



OKANOGAN / OMAK

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

Okanogan	Omak	Okanogan	Closed	Omak
2 Chicken Cordon Bleu Casserole Normandy Vegetables Tossed Green Salad Fruit Cocktail Focaccia Bread Dessert	3 Taco Soup Corn Chips Mexican Style Slaw Apple Wedges Dessert	4 Spinach Lasagna Caesar Salad Apricots Garlic Bread Dessert	5	6 Salmon with Dill Sauce Wild Rice Venetian Blend Veggies Spring Salad Orange Quarters WW Roll Dessert
9 Pork Roast Herbed Potato Bake Tomato & Lettuce Salad Pineapple WW Roll Oatmeal Cookie	10 Hamburger Steak with Grilled Onions Mashed Potatoes Green Beans Garden Salad Berry Crisp	11 Pepper Steak Rice Caesar Salad Cinnamon Pears WW Roll Dessert	12	13 Biscuits & Gravy Potatoes O'Brien V-8 Juice Chilled Plums Dessert
16 Country Fried Steak Mashed Potatoes/Gravy Green Beans WW Roll Cherry Crisp	17 Bratwurst & Sauerkraut Roasted Potatoes Tossed Salad Waldorf Salad Dessert	18 Orange Glazed Chicken Rice Asian Vegetables Coleslaw Chilled Pineapple Egg Roll Dessert	19	20 Swedish Meatballs Egg Noodles Glazed Carrots Spiced Salad Tropical Fruit Dessert
23 BBQ Chicken Macaroni Salad Green Beans Spring Salad Strawberry Shortcake	24 Meatloaf Mashed Potatoes & Gravy Broccoli Normandy Garden Salad WW Roll Fruited Jell-O	25 Yakisoba (Beef & Noodles) Stir Fry Veggies Asian Style Slaw Mandarin Oranges Garlic Bread Dessert	26	27 Chicken Burger Deluxe with Bacon & Swiss Cheese Jo Jo's Pea Salad Mixed Berries Dessert
30 	31 Chicken Stir Fry & Rice Spiced Salad Tropical Fruit Egg Roll Dessert	 Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00		

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





OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

TONASKET	OROVILLE	TONASKET	OROVILLE/TONASKET	OROVILLE
2 Swiss Steak/Tomato Sauce Steamed Rice Green Beans Spiced Salad Banana French Bread Dessert	3 Chicken Cordon Bleu Casserole Normandy Vegetables Tossed Green Salad Fruit Salad Focaccia Bread Dessert	4 Ham Au Gratin Potatoes Peas & Carrots Applesauce WW Roll Dessert	5 Taco Soup Corn Chips Mixed Greens Salad Tropical Fruit Sopapilla Cheesecake	6 Chicken Stir Fry Steamed Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert
9 Pork Roast Stuffing & Gravy Buttered Peas Tomato Lettuce Salad Apple Wedges Dessert	10 Cabbage Patch Stew Pasta Salad V-8 Juice Tropical Fruit WW Roll Dessert	11 Biscuits & Gravy Potatoes O'Brien Stewed Tomatoes Fruit Juice Dessert	12 Salmon with Dill Sauce Basil & Garlic Pasta Venetian Blend Veg Spinach Salad Orange Quarters Dessert	13 Beef Taco Pie Southwest Salad Pears Dessert
16 Hawaiian Chicken Wild Rice Blend Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	17 Supreme Style Pizza Garden Salad Orange Quarters Dessert	18 Bacon & Egg Salad on a Croissant Sliced Cucumbers Spinach Salad Fruit Salad Dessert	19 Sloppy Joe Sandwich Jo Jo's Coleslaw Peaches Dessert	20 Bratwurst & Sauerkraut Roasted Potatoes Capri Vegetables Waldorf Salad WW Bun or Roll Dessert
23 Hamburger Steak Mashed Potatoes/Gravy Green Beans Garden Salad WW Roll Apple Crisp	24 Chicken Burger Deluxe with Bacon & Swiss Cheese Jo Jo's Coleslaw Mixed Berries Dessert	25 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	26 Shepherd's Pie Cucumber Salad Apricots WW Roll Rice Krispy Treats	27 Tuna Noodle Casserole Peas & Carrots Green Salad Fruit Salad Dessert
30 CLOSED 	31 Chicken Tetrazzini Italian Vegetables Caesar Salad Grapes Dessert			
		Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00		

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TWISP

PLEASE CALL 509-997-7722 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sloppy Joe Sandwich Jo Jo's Coleslaw Peaches Dessert	3 Biscuits & Gravy Potatoes O'Brien V-8 Juice Chilled Plums Dessert	4	5 Hamburger Steak with Grilled Onions Mashed Potatoes Green Beans Garden Salad Berry Crisp	6 Salmon w/Dill Sauce Garlic Basil Pasta Venetian Veggie Blend Spinach Salad Fruit Salad Dessert
9 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	10 Brats & Sauerkraut Roasted Potatoes Capri Vegetables Waldorf Salad Dessert	11	12 California Chicken Casserole Tossed Green Salad Bread Sticks Cherry Crisp	13 Tuna Salad on Croissant Cottage Cheese Broccoli Salad Grapes Dessert
16 Spinach Lasagna Caesar Salad Apricots Garlic Bread Dessert	17 Beef Taco Pie Southwest Salad Pears WW Roll Dessert	18	19 Hawaiian Chicken Wild Rice Blend Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	20 Pork Roast Herbed Potato Bake Lettuce & Tomato Salad Pineapple WW Roll Oatmeal Cookie
23 Meatloaf & Gravy Mashed Potatoes Broccoli Normandy Garden Salad WW Bread or Roll Dessert	24 Pepper Steak over Rice Caesar Salad Cinnamon Pears WW Roll Dessert	25	26 BBQ Chicken Macaroni Salad Herbed Cauliflower Spring Salad Strawberry Shortcake	27 Ham & Cheese Quiche Garden Salad Crunchy Pea Salad Fresh Fruit Tray Blueberry Muffin
30  MEMORIAL DAY	31 Swedish Meatballs Egg Noodles Glazed Carrots Spiced Salad Cherries & Pineapple 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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