



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		<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 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 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

PLEASE CALL 509-997-7722 TO RESERVE MEALS
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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