



BREWSTER - BRIDGEPORT—PATEROS

PLEASE CALL 509-689-2815 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Ham Scalloped Potatoes Garden Salad Pineapple WW Roll Bread Puccing	3 Beef Stroganoff Green Beans Garden Salad Fruit Salad Dessert <u>Home Delivery Only</u>	4	5 Western Omelettes Oven Brown Potatoes Stewed Tomatoes Mixed Melons Blueberry Muffin
8	9 Pulled Pork Sandwich Potato Salad Coleslaw Apple Slices Dessert	10 Chicken Strips JoJo's Spinach Salad Mandarin Oranges Garlic Bread Dessert <u>Home Delivery Only</u>	11	12 Yakisoba Stir Fry Vegetables Asian Style Slaw Cinnamon Pears Egg Roll Dessert
15	16 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	17 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert <u>Home Delivery Only</u>	18	19 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons Dessert
22	23 Cheese Stuffed Shells with Sauce Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	24 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert <u>Home Delivery Only</u>	25	26 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Shortcake
29	30 Beef Stroganoff Green Beans Garden Salad Fruit Salad Dessert	31 Shepherd's Pie Cottage Cheese Caesar Salad WW Roll Dessert <u>Home Delivery Only</u>	<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>	



For information about Home Delivered Meals call 509-826-7979.

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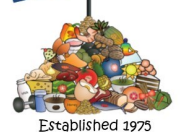
Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840



CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	2 Tuna Noodle Casserole Peas & Carrots Spinach Salad Orange Quarters Dessert	3 Cheeseburger Deluxe Three Bean Salad Coleslaw Watermelon Dessert	4 Yakisoba (Beef) Stir Fry Vegetables Asian Style Slaw Cinnamon Pears Egg Roll Dessert	5 BBQ Chicken Macaroni Salad Mixed Greens Salad WW Roll Berry Shortcake
8 Cheese Stuffed Shells Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	9 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert	10 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	11 Fish & Chips Coleslaw Pears Garlic Bread Dessert	12 Turkey Ala King Biscuits Normandy Vegetables Tossed Green Salad Spicy Apples Dessert
15 Meatloaf Mashed Potatoes & Gravy Broccoli Caesar Salad WW Roll Cereal Bars	16 Lemony Tortellini Salad With Bacon & Veggies Mixed Berries Dessert	17 Western Omelette Oven Brown Potatoes Stewed Tomatoes Mixed Melons Muffin	18 Paprika Chicken Egg Noodles Peas Garden Salad WW Bread Dessert	19 Ham Scalloped Potatoes Carrot Raisin Salad Pineapple WW Roll Bread Pudding
22 BBQ Rib Sandwich Baked Beans Crunchy Pea Salad Coleslaw Strawberry Shortcake	23 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	24 Beef Stroganoff Green Beans Garden Salad Fruit Salad Dessert	25 Chicken Cacciatore Wild Rice Carrot Raisin Salad Garlic Bread Fruited Jell-O	26 Salisbury Steak Potatoes & Gravy Broccoli WW Bread Apricot Crisp
29 Chicken Chop Suey Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	30 Pot Roast Roast Carrots & Potatoes Garden Salad Watermelon WW Roll Oatmeal Cookies	31 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>	



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ENTIAT

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24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	2	3	4 Yakisoba (Beef) Stir Fry Vegetables Asian Style Slaw Cinnamon Pears Egg Roll Dessert	5
8 Cheese Stuffed Shells Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	9	10	11 Fish & Chips Coleslaw Pears Garlic Bread Dessert	12
15 Meatloaf Mashed Potatoes & Gravy Broccoli Caesar Salad WW Roll Cereal Bars	16	17	18 Paprika Chicken Egg Noodles Peas Garden Salad WW Bread Dessert	19
22 BBQ Rib Sandwich Baked Beans Crunchy Pea Salad Coleslaw Strawberry Shortcake	23	24	25 Chicken Cacciatore Wild Rice Carrot Raisin Salad Garlic Bread Fruited Jell-O	26
29 Chicken Chop Suey Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	30	31	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div> <div style="text-align: right;">  </div>	

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2022

LEAVENWORTH/CASHMERE HOME DELIVERED

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	2	3 Cheeseburger Deluxe Three Bean Salad Coleslaw Watermelon Dessert	4	5 BBQ Chicken Macaroni Salad Mixed Greens Salad WW Roll Berry Shortcake
8 Cheese Stuffed Shells Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	9	10 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	11	12 Turkey Ala King Biscuits Normandy Vegetables Tossed Green Salad Spicy Apples Dessert
15 Meatloaf Mashed Potatoes & Gravy Broccoli Caesar Salad WW Roll Cereal Bars	16	17 Western Omelette Oven Brown Potatoes Stewed Tomatoes Mixed Melons Muffin	18	19 Ham Scalloped Potatoes Carrot Raisin Salad Pineapple WW Roll Bread Pudding
22 BBQ Rib Sandwich Baked Beans Crunchy Pea Salad Coleslaw Strawberry Shortcake	23	24 Beef Stroganoff Green Beans Garden Salad Fruit Salad Dessert	25	26 Salisbury Steak Potatoes & Gravy Broccoli WW Bread Apricot Crisp
29 Chicken Chop Suey Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	30	31 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>	



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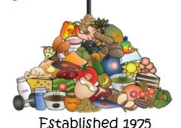
2022

ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BLT Sandwich Cottage Cheese V-8 Juice Fresh Fruit Tray Dessert	2	3 Sweet & Sour Meatballs Steamed Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Salad Egg Roll Dessert	4 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	5
8 Meatloaf Mashed Potatoes & Gravy Broccoli Caesar Salad WW Roll Bread Pudding	9	10 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	11 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	12
15 Pulled Pork Sandwich Potato Salad Coleslaw Apple Slices Dessert	16	17 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert	18 Salisbury Steak Mashed Potatoes & Gravy Broccoli WW Bread Apricot Crisp	19
22 Ham Scalloped Potatoes Garden Salad Pineapple WW Roll Dessert	23	24 Chicken & Rice Casserole Tossed Salad Fruit Cocktail Garlic Bread Dessert	25 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert	26
29 Chicken Salad Sandwich Spinach Salad Pears Dessert	30	31 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce Dessert	<div style="border: 2px solid black; padding: 5px;"> <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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OKANOGAN / OMAK

PLEASE CALL 422-6776 OR 826-4741

TO RESERVE MEALS 24 HOURS IN ADVANCE

OKANOGAN	OMAK	OKANOGAN	CLOSED	OMAK
1 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	2 Pulled Pork Sandwich Potato Salad Coleslaw Apple Slices Dessert	3 Beef Stroganoff Green Beans Garden Salad Fruit Salad Dessert	4	5 Turkey Ala' King Biscuits Normandy Veggies Tossed Green Salad Spicy Apples Dessert
8 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Shortcake	9 Meatballs Mashed Potatoes / Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispy Treats	10 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	11	12 Lemony Cheese Tortellini Salad with Bacon Mixed Berries Dessert
15 Garden Chili Cottage Cheese Caesar Salad Fruit Cocktail Corn Chips Dessert	16 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	17 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	18	19 Chicken Cacciatore Wild Rice Carrot Raisin Salad Garlic bread Fruited Jell-O
22 Sweet & Sour Pork Steamed Rice Stir Fry Veggies Tropical Fruit Egg Roll Dessert	23 Pot Roast with Carrots and Potatoes Garden Salad Watermelon WW Roll Oatmeal Cookies	24 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert	25	26 Tuna Casserole Peas & Carrots Garden Salad Orange Quarters Dessert
29 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce Dessert	30 Cheese Stuffed Shells with Alfredo Sauce Venetian Vegetables Tossed Salad Apricots Garlic Bread Dessert	31 Shepherd's Pie Cottage Cheese Caesar Salad WW Roll Dessert	<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>	



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2022

OROVILLE / TONASKET

PLEASE CALL 476-2412 OR 486-2483

TO RESERVE MEALS 24 HOURS IN ADVANCE

TONASKET	OROVILLE	TONASKET	OROVILLE/TONASKET	OROVILLE
1 Turkey A'la King Biscuits Normandy Veggies Tossed Green Salad Spicy Apples Dessert	2 Meatloaf Mac & Cheese Green Beans Coleslaw WW Roll Mixed Berries on Angel Food Cake	3 BLT Sandwich Cottage Cheese Fresh Fruit Tray V-8 Juice Dessert	4 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon Cheesy Garlic Toast Dessert	5 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert
8 Salisbury Steak Mashed Potatoes / Gravy Broccoli WW Bread Apricot Crisp	9 Pizza Casserole Caesar Saald Pears Dessert	10 BBQ Chicken Green Beans Macaroni Salad Mixed Greens Salad WW Roll Berry Shortcake	11 Fish & Chips Coleslaw Apricots Garlic Bread Dessert	12 Lemony Cheese Tortellini & Bacon Salad Mixed Berries Dessert
15 Meatballs Mashed Potatoes & Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispy Treats	16 Ham Scalloped Potatoes Garden Salad Pineapple WW Roll Bread Pudding	17 BBQ Riblets Mac & Cheese Green Beans Spiced Salad Apple Wedges Dessert	18 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	19 Rueben Sandwich Pea Salad Coleslaw Fresh Fruit Dessert
22 Cheeseburger Deluxe Three Bean Salad Coleslaw Peaches Dessert	23 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert	24 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	25 Pot Roast with Potatoes and Carrots Garden Salad Watermelon WW Roll Oatmeal Cookies	26 Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert
29 Beef & Broccoli Stir Fry Spiced Salad Tropical Fruit Egg Roll Dessert	30 Beef Taco Pie Coleslaw Southwest Salad Watermelon Dessert	31 Chicken Caesar Salad Tomato Wedges Melon Slices Cheese Garlic Toast Dessert	<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>	



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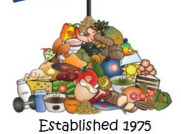
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TWISP

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	2 Meatloaf Mashed Potatoes/Gravy Broccoli Waldorf Salad WW Roll Bread Pudding	3	4 Pot Roast with Carrots and Potatoes Garden Salad Watermelon WW Roll Oatmeal Cookies	5 Baked Fish Fillet Rice Pilaf Peas Coleslaw Tropical Fruit WW Roll Dessert
8 Turkey Ala' King Biscuits Normandy Vegetables Tossed Green Salad Cinnamon Pears Dessert	9 Pulled Pork Sandwich Potato Salad Coleslaw Apple Slices Dessert	10	11 Western Omelette Oven Brown Potatoes Stewed Tomatoes Mixed Melons Blueberry Muffin	12 Cheeseburger Deluxe Three Bean Salad Coleslaw Dessert
15 Beef Stroganoff Green Beans Spinach Salad Fruit Salad Dessert	16 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	17	18 Ham Scalloped Potatoes Garden Salad Pineapple WW Roll Bread Pudding	19 Fish & Chips Coleslaw Apricots Garlic Bread Dessert
22 Chicken Cacciatore Wild Rice Carrot Raisin Salad Focaccia Bread Fruited Jell-O	23 Cheese Stuffed Shells with Alfredo Sauce Venetian Vegetables Tossed Salad Apricots Garlic Bread Dessert	24	25 Beef & Broccoli Stir Fry Steamed Rice Spiced Salad Tropical Fruit Egg Roll Dessert	26 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Biscuit Dessert
29 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce Dessert	30 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	31	<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>	



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WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Shortcake	3 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad Peaches WW Roll Rice Krispy Treats	4 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert	5
8	9 Meatloaf Mashed Potatoes & Gravy Peas Caesar Salad WW Roll Bread Pudding	10 Lemony Cheese Tortellini and Bacon Salad Mixed Berries Ice Cream	11 Pulled Pork Sandwich Potato Salad Coleslaw Apple Slices Dessert	12
15	16 Salisbury Steak Mashed Potatoes & Gravy Broccoli WW Bread Apricot Crisp	17 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert	18 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	19
22	23 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	24 Pork Roast Stuffing & Gravy Capri Vegetables Spring Salad Applesauce Dessert	25 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons WW Roll Dessert	26
29	30 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	31 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	<div style="border: 2px solid black; padding: 5px;"> <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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