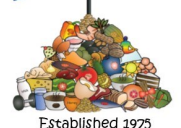
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TWISP

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	2 Meatloaf Mashed Potatoes/Gravy Broccoli Waldorf Salad WW Roll Bread Pudding	3	4 Pot Roast with Carrots and Potatoes Garden Salad Watermelon WW Roll Oatmeal Cookies	5 Baked Fish Fillet Rice Pilaf Peas Coleslaw Tropical Fruit WW Roll Dessert
8 Turkey Ala' King Biscuits Normandy Vegetables Tossed Green Salad Cinnamon Pears Dessert	9 Pulled Pork Sandwich Potato Salad Coleslaw Apple Slices Dessert	10	11 Western Omelette Oven Brown Potatoes Stewed Tomatoes Mixed Melons Blueberry Muffin	12 Cheeseburger Deluxe Three Bean Salad Coleslaw Dessert
15 Beef Stroganoff Green Beans Spinach Salad Fruit Salad Dessert	16 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	17	18 Ham Scalloped Potatoes Garden Salad Pineapple WW Roll Bread Pudding	19 Fish & Chips Coleslaw Apricots Garlic Bread Dessert
22 Chicken Cacciatore Wild Rice Carrot Raisin Salad Focaccia Bread Fruited Jell-O	23 Cheese Stuffed Shells with Alfredo Sauce Venetian Vegetables Tossed Salad Apricots Garlic Bread Dessert	24	25 Beef & Broccoli Stir Fry Steamed Rice Spiced Salad Tropical Fruit Egg Roll Dessert	26 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Biscuit Dessert
29 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce Dessert	30 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	31	<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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