



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Fiesta Salad Tortilla Chips Watermelon Dessert	2 Chicken Fried Steak Mashed Potatoes / Gravy Tossed Salad Peaches WW Roll	3	4 Chicken Quesadillas Garden Salad Grapes Dessert
7 CLOSED FOR LABOR DAY HOLIDAY	8 French Dip Sandwich Cucumber / Tomato Salad Peaches Dessert	9 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans WW Roll Baked Apples	10	11 Chicken Cordon Bleu Wild Rice Key West Veggies Mixed Melons Dessert
14	15 Scrambler with Eggs, Ham & Cheese Hash Brown Potatoes Fresh Fruit Biscuit	16 Sloppy Joes Cucumber/Watermelon Salad Waldorf Salad Dessert	17	18 Chicken Florentine Tossed Green Salad Fresh Fruit Dessert
21	22 Fall Vegetable Medley Soup Sliced Tomatoes Assorted Melons Mozzarella Breadstick Dessert	23 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad Fruit Ambrosia	24	25 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad
28	29 Tuna Noodle Casserole Peas & Carrots Tossed Salad Fruit Dessert	30 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	

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

Call 509-826-7979 for information on Meals on Wheels





CASHMERE/LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Chicken Fried Steak Mashed Potatoes/Gravy Tossed Salad Peaches WW Roll	3	4
7 CLOSED FOR LABOR DAY HOLIDAY	8	9 Fish & Chips Coleslaw Mixed Berries Ice Cream	10	11
14 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Berries on Angel Food Cake	15	16 Pizza Casserole Caesar Salad Apple Wedges	17	18
21 Sweet & Sour Meatballs Wild Rice Oriental Veggies Pineapple Fortune Cookies	22	23 Mac & Cheese with Bacon Peas & Carrots Tropical Fruit Dessert	24	25
28 Chili Green Salad Pears Cornbread	29	30 Chicken Parmesan Garlic Pasta Suggested donation for seniors over age 60 is \$5.00 Italian Blend Veggies \$5 for seniors under age 60 is \$12.00 Caesar Salad		

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CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

CLOSED

	1 Fish Sandwich Deluxe Three Bean Salad Fruit Tray Dessert	2 Chicken Fried Steak Mashed Potatoes/Gravy Tossed Salad Peaches WW Roll	3 Chicken Quesadillas Garden Salad Grapes Dessert	4
7 CLOSED FOR LABOR DAY HOLIDAY	8 Chef's Salad Fresh Fruit WW Roll Cereal Bar	9 Fish & Chips Coleslaw Mixed Berries Ice Cream	10 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	11
14 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Berries on Angel Food Cake	15 Tortellini Soup Cucumber Salad Orange Quarters Focaccia Bread Dessert	16 Pizza Casserole Caesar Salad Apple Wedges	17 Salmon with Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Lemon Bar	18
21 Sweet & Sour Meatballs Wild Rice Oriental Veggies Pineapple Fortune Cookies	22 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Baked Apples	23 Mac & Cheese with Bacon Peas & Carrots Tropical Fruit Dessert	24 Sloppy Joes Cuke & Watermelon Salad Waldorf Salad Dessert	25
28 Chili Green Salad Pears Cornbread	29 French Dip Cuke & Tomato Salad Peaches Dessert	30 Chicken Parmesan Garlic Pasta Italian Blend Veggies Caesar Salad	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	

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COULEE CITY

PLEASE CALL OR TEXT 509-632-8701 TO RESERVE MEALS
24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sweet & Sour Meatballs Wild Rice Oriental Vegetables Pineapple Dessert	2 Fish & Chips Coleslaw Mixed Berries Ice Cream	3 French Dip Sandwich Cuke & Tomato Salad Peaches Dessert	4 Chili Green Salad Pears Cornbread
7 CLOSED FOR LABOR DAY HOLIDAY	8 Corn Chowder 1/2 Ham Sandwich V-8 Juice Apple Slices Dessert	9 Fiesta Salad w/Chicken Tortilla Chips Watermelon Dessert	10 Chicken Parmesan Garlic Pasta Italian Blend Veggies Caesar Salad Fruited Jell-O	11 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar
14	15 Spaghetti with Meat Sauce Caesar Salad Fresh Fruit Garlic Bread Dessert	16 Clam Chowder BLT Sandwich V-8 Juice Grapes Dessert	17 Scrambler with Eggs, Ham & Cheese Hash Browns Fresh Fruit Tray Biscuit	18 Baked Fish Fillet Pesto Pasta Green Beans Spinach Salad Dessert
21	22 Chicken Quesadillas Garden Salad Grapes Dessert	23 Beef Stew Spinach Salad Mixed Fruits Biscuit Dessert	24 Hot Turkey Sandwich Mashed Potatoes Green Beans Baked Apples	25 Hawaiian Chicken Steamed Rice Venetian Veggies Mandarin Oranges Dessert
28	29 Mac & Cheese with Bacon Peas & Carrots Tropical Fruit Dessert	30 Sloppy Joe's Jo Jo's Cuke & Watermelon Salad Waldorf Salad Dessert	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00	

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DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Salmon with Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Lemon Bar	2 Sweet & Sour Meatballs Wild Rice Oriental Veggies Pineapple Fortune Cookies	3 Fall Vegetable Medley Soup Sliced Tomatoes Assorted Melons Mozzarella Breadstick Dessert	4
7 CLOSED FOR LABOR DAY HOLIDAY	8 Hawaiian Chicken Steamed Rice Venetian Vegetables Mandarin Oranges Dessert	9 Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert	10 Fish Sandwich Deluxe Three Bean Salad Fruit Tray Dessert	11
14	15 Tortellini Soup Cucumber Salad Orange Quarters Focaccia Bread Dessert	16 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad	17 Roast Beef Mashed Potatoes / Gravy Buttered Corn Spring Salad Apple Crisp	18
21	22 Corn Chowder 1/2 Ham Sandwich V-8 Juice Apple Slices Dessert	23 Sweet & Sour Pork Steamed Rice Oriental Vegetables Asian Style Slaw Tropical Fruit Egg Roll Dessert	24 Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy Trio Vegetables Mixed Greens Salad Mandarin Oranges WW Roll	25
28	29 Clam Chowder BLT Sandwich V-8 Juice Grapes Dessert	30 Fish & Chips Coleslaw Berries over Ice Cream	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00 OCTN MISSION NO ACTION!	

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ENTIAT

PLEASE CALL 509-888-4440 TO RESERVE MEALS
509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Chicken Quesadillas Garden Salad Grapes Dessert	4
7 CLOSED FOR LABOR DAY HOLIDAY	8	9	10 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	11
14 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Berries on Angel Food Cake	15	16	17 Salmon with Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Lemon Bar	18
21 Sweet & Sour Meatballs Wild Rice Oriental Veggies Pineapple Fortune Cookies	22	23	24 Sloppy Joes Cuke & Watermelon Salad Waldorf Salad Dessert	25
28 Chili Green Salad Pears Cornbread	29	30	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	

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GRAND COULEE

PLEASE CALL 509-633-2321 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY 8-10am	TUESDAY-5pm	WEDNESDAY-5pm	THURSDAY-5pm	FRIDAY 8-10am
	1 Fish Sandwich Deluxe Three Bean Salad Fruit Tray Dessert	2 Hawaiian Chicken Steamed Rice Normandy Veggies Mandarin Oranges Dessert	3 Chicken Fried Steak Mashed Potatoes/Gravy Tossed Salad Peaches WW Roll	4 Scrambler with Eggs, Ham & Cheese Hash Brown Potatoes Fresh Fruit Tray Biscuit
7 CLOSED FOR LABOR DAY HOLIDAY	8 Hot Turkey Sandwich Mashed Potatoes Green Beans WW Bread or Roll Baked Apples	9 Chef's Salad Fresh Fruit WW Roll Cereal Bar	10 Chili Green Salad Pears Cornbread	11 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes Fresh Fruit
14 Breakfast Sandwich Hash Browns Fruit	15 Mac & Cheese with Bacon Peas & Carrots Tropical Fruit Dessert	16 Fish & Chips Coleslaw Mixed Berries Ice Cream	17 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad Fruited Jell-O	18 Bacon & Eggs Country Potatoes Fruit Toast
21 Scrambled Mess w/Gravy Fruit Biscuit	22 BBQ Chicken Macaroni Salad Cuke & Tomato Salad Pineapple Ice Cream	23 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad	24 Hamburger Steak with Grilled Onion Mashed Potatoes Buttered Corn Mixed Greens Salad Mandarin Oranges WW Roll	25 Scrambled Eggs Sausage Links Hash Browns Juice Pancake
28 Scrambled Eggs German Sausage Hash Browns Fruit Toast	29 Sweet & Sour Meatballs Wild Rice Oriental Veggies Pineapple Dessert	30 Chicken Cordon Bleu Rice Pilaf Key West Veggies Mixed Melons Dessert	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00	

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ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Sweet & Sour Meatballs Wild Rice Oriental Veggies Pineapple Fortune Cookies	3 Fish Sandwich with Lettuce and Tomato Three Bean Salad Fruit Tray Ice Cream	4
7 CLOSED FOR LABOR DAY HOLIDAY	8	9 Chili Green Salad Pears Cornbread	10 Supreme Style Pizza Tossed Salad Apple Wedges	11
14 Ruben Sandwich Cuke & Tomato Salad Peaches Dessert	15	16 Mac & Cheese with Bacon Peas & Carrots Tropical Fruit Dessert	17 Chef's Salad Fresh Fruit WW Roll Cereal Bar	18
21 Chicken Fried Steak Mashed Potatoes Tossed Salad Peaches WW Roll	22	23 Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert	24 Salmon with Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Dessert	25
28 Fall Vegetable Medley Soup Sliced Tomatoes Assorted Melons Mozzarella Breadstick Dessert	29	30 Hamburger Steak with Grilled Onions Mashed Potatoes Buttered Corn Mixed Greens Salad Mandarin Oranges WW Roll	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	

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OKANOGAN

OMAK

OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN

OKANOGAN 9am

OMAK

	1 Chicken Fried Steak Mashed Potatoes / Gravy Tossed Salad Peaches WW Roll	2 Hawaiian Chicken Steamed Rice Venetian Veggies Mandarin Oranges Dessert	3 Biscuits & Gravy Scrambled Eggs Country Potatoes Pears	4 Fish Sandwich Deluxe Three Bean Salad Fruit Tray Dessert
7 CLOSED FOR LABOR DAY HOLIDAY	8 Sweet & Sour Meatballs Wild Rice Oriental Veggies Pineapple Fortune Cookies	9 Chef's Salad Fresh Fruit WW Roll Cereal Bar	10 Scrambled Eggs Sausage Links Hash Browns Apple Wedges	11 Tortellini Soup Cucumber Salad Orange Quarters Focaccia Bread Dessert
14 Roast Beef Mashed Potatoes / Gravy Buttered Corn Spring Salad Apple Crisp	15 Sweet & Sour Pork Rice Oriental Vegetables Asian Style Slaw Tropical Fruit Egg Roll	16 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad	17 Cheesy Eggs Scramble Bacon Potatoes O'Brien Orange Wedges	18 Fish & Chips Coleslaw Mixed Berries Ice Cream
21 Crunchy Chicken Salad On Mixed Greens Flat Bread Mixed Melons Dessert	22 Chili Green Salad Pears Cornbread	23 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans WW Roll Baked Apples	24 Country Fried Steak Eggs Saratoga Country Potatoes Grapes	25 Mac & Cheese with Bacon Peas & Carrots Tropical Fruit Dessert
28 Chicken Cordon Bleu Wild Rice Key West Veggies Mixed Melons Dessert	29 Salmon with Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Lemon Bar	30 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	

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OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
	1 Crunchy Chicken Salad Mixed Greens Flat Bread Melons Dessert	2	3 Sweet & Sour Meatballs Wild Rice Oriental Vegetables Pineapple Dessert	4 Fish Sandwich Deluxe Three Bean Salad Fruit Tray Ice Cream
7 CLOSED FOR LABOR DAY HOLIDAY	8 Chili Green Salad Pears Cornbread	9	10 Hawaiian Chicken Steamed Rice Venetian Veggies Mandarin Oranges Dessert	11 Salmon with Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit
14 Mac & Cheese with Bacon Peas & Carrots Tropical Fruit Dessert	15 Fiesta Salad Watermelon Tortilla chips	16	17 Corn Chowder 1/2 Ham Sandwich V-8 Juice Apple Slices Dessert	18 Roast Beef Mashed Potatoes / Gravy Buttered Corn Spring Salad Apple Crisp
21 Tuna Casserole Peas & Carrots Tossed Salad Fruit Dessert	22 Sloppy Joe's Cuke / Watermelon Salad Waldorf Salad Dessert	23	24 Tortellini Soup Cucumber Salad Orange Quarters Focaccia Bread Dessert	25 Baked Fish Fillet Pesto Pasta Green Beans Spinach Salad Dessert
28 Fish & Chips Coleslaw Mixed Berries Ice Cream	29 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad	30	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	

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Established 1975



TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY—CLOSED	WEDNESDAY	THURSDAY	FRIDAY—CLOSED
	1	2 Salmon with Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Lemon Bars	3 Fiesta Salad Watermelon Tortilla Chips Dessert	4
7 CLOSED FOR LABOR DAY HOLIDAY	8	9 Chicken Cordon Bleu Wild Rice Key West Veggies Mixed Melons Dessert	10 Spaghetti with Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	11
14 Crunchy Chicken Salad Mixed Greens Flat Bread Mixed Melons Dessert	15	16 Chili Green Salad Pears Cornbread	17 Hot Turkey Sandwich Mashed Potatoes Green Beans Baked Apples	18
21 Sweet & Sour Meatballs Wild Rice Oriental Veggies Pineapple Dessert	22	23 Chicken Quesadilla's Garden Salad Grapes Cookie	24 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar	25
28 Hawaiian Chicken Steamed Rice Venetian Veggies Mandarin Oranges Dessert	29	30 Fish Sandwich Deluxe Three Bean Salad Fruit Tray Dessert	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	

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TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Chicken Cordon Bleu Wild Rice Key West Veggies Mixed Melons Dessert	4 Salmon with Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Lemon Bar
7 CLOSED FOR LABOR DAY HOLIDAY	8	9	10 Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert	11 Chicken Fried Steak Mashed Potatoes / Gravy Tossed Salad Peaches WW Roll
14 Roast Beef Mashed Potatoes / Gravy Buttered Corn Spring Salad Apple Crisp	15	16	17 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	18 Baked Fish Fillet Pesto Pasta Green Beans Spinach Salad Dessert
21 Mac & Cheese w/Bacon Peas & Carrots Tropical Fruit Dessert	22	23	24 Hamburger Steak with Grilled Onions Mashed Potatoes Buttered Corn Mixed Greens Salad Mandarin Oranges WW Roll	25 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar
28 Sloppy Joe's Cuke / Watermelon Salad Waldorf Salad Dessert	29	30	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	

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