

BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Ham Au Gratin Potatoes Tossed Salad Pineapple WW Roll	4 Deluxe Turkey Sandwich Vegetable Soup Tossed Salad Mixed Berries Dessert	5	6 Oven Fried Chicken Mashed Potatoes Green Beans Grapes WW Roll
9	10 Bacon & Egg Salad Sandwich on a Croissant Tomato Basil Soup Spinach Salad Apple Wedges	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12	13 Roast Turkey Mashed Potatoes Glazed Carrots Fruit Ambrosia Stuffing & Gravy
16	17	18	19	20
23	24	25	26 CLOSED FOR THANKSGIVING	27 CLOSED FOR FAMILY DAY
30				

CLOSED FOR REPAIRS AND REMODELING

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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





CASHMERE / LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf Mashed Potatoes & Gravy Trio Vegetables Spiced Salad Chilled Pears WW Roll Dessert	3	4 Parmesan Chicken Pasta Marinara California Veggies Green Salad Fruit Cocktail Dessert	5	6
9 Hamburger Steak Mashed Potatoes Buttered Corn Garden Salad Apple Crisp	10	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12	13
16 Shepherd's Pie Caesar Salad Cinnamon Pears WW Roll Dessert	17	18 Pepper Steak on Rice Tossed Veggie Salad Mandarin Oranges Egg Roll Dessert	19	20
23 Beef & Broccoli Stir Fry Steamed Rice Asian Coleslaw Tropical Fruit Egg Roll Dessert	24	25 Roast Turkey Green Beans Carrots Cranberry Salad Stuffing & Gravy Pumpkin Pie	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 Country Fried Steak Mashed Potatoes Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert				

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CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf Mashed Potatoes & Gravy Trio Vegetables Spiced Salad Chilled Pears WW Roll Dessert	3 Breakfast Sandwich with Bacon, Egg & Cheese Country Potatoes Fruit or V-8 Juice Fresh Fruit Tray	4 Parmesan Chicken Pasta Marinara California Veggies Green Salad Fruit Cocktail Dessert	5 Veggie Lasagna Caesar Salad Apricots Dessert	6
9 Hamburger Steak Mashed Potatoes Buttered Corn Garden Salad Apple Crisp	10 French Dip Sandwich Jo Jo's Tossed Salad Banana Dessert	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Beef Tacos Fresh Salsa Mandarin Oranges Dessert	13
16 Shepherd's Pie Caesar Salad Cinnamon Pears WW Roll Dessert	17 Baked Fish Fillet Wild Rice Caribbean Veggies Spinach Salad Yogurt/Berry Parfait	18 Pepper Steak on Rice Tossed Veggie Salad Mandarin Oranges Egg Roll Dessert	19 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	20
23 Beef & Broccoli Stir Fry Steamed Rice Asian Coleslaw Tropical Fruit Egg Roll Dessert	24 Chili Stuffed Baked Potato Mixed Greens Salad Chilled Pears Tortilla Chips Dessert	25 Roast Turkey Green Beans Carrots Cranberry Salad Stuffing & Gravy Pumpkin Pie	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 Country Fried Steak Mashed Potatoes Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert				

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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
2	3 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Pears	4 Stuffed Pepper Soup Cottage Cheese Tossed Salad Pears Cornbread Dessert	5 BBQ Chicken Mac & Cheese Green Beans Tossed Salad Fresh Fruit Dessert	6 Beef Tacos Spanish Rice Waldorf Salad Dessert
9	10 Breakfast Sandwich Bacon Egg & Cheese Juice Fruit Pastry	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Beef & Broccoli Stir Fry Steamed Rice Asian Coleslaw Tropical Fruit Egg Roll Dessert	13 French Dip Sandwich Jo Jo's Tossed Salad Banana Dessert
16	17 Cheese Stuffed Shells with Marinara Sauce Venetian Veggies Spinach Salad Waldorf Salad Dessert	18 Shepherd's Pie Caesar Salad Cinnamon Pears WW Roll Dessert	19 Ham Sandwich Deluxe Potato Soup Pea Salad Fresh Fruit Tray Dessert	20 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans Berry Crisp
23	24 Deluxe Turkey Sandwich Vegetable Soup Mixed Berries Ice Cream	25 Biscuits & Gravy Oven Browned Potatoes V-8 or Fruit Juice Orange Quarters Dessert	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30				

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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
2	3 Pot Roast Roast Potatoes & Carrots Mixed Greens Salad Apple Slices WW Roll Dessert	4 BBQ Chicken Mac & Cheese Green Beans Tossed Salad Fresh Fruit Dessert	5 Swiss Steak Garlic & Red Pepper Penne' California Vegetables Caesar Salad Fresh Fruit Dessert	6
9	10 Stuffed Pepper Soup Cottage Cheese Tossed Salad Peaches Corn Bread	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Meatloaf Mashed Potatoes Trio Vegetables Chilled Pears WW Roll Dessert	13
16	17 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	18 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	19 Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Cranberry Salad Pumpkin Pie	20
23	24 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Quarters Dessert	25 Country Fried Steak Mashed Potatoes & Gravy Buttered Corn Garden Salad Chilled Peaches Dessert	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30				

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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
2 Meatloaf Mashed Potatoes & Gravy Trio Vegetables Spiced Salad Chilled Pears WW Roll Dessert	3	4	5 Veggie Lasagna Caesar Salad Apricots Dessert	6
9 Hamburger Steak Mashed Potatoes Buttered Corn Garden Salad Apple Crisp	10	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Beef Tacos Fresh Salsa Mandarin Oranges Dessert	13
16 Shepherd's Pie Caesar Salad Cinnamon Pears WW Roll Dessert	17	18	19 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	20
23 Beef & Broccoli Stir Fry Steamed Rice Asian Coleslaw Tropical Fruit Egg Roll Dessert	24	25	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 Country Fried Steak Mashed Potatoes Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert				

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GRAND COULEE

PLEASE CALL 509-633-2321 BY NOON TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY 8-10am	TUESDAY 5pm	WEDNESDAY 5pm	THURSDAY 5pm	FRIDAY 8-10am
2 Denver Omelet Hash Browns Juice Fruit Toast	3 Chili Stuffed Baked Potato Mixed Greens Salad Chilled Pears Tortilla Chips Dessert	4 BBQ Chicken Mac & Cheese Green Beans Tossed Salad Fresh Fruit Dessert	5 Meatloaf Mashed Potatoes / Gravy Trio Veggies Spiced Salad Chilled Pears WW Roll Dessert	6 Bacon, Egg & Cheese Breakfast Sandwich Country Potatoes Juice Fruit English Muffin
9 Scrambled Eggs with Ham & Cheese Hash Browns Juice Banana Muffin	10 Veggie Lasagna Caesar Salad Apricots Dessert	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Oatmeal Cookie	13 Biscuits & Gravy Scrambled Eggs Hash Browns Juice Fruit
16 Scrambled Eggs Sausage Links Hash Browns Juice Fruit Waffle	17 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	18 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	19 COMMUNITY HOLDIAY DINNER SPONSORED BY STCU	20 Breakfast Burrito with Ham & Cheese Juice Fruit Muffin
23 Bacon & Eggs Country Potatoes Juice Fruit Toast	24 Pot Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Waldorf Salad Dessert	25 Swiss Steak with Tomato Sauce Garlic Penne' Pasta California Veggies Caesar Salad Fruit Dessert	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 French Toast Hash Browns Bacon Juice Fruit				

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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
2 Swiss Steak & Tomato Sauce Garlic & Red Pepper Penne' Caesar Salad Fresh Fruit Dessert	3	4 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	5 Breakfast Sandwich: Egg, Bacon & Cheese Country Potatoes Fruit or V-8 Juice Fruit Tray English Muffin	6
9 Stuffed Pepper Soup Cottage Cheese Tossed Salad Pears Corn Bread Dessert	10	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Oatmeal Cookies	13
16 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	17	18 Tuna & Rice Bake California Vegetables Greek Salad Peaches Garlic Bread Dessert	19 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Peaches WW Roll	20
23 French Dip Sandwich Jo Jo's Tossed Salad Banana Dessert	24	25 Roast Turkey Mashed Potatoes Green Beans Cranberry Salad Stuffing Pumpkin Pie	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 Beef Tacos Southwest Salad Waldorf Salad Dessert				

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OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
2 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	3 Pepper Steak Steamed Rice Tossed Salad Mandarin Oranges Egg Roll Dessert	4 Veggie Lasagna Caesar Salad Apricots Garlic bread Dessert	5 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Juice Orange Quarters	6 Fish Sandwich Potato Wedges Coleslaw Chilled Pears Dessert
9 Oven Fried Chicken Mashed Potatoes Green Beans Grapes WW Roll Dessert	10 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Breakfast Burrito Hash Browns Fresh Fruit Danish	13 Chicken & Wild Rice Soup Tossed Salad Cucumber Slices Tropical Fruit WW Roll Dessert
16 Parmesan Chicken Pasta Marinara Green Salad Fruit Cocktail Dessert	17 Bacon & Egg Salad Sandwich Tomato Basil Soup Spinach Salad Apple Wedges	18 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	19 Cheesy Eggs Bacon Potatoes O'Brien Juice & Fruit Biscuit	20 Cheese Stuffed Shells Venetian Veggies Spinach Salad Waldorf Salad Dessert
23 Shepherd's Pie Caesar Salad Cinnamon Pears WW Roll Dessert	24 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Quarters Dessert	25 Roast Turkey Mashed Potatoes Green Bean Casserole Cranberry Salad Stuffing Pumpkin Pie	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 Meatloaf Mashed Potatoes / Gravy Trio Vegetables Chilled Pears WW Roll Dessert				

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OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
2 BBQ Riblets Mac & Cheese Italian Veggies Caesar Salad Fruit Cocktail Dessert	3 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Dessert	4	5 Broccoli Chicken Bake Garden Salad Apple Wedges Dessert	6 Sloppy Joe Sandwich Jo Jo's Coleslaw Grapes Dessert
9 Shrimp Fettuccine Buttered Peas Tossed Salad Tropical Fruit Dessert	10 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Dessert	13 Meatloaf Mashed Potatoes Trio Veggies Spiced Salad Chilled Pears Dessert
16 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Quarters Dessert	17 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple Dessert	18	19 Fish & Chips Coleslaw Grapes Rice Krispies Treats	20 Pepper Steak Steamed Rice Tossed Salad Mandarin Oranges Egg Roll Dessert
23 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Oatmeal Cookie	24 Tuna & Rice Bake California Vegetables Greek Salad Peaches Dessert	25	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 Beef & Broccoli Stir Fry Steamed Rice Asian Coleslaw Tropical Fruit Egg Roll Dessert				

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TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY—CLOSED
2 Chicken & Wild Rice Soup Tossed Salad Cucumber Slices Tropical Fruit Mozzarella Breadstick Dessert	3	4 Shepherd's Pie Caesar Salad Cinnamon Pears Dessert	5 Bacon Cheeseburger Deluxe Jo Jo's Coleslaw Apple Wedges	6
9 Veggie Lasagna Caesar Salad Peaches Dessert	10	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Turkey Sandwich Deluxe Vegetable Soup Tossed Salad Mixed Berries Dessert	13
16 Meatloaf Mashed Potatoes / Gravy Trio Veggies Chilled Pears WW Roll Dessert	17	18 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple	19 Chicken Parmesan Pasta Marinara California Vegetables Green Salad Fruit Cocktail Dessert	20
23 Baked Fish Fillet Wild Rice Caribbean Veggies Spinach Salad Berry Parfait	24	25 Roast Turkey Mashed Potatoes Green Bean Casserole Tossed Salad Cranberry Salad Stuffing Pumpkin Pie	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert				

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TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	3	4	5 Veggie Lasagna Caesar Salad Peaches Dessert	6 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad
9 Oven Fried Chicken Mashed Potatoes Green Beans Grapes WW Roll Dessert	10	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Ham Sandwich Deluxe Potato Soup Cucumber Salad Fresh Fruit Tray Dessert	13 Baked Fish Fillet Wild Rice Caribbean Veggies Spinach Salad Yogurt / Berry Parfait
16 Meatloaf Mashed Potatoes / Gravy Trio Veggies Chilled Pears WW Roll Dessert	17	18	19 Hamburger Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Apple Crisp	20 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Quarters Dessert
23 Roast Turkey Mashed Potatoes / Gravy Green Beans Broccoli Salad Cranberry Salad Pumpkin Pie	24	25	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 Pot Roast Potatoes & Carrots Mixed Greens Salad Waldorf Salad WW Roll				

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