



BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE

September
2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>			1	2 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert
5 CLOSED 	6 Chicken Cordon Bleu Casserole Wild Rice Key West Veggies Greek Salad Mixed Melons WW Roll Dessert	7 Chicken Stir Fry Rice Tossed Veggie Salad Mandarin Oranges Egg Roll Dessert	8	9 Supreme Style Pizza Garden Salad Apple Wedges Garlic Bread Dessert
12	13 French Dip Potato Salad Green Salad Peaches Dessert	14 Mac & Cheese w/Bacon Peas & Carrots Green Salad Tropical Fruit Dessert	15	16 Fiesta Chicken Salad Watermelon Tortilla Chips Dessert
19	20 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar	21 Chicken Enchiladas Spanish Rice Coleslaw Cuke & Watermelon Salad Dessert	22	23 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert
26	27 Fall Vegetable Soup Cottage Cheese Sliced Tomatoes Assorted Melons WW Roll Dessert	28 Meatloaf Mashed Potatoes/Gravy Broccoli Caesar Salad WW Roll Bread Pudding	29	30 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Garlic Bread Dessert

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



CHELAN

September
2022

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>			<p>1 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Peaches WW Roll Dessert</p>	<p>2 Baked Fish Pesto Pasta Green Beans Carrot Raisin Salad Tropical Fruit WW Roll Dessert</p>
<p>5 CLOSED</p>	<p>6 Sloppy Joe's Jo Jo's Watermelon Salad Waldorf Salad Dessert</p>	<p>7 Chicken Parmesan Garlic Pasta Caesar Salad WW Roll Fruit Ambrosia</p>	<p>8 Supreme Style Pizza Garden Salad Apple Wedges Garlic Bread Dessert</p>	<p>9 Chili Green Salad Spiced Salad Pears Cornbread Dessert</p>
<p>12 Hot Turkey Sandwich Mashed Potatoes Green Beans Peaches Oatmeal Cookies</p>	<p>13 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert</p>	<p>14 Chinese Almond Chicken Steamed Rice Asian Coleslaw Garlic Bread Dessert</p>	<p>15 Ham Sandwich Corn Chowder Pea Salad Waldorf Salad Dessert</p>	<p>16 Fish & Chips Coleslaw Garlic Bread Berries over Ice Cream</p>
<p>19 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert</p>	<p>20 Fall Medley Veggie Soup Cottage Cheese Sliced Tomatoes Assorted Melons WW Roll Dessert</p>	<p>21 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert</p>	<p>22 French Dip Potato Salad Green Salad Peaches Dessert</p>	<p>23 Teriyaki Beef on Rice Oriental Vegetables Asian Coleslaw Pineapple Egg Roll Dessert</p>
<p>26 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray Dessert</p>	<p>27 Cheeseburger Deluxe Potato Salad Pickled Beets Orange Quarters Dessert</p>	<p>28 Cordon Bleu Casserole Pasta Key West Veggies Greek Salad Mixed Melons WW Roll Dessert</p>	<p>29 Sweet & Sour Meatballs Garden Rice Oriental Veggies Asian Style Slaw Pineapple WW Roll Dessert</p>	<p>30 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar</p>

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ENTIAT

September
2022

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p> </div>			<p>1 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Peaches WW Roll Dessert</p>	<p>2</p>
<p>5 CLOSED</p> 	<p>6</p>	<p>7</p>	<p>8 Supreme Style Pizza Garden Salad Apple Wedges Garlic Bread Dessert</p>	<p>9</p>
<p>12 Hot Turkey Sandwich Mashed Potatoes Green Beans Peaches Oatmeal Cookies</p>	<p>13</p>	<p>14</p>	<p>15 Ham Sandwich Corn Chowder Pea Salad Waldorf Salad Dessert</p>	<p>16</p>
<p>19 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert</p>	<p>20</p>	<p>21</p>	<p>22 French Dip Potato Salad Green Salad Peaches Dessert</p>	<p>23</p>
<p>26 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray Dessert</p>	<p>27</p>	<p>28</p>	<p>29 Sweet & Sour Meatballs Garden Rice Oriental Veggies Asian Style Slaw Pineapple WW Roll Dessert</p>	<p>30</p>

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LEAVENWORTH/CASHMERE HOME DELIVERED

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September 2022

24 HOURS IN ADVANCE

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<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p> </div>			1	2
5	6	7	8	9
<p>CLOSED</p> 		<p>Chicken Parmesan Garlic Pasta Caesar Salad WW Roll Fruit Ambrosia</p>		<p>Baked Fish Pesto Pasta Green Beans Carrot Raisin Salad Tropical Fruit WW Roll Dessert</p> <p>Chili Green Salad Spiced Salad Pears Cornbread Dessert</p>
12	13	14	15	16
<p>Hot Turkey Sandwich Mashed Potatoes Green Beans Peaches Oatmeal Cookies</p>		<p>Chinese Almond Chicken Steamed Rice Asian Coleslaw Garlic Bread Dessert</p>		<p>Fish & Chips Coleslaw Garlic Bread Berries over Ice Cream</p>
19	20	21	22	23
<p>Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert</p>		<p>Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert</p>		<p>Teriyaki Beef on Rice Oriental Vegetables Asian Coleslaw Pineapple Egg Roll Dessert</p>
26	27	28	29	30
<p>Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray Dessert</p>		<p>Cordon Bleu Casserole Pasta Key West Veggies Greek Salad Mixed Melons WW Roll Dessert</p>		<p>Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar</p>

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Established 1975

ODESSA

September
2022

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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 FEE for persons under age 60 is \$10.00</p> </div>			<p>1 Chili Green Salad Spiced Salad Pears Cornbread Dessert</p>	2
<p>5 CLOSED</p> 	6	<p>7 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit WW Roll Lemon Bars</p>	<p>8 Pizza Casserole Garden Salad Apple Wedges Garlic Bread Dessert</p>	9
<p>12 Chinese Almond Chicken Steamed Rice Asian Style Salad Mandarin Oranges Garlic Bread Dessert</p>	13	<p>14 Roast Beef Mashed Potatoes Country Vegetables WW Roll Apple Crisp</p>	<p>15 Corn Chowder Ham Sandwich Pea Salad Waldorf Salad Dessert</p>	16
<p>19 French Dip Potato Salad Green Salad Peaches Dessert</p>	20	<p>21 Cordon Bleu Casserole Wild Rice Beets Greek Salad Mixed Melons WW Roll Dessert</p>	<p>22 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Orange Quarters WW Roll Oatmeal Cookies</p>	23
<p>26 Fall Vegetable Medley Soup Cottage Cheese Sliced Tomatoes Assorted Melons Focaccia Bread Dessert</p>	27	<p>28 Mac & Cheese w/Bacon Peas & Carrots Green Salad Tropical Fruit WW Roll Dessert</p>	<p>29 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert</p>	30

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OKANOOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

TO RESERVE MEALS 24 HOURS IN ADVANCE

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2022



OKANOOGAN	OMAK	OKANOOGAN	CLOSED	OMAK	
<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>			1	<p>2 Egg Salad Sandwich Minestrone Soup Green Salad Grapes Dessert</p>	
5 CLOSED	<p>6 Sloppy Joe's Jo Jo's Watermelon Salad Waldorf Salad Dessert</p>	<p>7 Chicken Stir Fry Rice Tossed Veggie Salad Mandarin Oranges Egg Roll Dessert</p>	8	<p>9 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookies</p>	
	<p>12 Pork Chops Mashed Potatoes / Gravy Mixed Vegetables Caesar Salad WW Roll Apple Crisp</p>	<p>13 French Dip Potato Salad Green Salad Peaches Dessert</p>	<p>14 Mac & Cheese w/Bacon Peas & Carrots Green Salad Tropical Fruit Dessert</p>	15	<p>16 Fish Fillet Sandwich Jo Jo's Broccoli Salad Watermelon Dessert</p>
<p>19 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Peaches Dessert</p>	<p>20 Chicken Spaghetti Casserole Caesar Salad Fresh Fruit Tray Garlic Bread Dessert</p>	<p>21 Chicken Enchiladas Spanish Rice Coleslaw Cuke & Watermelon Salad Dessert</p>	22	<p>23 Deluxe Ham & Cheese Sandwich Pickled Beets Three Bean Salad Fresh Fruit Dessert</p>	
<p>26 Sweet & Sour Pork Rice Oriental Vegetables Asian Style Slaw Tropical Fruit WW Roll Dessert</p>	<p>27 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Peaches WW Roll Dessert</p>	<p>28 Meatloaf Mashed Potatoes / Gravy Broccoli Caesar Salad WW Roll Bread Pudding</p>	29	<p>30 Chicken Cordon Bleu Pesto Pasta Key West Veggies Greek Salad Mixed Melons WW Roll Dessert</p>	

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OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

September
2022



TONASKET	TONASKET/OROVILLE	TONASKET	OROVILLE/TONASKET	OROVILLE
<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>			<p>1 Sloppy Joe's Jo Jo's Watermelon Salad Waldorf Salad Dessert</p>	<p>2 Chicken Cordon Blue Casserole Wild Rice Key West Vegetables Greek Salad Mixed Melons WW Roll Dessert</p>
<p>5 CLOSED</p>	<p>6 Salmon w/Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar</p>	<p>7 Fiesta Salad with Chicken Tortilla Chips Melons Dessert</p>	<p>8 Sweet & Sour Meatballs Garden Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert</p>	<p>9 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert</p>
<p>12 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Garlic Bread Dessert</p>	<p>13 Clam Chowder 1/2 Turkey Sandwich Green Salad V-8 Juice Fruit Salad Dessert</p>	<p>14 BBQ Chicken Tomato Zucchini Bake Macaroni Salad Spinach Salad Pineapple Cornbread Dessert</p>	<p>15 French Dip Sandwich Potato Salad Green Salad Peaches Dessert</p>	<p>16 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar</p>
<p>19 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Peaches Oatmeal Cookies</p>	<p>20 Roast Beef Mashed Potatoes / Gravy Mixed Veggies Caesar Salad WW Roll Apple Crisp</p>	<p>21 Fall Vegetable Soup Cottage Cheese Sliced Tomatoes Assorted Melons WW Roll Dessert</p>	<p>22 Fish & Chips Coleslaw Garlic Bread Berries over Ice Cream</p>	<p>23 Chicken Florentine Served over Pasta Tossed Green Salad Fresh Fruit Dessert</p>
<p>26 Chicken Parmesan Garlic Pasta Italian Blend Veggies Caesar Salad WW Bread or Roll Fruit Ambrosia</p>	<p>27 Tuna Noodle Casserole Peas & Carrots Tossed Salad Watermelon Dessert</p>	<p>28 Cheeseburger Deluxe Potato Salad Pickled Beets Fruit Tray Dessert</p>	<p>29 Minestrone Soup 1/2 Turkey Sandwich Green Salad Fruit Cup Dessert</p>	<p>30 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad WW Roll Dessert</p>

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TWISP

September
2022



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>		 <p>OCTN MISSION NUTRITION!</p> <p>Established 1975</p>	<p>1 Crunchy Chicken Salad served on Mixed Greens Pasta Salad Mixed Melons WW Roll Dessert</p>	<p>2 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Dessert</p>
<p>5 CLOSED</p> 	<p>6 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Peaches Oatmeal Cookies</p>	<p>7</p>	<p>8 Roast Beef Mashed Potatoes/Gravy Mixed Veggies Caesar Salad WW Roll Apple Crisp</p>	<p>9 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert</p>
<p>12 Cheeseburger Deluxe Potato Salad Pickled Beets Fruit Tray Dessert</p>	<p>13 Corn Chowder Ham Sandwich Pea Salad Waldorf Salad Dessert</p>	<p>14</p>	<p>15 BBQ Chicken Macaroni Salad Zucchini / Tomato Bake Spinach Salad Pineapple Cornbread Dessert</p>	<p>16 Baked Fish Pesto Pasta Green Beans Carrot Raisin Salad Tropical Fruit Dessert</p>
<p>19 Chicken Parmesan Garlic Pasta Italian Blend Veggies Caesar Salad Fruit Ambrosia</p>	<p>20 Sloppy Joe's Jo Jo's Watermelon Salad Waldorf Salad Dessert</p>	<p>21</p>	<p>22 Bacon, Broccoli and Swiss Cheese Quiche Spinach Salad Pea Salad Pineapple & Cherries Muffin</p>	<p>23 Teriyaki Beef over Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert</p>
<p>26 Burger Dip Sandwich Potato Salad Green Salad Peaches Dessert</p>	<p>27 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert</p>	<p>28</p>	<p>29 Clam Chowder 1/2 Turkey Sandwich Green Salad V-8 Juice Fruit Cup Dessert</p>	<p>30 Spaghetti with Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert</p>

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WILBUR

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<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>			<p>1 Cheeseburger Deluxe Pickled Beets Potato Salad Fruit Tray Dessert</p>	<p>2 Teriyaki Beef over Rice Oriental Veggies Asian Coleslaw Mandarin Oranges Garlic Bread Dessert</p>
<p>5 CLOSED</p>	<p>6 Chicken Cordon Bleu Casserole Wild Rice Key West Veggies Greek Salad Mixed Melons WW Roll Dessert</p>	<p>7 Chili Green Salad Spiced Salad Pears Cornbread Dessert</p>	<p>8 Supreme Style Pizza Garden Salad Apple Wedges Garlic Bread Dessert</p>	<p>9 Chicken Fried Steak Mashed Potatoes Buttered Corn Carrot Raisin Salad Peaches WW Roll Dessert</p>
<p>12</p>	<p>13 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Mixed Berries Dessert</p>	<p>14 Salmon with Dill Sauce Rosemary Potatoes Spinach Salad Tropical Fruit Garlic Bread Dessert</p>	<p>15 Sweet & Sour Meatballs Garden Rice Oriental Veggies Asian Slaw Pears Roll Dessert</p>	<p>16 Chicken Fettuccine Alfredo Green Beans Tossed Green Salad Fresh Fruit Dessert</p>
<p>19</p>	<p>20 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Peaches WW Roll Oatmeal Cookies</p>	<p>21 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert</p>	<p>22 Chef's Salad Fresh Fruit WW Roll Cereal Bar</p>	<p>23 French Dip Potato Salad Green Salad Watermelon Dessert</p>
<p>26</p>	<p>27 Roast Beef Mashed Potatoes & Gravy Caesar Salad WW Roll Apple Crisp</p>	<p>28 Fish & Chips Coleslaw Garlic Bread Berries over Ice Cream</p>	<p>29 Sloppy Joe's Jo Jo's Watermelon Salad Waldorf Salad Dessert</p>	<p>30 Sweet & Sour Pork on Rice Oriental Veggies Asian Style Slaw Tropical Fruit Egg Roll Dessert</p>

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