



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Pot Roast Roasted Potatoes & Carrots Garden Salad Watermelon WW Roll Oatmeal Cookie	5 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	6	7 Stuffed Shells with Marinara Venetian Veggies Tossed Salad Garlic Bread Dessert
10	11 Swedish Meatballs Egg Noodles Normandy Veggies Tossed Salad Applesauce Dessert	12 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears Dessert	13	14 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert
17	18 Tortellini Caprese Salad Steamed Veggies Mixed Berries Dessert	19 Chicken Cordon Bleu Wild Rice Green Beans Peaches Dessert	20	21 Sweet & Sour Pork Steamed Rice Oriental Veggies Cucumber Salad Egg Roll Dessert
24	25 Grilled Chicken Burger with Lettuce & Tomato Garlic Fries Mixed Melons Oatmeal Cookie	26 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	27	28 Taco Salad Mixed Fruit Tortilla Chips Dessert
31		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00		

Visit our website at www.octn.org . Follow us on Facebook!

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

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





OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
3 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	4 Stuffed Pepper Casserole Garden Salad Peaches Dessert	5 Pulled Pork Sandwich Potato Salad Apple Slices Cookie	6 Biscuits & Gravy Scrambled Eggs Hash Browns Banana	7 Swedish Meatballs Egg Noodles Normandy Veggies Tossed Salad Applesauce Dessert
10 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp	11 BBQ Riblets Sweet Potato Waffle Fries Cornbread Strawberry Shortcake	12 Beef Stroganoff Carrots Garden Salad Fruited Jell-O	13 Hamburger Steak with Grilled Onions Eggs Saratoga Hash Browns Peaches	14 Teriyaki Chicken / Veggies Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert
17 White Bean Chicken Chili Tossed Salad Melon Slices Tortilla Chips	18 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Jell-O	19 Taco Salad Mixed Fruit Tortilla Chips Dessert	20 Cheesy Eggs Bacon Potatoes O'Brien Orange Wedges	21 Fish & Chips Coleslaw Apricots Dessert
24 Chicken Cordon Bleu Wild Rice Blend Green Beans Peaches	25 Cheeseburger Deluxe Coleslaw Peaches Dessert	26 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears Oatmeal Cookie	27 Denver Egg Bake Country Potatoes Tropical Fruit Muffin	28 Stuffed Shells w/Marinara Venetian Veggies Tossed Salad Garlic Bread Jell-O
31 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			

Visit our website at www.octn.org . Follow us on Facebook!

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

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





OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
3 Meatballs Mashed Potatoes / Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	4 BBQ Riblets Sweet Potato Waffle Fries Cornbread Strawberry Shortcake	5	6 Taco Salad Mixed Fruit Tortilla Chips Cookie	7 Fish & Chips Coleslaw Apricots Jell-O
10 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	11 Tortellini Caprese Salad Steamed Vegetables Mixed Berries Ice Cream	12	13 Salisbury Steak with Mushroom Gravy Mashed Potatoes / Gravy Asparagus Pears Oatmeal Cookie	14 Pulled Pork Sandwich Potato Salad Apple Slices Dessert
17 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp	18 Grilled Chicken Burger with Lettuce & Tomato Garlic Fries Mixed Melons Dessert	19	20 Sweet & Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Egg Roll Dessert	21 Shrimp Fettuccine Alfredo Carrots Garden Salad Fruited Jell-O
24 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail WW Roll Dessert	25 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	26	27 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce	28 Baked Fish Fillet Rice Pilaf Coleslaw Mixed Melons
31 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00		

Visit our website at www.octn.org . Follow us on Facebook!

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

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





TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY—CLOSED	WEDNESDAY	THURSDAY	FRIDAY—CLOSED
3 Fish & Chips Coleslaw Apricots Jell-O	4	5 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	6 White Bean Chicken Chili Tossed Salad Tortilla Chips Melon Slices	7
10 Meatballs Mashed Potatoes / Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	11	12 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	13 Tortellini Caprese Salad Steamed Vegetables Mixed Berries Sugar Free Ice Cream	14
17 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce	18	19 Taco Salad Tortilla Chips Mixed Fruit	20 Grilled Chicken Burger Deluxe—Lettuce & Tomato Garlic Fries Mixed Melons Oatmeal Cookie	21
24 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Jell-O	25	26 Pulled Pork Sandwich Potato Salad Apple Slices Dessert	27 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail Dessert	28
31 Tuna Noodle Casserole Peas & Carrots Cuke & Tomato Salad Orange Quarters Cookie		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00		

Visit our website at www.octn.org . Follow us on Facebook!

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

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





TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Cordon Bleu Wild Rice Green Beans Peaches Dessert	4	5	6 BBQ Riblets Sweet Potato Waffle Fries Cornbread Strawberry Shortcake	7 Baked Fish Fillet Rice Pilaf Coleslaw Mixed Melons
10 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	11	12	13 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail Dessert	14 Salisbury Steak with Mushroom Gravy Mashed Potatoes Normandy Veggies Pears Oatmeal Cookie
17 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	18	19	20 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	21 Fish & Chips Coleslaw Apricots Jell-O
24 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce	25	26	27 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Mixed Berries on Angel Food Cake	28 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp
31 Cheeseburger Deluxe Coleslaw Peaches Ice Cream	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			

Visit our website at www.octn.org . Follow us on Facebook!

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

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



Established 1975