

November 2022



BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Taco's Southwest Salad Cinnamon Pears Dessert	2 Hot Turkey Sandwich Mashed Potatoes Buttered Peas Chilled Peaches WW Roll Dessert	3	4 Sloppy Joe's Jo Jo's Coleslaw Fruit Salad Dessert
7	8 Meatloaf Mashed Potatoes/Gravy Country Trio Veggies Spinach Salad Chilled Peaches WW Roll Dessert	9 Cheese Stuffed Shells in Pesto Sauce Glazed Carrots Caesar Salad Waldorf Salad Garlic Bread Dessert	10	11 Oven Fried Chicken Scalloped Potatoes Tossed Salad Grapes WW Roll Dessert 
14	15 Ham & Navy Bean Soup Cottage Cheese Pickled Beets Fruit Cocktail Tossed Salad Corn Chips Dessert	16 Swedish Meatballs Egg Noodles Green Beans Spinach Salad Pineapple & Cherries Dessert	17	18 Chicken Parmesan Pasta Marinara California Vegetables Green Salad Mandarin Oranges Dessert
21	22 Chili Stuffed Baked Potato Roast Corn & Peppers Mixed Greens Salad Chilled Pears Tortilla Chips Dessert	23 Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	24 	25
28	29 Tuna & Rice Bake California Blend Veggies Greek Salad Peaches Garlic Bread Dessert	30 Split Pea & Ham Soup Turkey Sandwich Lettuce & Tomato Salad Pineapple Dessert	<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>	

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



November 2022



CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sloppy Joe's Jo Jo's Coleslaw Fruit Salad Dessert	2 Oven Fried Chicken Mac & Cheese Peas & Carrots Coleslaw Grapes Rice Krispy Treats	3 Bacon & Egg Salad Sandwich on Croissant Tomato Basil Soup Spinach Salad Citrus Salad Dessert	4 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Chilled Peached
7 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert	8 Pot Roast Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad WW Roll Dessert	9 Cheese Stuffed Shells with Marinara Sauce Peas Tossed Salad Waldorf Salad WW Bread Dessert	10 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple Dessert	11 Baked Fish Pesto Pasta Caribbean Vegetables Spinach Salad Pear Crisp 
14 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	15 Chili Stuffed Baked Potato Roast Corn & Peppers Mix Mixed Greens Salad Chilled Pears Tortilla Chips Dessert	16 Bacon & Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Muffin	17 Parmesan Chicken Pasta Marinara California Vegetables Green Salad Mandarin Oranges Dessert	18 Tuna & Rice Bake Buttered Peas Greek Salad Peaches Garlic Bread Dessert
21 Pepper Steak Rice Tossed Veggie Salad Mandarin Oranges WW Roll Dessert	22 Deluxe Ham Sandwich Cheddar Potato Soup Pea Salad Fresh Fruit Tray Dessert	23 Roast Turkey Stuffing & Gravy Sweet Potatoes Green Bean Casserole Cranberry Salad Pumpkin Pie	24 	
28 Chicken Cordon Bleu Cass. Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Roll Dessert	29 Shepherd's Pie Caesar Salad Pineapple WW Roll Dessert	30 BBQ Chicken Macaroni Salad Cauliflower & Chives Greek Salad Fresh Fruit Biscuit Dessert	<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>	

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ENTIAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Bacon & Egg Salad Sandwich on Croissant Tomato Basil Soup Spinach Salad Citrus Salad Dessert	4
7 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert	8	9	10 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple Dessert	11 
14 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	15	16	17 Parmesan Chicken Pasta Marinara California Vegetables Green Salad Mandarin Oranges Dessert	18
21 Pepper Steak Rice Tossed Veggie Salad Mandarin Oranges WW Roll Dessert	22	23	24 CLOSED 	25 CLOSED
28 Chicken Cordon Bleu Cass. Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Roll Dessert	29	30	<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>	

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LEAVENWORTH/CASHMERE HOME DELIVERED

PLEASE CALL 509-888-4440 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Oven Fried Chicken Mac & Cheese Peas & Carrots Coleslaw Grapes Rice Krispy Treats	3	4 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Chilled Peached
7 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert	8	9 Cheese Stuffed Shells with Marinara Sauce Peas Tossed Salad Waldorf Salad WW Bread Dessert	10	11 Baked Fish Pesto Pasta Caribbean Vegetables Spinach Salad Pear Crisp 
14 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	15	16 Bacon & Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Muffin	17	18 Tuna & Rice Bake Buttered Peas Greek Salad Peaches Garlic Bread Dessert
21 Pepper Steak Rice Tossed Veggie Salad Mandarin Oranges WW Roll Dessert	22	23 Roast Turkey Stuffing & Gravy Sweet Potatoes Green Bean Casserole Cranberry Salad Pumpkin Pie	24 CLOSED 	25 CLOSED
28 Chicken Cordon Bleu Cass. Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Roll Dessert	29	30 BBQ Chicken Macaroni Salad Cauliflower & Chives Greek Salad Fresh Fruit Biscuit Dessert	<div>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</div>	

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ODESSA

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp	3 Broccoli Chicken Bake Greek Salad Waldorf Salad Garlic Bread Dessert	4
7 Ham Sandwich Corn Chowder Pea Salad Fresh Fruit Tray Dessert	8	9 Tuna Noodle Casserole Peas & Carrots Tossed Green Salad Fruit Cocktail Dessert	10 Cheese Ravioli with Meat Sauce Mixed Vegetables Spinach Salad Peaches Garlic Bread Dessert	11 
14 Hamburger Gravy over Mashed Potatoes Green Beans Orange Quarters WW Roll Rice Krispy Treats	15	16 Honey Mustard Chicken Wild Rice Key West Veggies Coleslaw Tropical Fruit Dessert	17 Baked Fish Pesto Pasta Buttered Peas Garden Salad Grapes Oatmeal Cookies	18
21 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Dessert	22	23 Roast Turkey Stuffing & Gravy Sweet Potatoes Green Beans Cranberry Salad Pumpkin Pie	24 	25
28 Minestrone Soup Cottage Cheese Tossed Salad Peaches WW Roll Dessert	29	30 Ham Au Gratin Potatoes Glazed Carrots Applesauce WW Roll Cereal Bars	<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>	

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November 2022



OKANOGAN / OMAK

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

OKANOGAN	OMAK	OKANOGAN	CLOSED	OMAK
	1 Stuffed Pepper Soup Cottage Cheese Spiced Salad Pears Corn Bread Dessert	2 Ham & Au Gratin Potato Casserole Glazed Carrots Tossed Salad Waldorf Salad WW Roll Dessert	3	4 Beef & Broccoli Stir Fry Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert
7 Pot Roast Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Pineapple WW Roll Dessert	8 Biscuits & Country Gravy Scrambled Eggs Oven Brown Potatoes V-8 Juice Orange Quarters Dessert	9 BBQ Chicken Macaroni Salad Cauliflower & Chives Greek Salad Mixed Fresh Fruit Biscuit Dessert	10	11 Meatloaf Mashed Potatoes & Gravy Country Vegetables Spinach Salad Chilled Pears WW Roll Dessert 
14 Hamburger Steak Mashed Potatoes & Gravy Green Beans Garden Salad WW Roll Apple Crisp	15 Country Fried Steak Mashed Potatoes Buttered Corn Lettuce & Tomato Salad Tropical Fruit WW Bread Dessert	16 Pepper Steak Rice Spiced Salad Mandarin Oranges WW Roll Dessert	17	18 Tuna & Rice Bake California Vegetables Greek Salad Peaches Garlic Bread Dessert
21 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	22 Cheese Stuffed Shells with Marinara Sauce Peas Spinach Salad Waldorf Salad Garlic Bread Dessert	23 Roast Turkey & Gravy Mashed Potatoes Stuffing Glazed Carrots Spinach Salad Cranberry Salad Pumpkin Pie	24 	25
28 Shepherd's Pie Caesar Salad Pineapple WW Roll Oatmeal Cookie	29 Chicken Cordon Bleu Casserole Normandy Vegetables Tossed Green Salad Fruit Cocktail Dessert	30 Ham & Navy Bean Soup Tossed Salad Pickled Beets Waldorf Salad Corn Chips Dessert	<div> Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00 </div>	

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November 2022



OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

TONASKET	OROVILLE/TONASKET	TONASKET	OROVILLE/TONASKET	OROVILLE
	1 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes V-8 Juice Orange Quarters Dessert	2 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple Dessert	3 Baked Ham Au Gratin Potatoes Buttered Peas Peaches WW Bread Oatmeal Cookies	4 Baked Fish Fillet Pesto Pasta Caribbean Veggies Spinach Salad Pear Crisp
7 Chili Dog Jo Jo's Mixed Greens Salad Chilled Pears Dessert	8 Beef & Broccoli Stir Fry Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	9 BBQ Chicken Macaroni Salad Cauliflower & Chives Greek Salad Mixed Fresh Fruit Biscuit Dessert	10 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert	11 Pork Roast Stuffing & Gravy Roasted Winter Squash Broccoli Salad Chilled Peaches Dessert 
14 Cordon Bleu Casserole Key West Veggies Tossed Green Salad Fruit Cocktail WW Roll Dessert	15 Bacon & Egg Salad Sandwich Tomato Basil Soup Spinach Salad Citrus Salad Dessert	16 Ham & Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin	17 Tuna & Rice Bake Peas & Carrots Greek Salad Peaches Garlic Bread Dessert	18 Parmesan Chicken Pasta Marinara Green Beans Green Salad Mandarin Oranges Dessert
21 Deluxe Ham Sandwich Cheddar Potato Soup Pea Salad Fresh Fruit Tray Dessert	22 Oven Fried Chicken Scalloped Potatoes Broccoli Grapes Cornbread Dessert	23 Roast Turkey & Gravy Mashed Potatoes Stuffing Green Bean Casserole Cranberry Salad Green Salad Pumpkin Pie	24 CLOSED 	
28 Shepherd's Pie Caesar Salad Peaches WW Roll Dessert	29 Cheese Stuffed Shells Peas Spinach Salad Waldorf Salad Dessert	30 Ham & Navy Bean Soup Tossed Salad Pickled Beets Mandarin Oranges Corn Chips Dessert	<div> Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00 </div>	

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November 2022



TWISP

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ Chicken Macaroni Salad Cauliflower & Chives Greek Salad Fresh Fruit Biscuit Dessert	2	3 Ham Au Gratin Potatoes Green Beans Peaches WW Roll Oatmeal Cookies	4 Baked Fish Pesto Pasta Caribbean Veggies Spinach Salad Pear Crisp
7 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	8 Split Pea & Ham Soup Turkey Sandwich Lettuce & Tomato Salad Pineapple Dessert	9	10 Vegetable Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert	11 Oven Fried Chicken Jo-Jo Potatoes Coleslaw Grapes Cornbread Bar Cookies 
14 Pork Roast Stuffing & Gravy Roasted Winter Squash Spinach Salad Chilled Pears Dessert	15 Chili Stuffed Potato Roast Corn & Peppers Mixed Greens Salad Chilled Pears Tortilla Chips Dessert	16	17 Biscuits & Country Gravy Scrambled Eggs Oven Brown Potatoes V-8 or Fruit Juice Orange Quarters Dessert	18 Meatloaf Mashed Potatoes/Gravy Country Vegetables Spinach Salad Chilled Pears Dessert
21 Sloppy Joe's Jo Jo's Coleslaw Fruit Salad Dessert	22 Roast Turkey Stuffing & Gravy Sweet Potatoes Green Beans Waldorf Salad Pumpkin Pie	23	24 CLOSED 	25 CLOSED
28 Hot Turkey Sandwich Potatoes & Gravy Buttered Peas Chilled Peaches WW Roll Dessert	29 Pot Roast Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Pineapple WW Roll Dessert	30	<div> Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00 </div>	

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WILBUR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ Chicken Sandwich Macaroni Salad Peas & Carrots Greek Salad Mixed Fresh Fruit Dessert	2 Swiss Steak with Tomato Sauce Garlic Penne' Pasta California Blend Veggies Caesar Salad Fruit Cup Dessert	3 Ham Au Gratin Potatoes Green Beans Peaches WW Roll Apple Crisp	4 Chicken Cordon Bleu Casserole Key West Vegetables Tossed Green Salad Fruit Cocktail Dessert
7	8 Split Pea & Ham Soup Turkey Sandwich Lettuce & Tomato Salad Pineapple Dessert	9 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	10 Chili Stuffed Potato Roasted Corn & Peppers Mixed Greens Salad Chilled Pears Tortilla Chips Dessert	11 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes V-8 Juice Orange Quarters Dessert 
14	15 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert	16 Beef & Broccoli Stir Fry Rice Asian Coleslaw Egg Roll Mandarin Oranges Dessert	17 Bacon & Egg Salad Sand- wich on Croissant Tomato Basil Soup Spinach Salad Citrus Salad Dessert	18 Ham & Navy Bean Soup Cottage Cheese Tossed Salad Pickled Beets Waldorf Salad Corn Chips Dessert
21	22 Roast Turkey Mashed Potatoes Green Bean Casserole Broccoli Salad Cranberry Sauce Roll Pumpkin Pie	23 Roast Beef & Cheese Deli Style Sandwich Vegetable Soup Tossed Salad Mixed Berries Dessert	24 CLOSED 	
28	29 Stuffed Cabbage Rolls Seven Layer Salad WW Roll Fruited Jell-O	30 Hamburger Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Apple Crisp	<div> Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00 </div>	

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