



# BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Apple Crisp	2	3 Fish & Chips Cabbage Apple Slaw Fruit Cocktail Rice Krispy Treats
6	7 Hamburger Steak with Grilled Onions Twice Bake Potatoes 4 Way Veggie Blend WW Bread Berry Crisp	8 Biscuits & Gravy Oven Brown Potatoes Juice Fresh Fruit Dessert	9	10 Honey Dijon Chicken Garden Rice Cauliflower & Chives Mixed Greens Salad Banana WW Roll Dessert
13 	14 Ham Steak Scalloped Potatoes Spinach Salad Citrus Salad WW Roll Tapioca Pudding	15 Lemon Baked Fish Fillet Pesto Pasta Steamed Broccoli Caesar Salad Orange Quarters Dessert	16	17 Beef Stroganoff Green Beans Tossed Salad Apricots Dessert
20 	21 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	22 Beef Stew Spinach Salad Banana Biscuit Cereal Bar	23	24 Clam Chowder Three Bean Salad Peaches Cheesy Garlic Bread Oatmeal Cookies
27	28 King Ranch Casserole Baja Veggie Blend Mixed Greens Salad Fruit Cocktail Corn Bread Dessert	 Established 1975	<div>Suggested donation for seniors over age 60 is \$4.00</div> <div>FEE for persons under age 60 is \$10.00</div>	

For information on Home Delivered Meals call Toll Free 844-826-7979.

You can visit our website at [www.octn.org](http://www.octn.org) and follow us on Facebook!

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





# CHELAN

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Ham Steak Scalloped Potatoes Pea Salad Pineapple WW Roll Dessert	2 White Bean Chicken Chili Corn Chips Spinach Salad Peaches Dessert	3 Pepper Steak Steamed Rice Garden Salad Cinnamon Pears Egg Roll Dessert
6 Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Dessert	7 Roast Beef Baked Potato 4 Way Veggie Blend Tossed Salad Cherry Crisp	8 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	9 Teriyaki Chicken Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	10 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Apple Crisp
13 Stuffed Cabbage Rolls Green Salad Strawberries & Bananas WW Roll Dessert	14 Supreme Style Pizza Caesar Salad Fruit Salad Dessert 	15 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Tossed Salad Cranberry Salad Dessert	16 Beef Taco Pie Baja Veggie Blend Mexi Style Slaw Spiced Applesauce Dessert	17 Lemon Baked Fish Pesto Pasta Steamed Broccoli Pea Salad Orange Quarters Dessert
20 CLOSED 	21 Beef Stew Spinach Salad Banana Biscuit Cereal Bars	22 Honey Dijon Chicken Garden Rice Cauliflower & Chives Mixed Greens Salad Pineapple WW Roll Dessert	23 Beef Stroganoff Green Beans Tossed Green Salad Apricots French Bread Dessert	24 Bacon & Egg Salad on a Croissant Vegetable Soup Carrot Raisin Salad Orange Quarters Dessert
27 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Peaches Dessert	28 Chicken Burger Deluxe Sweet Potato Fries Coleslaw Waldorf Salad Dessert		<div>Suggested donation for seniors over age 60 is \$4.00</div> <div>FEE for persons under age 60 is \$10.00</div>	

For information about Home Delivered Meals call 509-470-0522.

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# ENTIAT

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24 HOURS IN ADVANCE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 White Bean Chicken Chili Corn Chips Spinach Salad Peaches Dessert	3
6 Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Dessert	7	8	9 Teriyaki Chicken Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	10
13 Stuffed Cabbage Rolls Green Salad Strawberries & Bananas WW Roll Dessert 	14	15	16 Beef Taco Pie Baja Veggie Blend Mexi Style Slaw Spiced Applesauce Dessert	17
20 CLOSED 	21	22	23 Beef Stroganoff Green Beans Tossed Green Salad Apricots French Bread Dessert	24
27 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Peaches Dessert	28	 Established 1975	<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 509-826-7979






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Ham Steak Scalloped Potatoes Pea Salad Pineapple WW Roll Dessert	2	3 Pepper Steak Steamed Rice Garden Salad Cinnamon Pears Egg Roll Dessert
6 Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Dessert	7	8 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	9	10 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Apple Crisp
13 Stuffed Cabbage Rolls Green Salad Strawberries & Bananas WW Roll Dessert	14 	15 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Tossed Salad Cranberry Salad Dessert	16	17 Lemon Baked Fish Pesto Pasta Steamed Broccoli Pea Salad Orange Quarters Dessert
20 CLOSED 	21	22 Honey Dijon Chicken Garden Rice Cauliflower & Chives Mixed Greens Salad Pineapple WW Roll Dessert	23	24 Bacon & Egg Salad on a Croissant Vegetable Soup Carrot Raisin Salad Orange Quarters Dessert
27 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Peaches Dessert	28	 Established 1975	Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00	

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# ODESSA

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Burger Deluxe Steak Fries Coleslaw Apple Slices Dessert	2 Beef Taco Soup Spanish Rice Garden Salad Pineapple Tortilla Chips Dessert	3
6 Deluxe Ham Sandwich Minestrone Soup Caesar Salad Apricots Dessert	7	8 Teriyaki Beef on Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	9 BBQ Country Ribs Mac & Cheese Green Beans Carrot Raisin Salad Pears Dessert	10
13 Chuck Wagon Steak Sandwich Jo Jo's Three Bean Salad Apple Crisp	14 	15 Chicken Stir Fry Steamed Rice Asian Style Slaw Pineapple Egg Roll Dessert	16 Lemon Baked Fish Garlic Noodles Steamed Broccoli Green Salad Fruit Cocktail WW Roll Dessert	17
20 CLOSED 	21	22 Roast Beef 1/2 Baked Potato 4 Way Veggies Spinach Salad WW Roll Cherry Crisp	23 Chicken Parmesan Pasta Marinara Steamed Broccoli Green Salad Focaccia Bread Fruit Cobbler	24
27 Bacon & Egg Salad Sandwich on a Croissant Vegetable Soup Carrot Raisin Salad Fresh Fruit Dessert	28	 Established 1975	Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00	

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# OKANOGAN / OMAK

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



Okanogan	Omak	Okanogan	Closed	Omak
		1 Pork Stir Fry Garden Rice Spinach Salad Pineapple Egg Roll Dessert	2	3 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispy Treats
6 Beef Stroganoff Green Beans Tossed Green Salad Apricots French Bread Dessert	7 Chicken Parmesan Rice Pilaf Steamed Broccoli 7 Layer Salad Focaccia Bread Fruit Crisp	8 Pizza Casserole Caesar Salad Fruit Salad Dessert	9	10 Country Fried Steak Mashed Potatoes Buttered Corn Chilled Pears WW Roll Dessert
13 Beef Taco Pie Baja Veggie Blend Garden Salad Spiced Applesauce Dessert	14 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Tossed Salad Cranberry Salad Dessert 	15 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Peaches WW Roll Dessert	16	17 Beef Stew Spinach Salad Banana Biscuit Cereal Bars
20 CLOSED 	21 Bacon & Egg Salad served on a Croissant Vegetable Soup Carrot Raisin Salad Orange Quarters Dessert	22 Pork Chops Mashed Potatoes/Gravy Green Salad Waldorf Salad Bread Pudding	23	24 Chicken Spaghetti Casserole Greek Salad Fruit Salad Garlic Bread Dessert
27 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad Carrot Raisin Salad WW Roll Dessert	28 King Ranch Casserole Baja Veggie Blend Mixed Greens Salad Fruit Cocktail Cornbread Dessert 	<div>Suggested donation for seniors over age 60 is \$4.00</div> <div>FEE for persons under age 60 is \$10.00</div>		

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# OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE





TONASKET

OROVILLE/TONASKET

TONASKET

TONASKET/OROVILLE

OROVILLE

		1 Chicken Salad Croissant Vegetable Soup Grapes Dessert	2 Fish & Chips Cabbage/Apple Slaw Fruit Cocktail Cereal Bar	3 Beef Taco Pie Cottage Cheese Baja Veggie Blend Garden Salad Spiced Applesauce Dessert
6 Scrambled Eggs & Sausage Potatoes O'Brien Stewed Tomatoes Mixed Fruit Muffin	7 Chicken Burger Deluxe Sweet Potato Fries Coleslaw Waldorf Salad Dessert	8 Beef Stew Spinach Salad Banana Biscuit Oatmeal Cookies	9 Hamburger Steak with Grilled Onions Twice Bake Potatoes Mixed Vegetables Garden Salad Berry Crisp	10 Pizza—2 slices Caesar Salad Fruit Salad Dessert
13 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	14 Cheese Ravioli with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert 	15 Cabbage Roll Casserole Green Salad Strawberries & Bananas WW Roll Dessert	16 Navy Bean & Ham Soup 1/2 Turkey Sandwich Crunchy Pea Salad Peaches Cereal Bar	17 Beef Stroganoff Green Beans Tossed Green Salad Apricots French Bread Dessert
20 CLOSED 	21 Pork Chops Mashed Potatoes / Gravy Corn Applesauce Bread Pudding	22 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Peaches Dessert	23 Lentil Veggie Soup Cottage Cheese 7 Layer Salad Focaccia Bread Dessert	24 King Ranch Casserole with Chicken Baja Veggie Blend Mixed Greens Salad Fruit Cocktail Cornbread Dessert
27 Yakisoba Stir Fry Veggies Coleslaw Mandarin Oranges Egg Roll Dessert	28 Pepper Steak Rice Garden Salad Cinnamon Pears WW Roll Dessert	 Established 1975	<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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# TWISP

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24 HOURS IN ADVANCE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 Beef Stew Spinach Salad Banana Biscuit Cereal Bars	3 Lemon Baked Fish Pesto Pasta Steamed Broccoli Green Salad Orange Quarters WW Roll Dessert
6 Chicken King Ranch Casserole Baja Veggie Blend Mixed Greens Salad Fruit Cocktail Corn Bread Dessert	7	8	9 Hamburger Steak with Grilled Onions Twice Bake Style Potatoes 4 Way Veggie Blend Garden Salad WW Roll Berry Crisp	10 Clam Chowder Three Bean Salad Peaches Cheesy Garlic Bread Oatmeal Cookies
13 Roast Beef 1/2 Baked Potato Spinach Salad WW Roll Cherry Crisp	14 	15	16 Bacon & Egg Salad served on a Croissant Vegetable Soup Carrot Raisin Salad Orange Quarters Dessert	17 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Apple Crisp
20 CLOSED 	21	22	23 Meatloaf Mashed Potatoes/Gravy Green Beans Tossed Salad Apple Wedges WW Roll Dessert	24 Fish & Chips Cabbage Apple Slaw Fruit Cocktail Rice Krispy Treats
27 Chicken Salad Croissant Vegetable Soup Grapes Dessert	28		<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 Mac & Cheese Broccoli Normandy Spiced Salad Apple Crisp	2 Lemon Baked Fish Pesto Pasta Carrots Green Salad Orange Quarters WW Roll Dessert	3 Hamburger Steak with Grilled Onions Twice Bake Potatoes 4 Way Veggies Garden Salad Berry Parfait
6	7 Honey Dijon Chicken Garden Rice Cauliflower & Chives Mixed Greens Salad Banana WW Bread Dessert	8 Fish & Chips Cabbage & Apple Slaw Fruit Cocktail Rice Krispy Treats	9 Bacon & Egg Salad on a Croissant Vegetable Soup Carrot Raisin Salad Orange Quarters Dessert	10 Country Fried Steak Mashed Potatoes Buttered Corn Garden Salad Chilled Pears WW Roll Dessert
13 	14 Meatloaf Mashed Potatoes Green Beans Carrot Raisin Salad Apple Wedges WW Roll Dessert	15 Stuffed Cabbage Rolls Green Salad Strawberries & Bananas WW Bread or Roll Dessert	16 Hot Turkey Sandwich Mashed Potatoes Peas & Carrots Spinach Salad Cranberry Salad Dessert	17 Supreme Style Pizza Caesar Salad Fruit Salad Dessert
20 CLOSED 	21 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	22 Clam Chowder Three Bean Salad Peaches Cheesy Garlic Bread Oatmeal Cookies	23 Chicken Salad Croissant Vegetable Soup Grapes Dessert	24 Yakisoba Stir Fry Veggies Coleslaw Mandarin Oranges Egg Roll Dessert
27	28 Biscuits & Gravy Hash Brown Potatoes Juice Fresh Fruit Dessert		Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00	

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