



# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Hamburger Steak with Grilled Onions Mashed Potatoes Buttered Corn Garden Salad Berry Crisp	4 Tuna Noodle Casserole Buttered Peas Spring Salad Fruit Salad Dessert	5	9 BBQ Chicken Scalloped Potatoes Green Beans Tropical Fruit WW Roll Oatmeal Cookie
9	10 Chicken Florentine Garden Salad Fresh Fruit Dessert	11 Supreme Style Pizza Caesar Salad Fruit Salad Dessert	12	13 Cheese Ravioli/Meat Sauce Broccoli Normandy Caesar Salad Peaches Garlic Bread Dessert
16 	17 Sweet & Sour Pork Steamed Rice Asian Vegetables Cuke & Tomato Salad Mandarin Oranges Egg Roll Dessert	18 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert	19	20 Italian Rice & Beef Caesar Salad Apple Slices Dessert
23	24 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats	25 Chicken Salad on Croissant Vegetable Soup Grapes Dessert	26	27 Ham Steak Potatoes Au Gratin Buttered Peas Pineapple WW Roll Tapioca Pudding
<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>				

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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



Established 1975



# 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 Green Beans WW Roll Apple Crisp	3	4 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	5	9
9 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Dessert	10	11 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	12	13
16 	17	18 Tortellini Soup Spring Salad Pears Focaccia Bread Dessert	19	20
23 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert	24	25 Sweet & Sour Chicken Steamed Rice Asian Vegetables Cuke & Tomato Salad Mandarin Oranges Egg Roll Dessert	26	27
<div style="border: 2px solid black; padding: 10px; margin: 10px auto; width: fit-content;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>				

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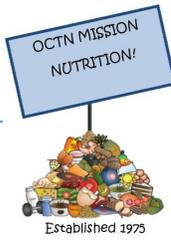
# CHELAN

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 Green Beans WW Roll Apple Crisp	3 Bacon & Egg Salad Sandwich on a Croissant Vegetable Soup Cucumber Slices Orange Quarters Dessert	4 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	5 Grilled Chicken Burger Potato Salad Three Bean Salad Apple Wedges Dessert	9
9 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Dessert	10 Pork Chops Mashed Potatoes / Gravy Peas Applesauce WW Roll Tapioca Pudding	11 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	12 Tomato Rice Soup Ham & Cheese Sandwich Three Bean Salad Orange Quarters Dessert	13
16 	17 Supreme Style Pizza Caesar Salad Fruit Salad Dessert	18 Tortellini Soup Spring Salad Pears Focaccia Bread Dessert	19 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Cranberry Salad Pumpkin Pie	20
23 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert	24 Lemon Baked Fish Rice Pilaf Broccoli Normandy Tossed Salad Tropical Fruit Dessert	25 Sweet & Sour Chicken Steamed Rice Asian Vegetables Cuke & Tomato Salad Mandarin Oranges Egg Roll Dessert	26 Ham Steak Scalloped Potatoes Spinach Salad Pineapple WW Roll Tapioca Pudding	27
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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 Ham Steak Scalloped Potatoes Trio Veggies Mandarin Oranges WW Roll Dessert	4 Italian Rice & Beef Caesar Salad Apple Slices Dessert	5 White Bean Chicken Chili Spinach Salad Peaches Cornbread Dessert	9 Chicken Parmesan Pasta Marinara Steamed Broccoli Tossed Salad Fruited Jell-O
9	10 Beef Stew Spinach Salad Banana Biscuits Dessert	11 Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Dessert	12 Supreme Style Pizza Tossed Salad Fruit Salad Dessert	13 Beef Taco Pie Baja Veggie Blend Spiced Applesauce Dessert
16 	17 Split Pea & Ham Soup Deluxe Turkey Sandwich Apple Wedges Peaches Dessert	18 Sweet & Sour Pork Steamed Rice Asian Vegetables Cuke & Tomato Salad Mandarin Oranges Egg Roll Dessert	19 Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy Buttered Corn Garden Salad Cherry Crisp	20 Grilled Chicken Burger Deluxe Jo Jo's Three Bean Salad Fruit Cocktail Dessert
23	24 Beef Stroganoff Green Beans Lettuce & Tomato Salad Apricots Dessert	25 Pork Chops Mashed Potatoes/Gravy Peas Applesauce WW Roll Tapioca Pudding	26 Pepper Steak Steamed Rice Garden Salad Egg Roll Cinnamon Pears Dessert	27 Chicken Fajitas Southwest Salad Tropical Fruit Dessert
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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 BBQ Chicken Scalloped Potatoes Green Beans Tropical Fruit WW Roll Oatmeal Cookie	4 Lemon Baked Fish Pesto Pasta Asparagus Cucumber Salad Pears Dessert	5 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Dessert	9
9	10 Pork Chops Mashed Potatoes /Gravy Peas Applesauce WW Roll Tapioca Pudding	11 Split Pea & Ham Soup Deluxe Turkey Sandwich Apple Wedges Peaches Dessert	12 Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy Buttered Corn Garden Salad Cherry Crisp	13
16 	17 Meatloaf Mashed Potatoes / Gravy Green Beans Waldorf Salad WW Roll Oatmeal Cookies	18 Baked Chicken Rice Pilaf Broccoli Normandy Greek Salad Fruit Salad WW Roll Dessert	19 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert	20
23	24 Roast Beef Baked Potato Buttered Corn Spinach Salad WW Roll Fruit Ambrosia	25 Orange Chicken Steamed Rice Oriental Vegetables Asian Coleslaw Egg Roll Fruit Cocktail Dessert	26 Beef Stroganoff Green Beans Lettuce & Tomato Salad Apricots Dessert	27
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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 Green Beans WW Roll Apple Crisp	3	4	5 Grilled Chicken Burger Potato Salad Three Bean Salad Apple Wedges Dessert	9
9 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Dessert	10	11	12 Tomato Rice Soup Ham & Cheese Sandwich Three Bean Salad Orange Quarters Dessert	13
16  PRESIDENT'S DAY	17	18	19 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Cranberry Salad Pumpkin Pie	20
23 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert	24	25	26 Ham Steak Scalloped Potatoes Spinach Salad Pineapple WW Roll Tapioca Pudding	27
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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
2 Scrambled Eggs Bacon Hash Browns Juice Fruit Toast	3 Beef Stroganoff Green Beans Lettuce & Tomato Salad Mixed Fruit Dessert	4 Lasagna Soup Grilled Cheese Sandwich Peaches Cooks Choice Dessert	5 Country Fried Steak Mashed Potatoes / Gravy Corn & Carrots Applesauce WW Roll Dessert	9 Ham Scrambler w/Cheese Hash Browns Juice Fruit English Muffin
9 Scrambled Eggs Ham Slice French Toast Juice Fruit	10 Bacon Mac & Cheese Mixed Veggies Spring Salad Pears Dessert	11 White Lasagna Garden Salad Berries & Cream Breadstick Dessert	12 Potato Soup Tuna Salad Sandwich Green Salad Applesauce Dessert	13 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Juice Fresh Fruit
16 	17 Pork Roast Mashed Potatoes/Gravy Buttered Carrots Mixed Fruit Cup WW Roll Dessert	18 Tater Tot Casserole Cucumber Salad Apricots WW Roll Rice Krispies Treat	19 Ham Steak Scalloped Potatoes Corn & Carrots Oranges WW Roll Dessert	20 Cheese Omelet Sausage Links Hash Browns Juice Fruit Toast
23 Scrambled Eggs Sausage Patty or Links Potato Cakes Juice Banana Toast	24 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	25 Sweet & Sour Pork Steamed Rice Asian Vegetables Cucumber Salad Mandarin Oranges Egg Roll Dessert	26 Chili with Cheese Salad BAR Fruit Bar Cornbread Dessert	27 Country Scramble Meat, Eggs, Cheese and Potato Juice Fruit Toast
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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 Roast Beef Baked Potato Buttered Corn Spinach Salad WW Roll Fruit Ambrosia	3	4 Chicken Fajitas Southwest Salad Pineapple Dessert	5 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Cranberry Salad Dessert	9
9 Ham Steak Scalloped Potatoes Spinach Salad Fruit Juice WW Roll Dessert	10	11 Beef Stew Tossed Salad Banana Biscuit Dessert	12 Cabbage Roll Casserole Green Salad Strawberries & Bananas WW Roll Dessert	13
16 	17	18 Split Pea & Ham Soup Turkey Sandwich Deluxe Peaches Dessert	19 Beef Stroganoff Green Beans Lettuce & Tomato Salad Fruited Jell-O	20
23 Chicken Salad Wrap Vegetable Soup Grapes Dessert	24	25 Supreme Style Pizza Caesar Salad Fruit Salad Dessert	26 White Bean Chicken Chili Pea Salad Fruit Juice Cornbread Dessert	27
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# OKANOGAN / OMAK

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TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
2 BBQ Chicken Scalloped Potatoes Green Beans Tropical Fruit WW Roll Oatmeal Cookies	3 Cabbage Rolls Green Salad Strawberries & Bananas WW Roll Dessert	4 White Bean Chicken Chili Spinach Salad Peaches Cornbread Dessert	5 Denver Egg Bake Has Brown Potatoes Juice Apple Slices French Toast Dessert	9 Lemon Baked Fish Pesto Pasta Asparagus Orange Quarters Dessert
9 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Apple Crisp	10 Orange Chicken Steamed Rice Oriental Vegetables Asian Coleslaw Fruit Cocktail Egg Roll Dessert	11 Beef Stew Spinach Salad Banana Biscuit Dessert	12 Biscuits & Gravy Scrambled Eggs Country Potatoes Juice Fresh Fruit Danish Pastry	13 Pork Chops Mashed Potatoes / Gravy Peas Applesauce WW Roll Tapioca Pudding 
16 	17 Roast Beef Baked Potato Buttered Corn Spinach Salad WW Roll Fruit Ambrosia	18 Grilled Chicken Burger Sweet Potato Waffle Fries Three Bean Salad Orange Quarters Dessert	19 Cheesy Scrambled Eggs Bacon Potatoes O'Brien Juice Strawberry Yogurt Waffle	20 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats
23 Hot Turkey Sandwich Mashed Potatoes /Gravy Green Beans Cranberry Salad Pumpkin Pie	24 Pepper Steak Steamed Rice Garden Salad Cinnamon Pears Egg Roll Dessert	25 Tuna Noodle Casserole Buttered Peas Spring Salad Fruit Salad Dessert	26 Hamburger Steak with Grilled Onions Eggs Saratoga Country Potatoes Juice Peaches Raspberry Muffin	27 Tortellini Soup Spring Salad Pars Focaccia Bread Dessert
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# OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
2 Honey Dijon Chicken Wild Rice Beets Garden Salad Banana WW Roll Dessert	3 Hamburger Steak with Grilled Onions & Gravy Mashed Potatoes Buttered Corn Garden Salad Berry Crisp	4	5 BBQ Chicken Scalloped Potatoes Green Beans Tropical Fruit WW Roll Oatmeal Cookier	9 Lemon Baked Fish Pesto Pasta Asparagus Spiced Salad Orange Quarters Dessert
9 Bacon & Egg Salad Sandwich Vegetable Soup Cucumber Salad Apple Wedges Dessert	10 Sweet & Sour Pork Steamed Rice Asian Vegetables Spinach Salad Mandarin Oranges Egg Roll Dessert	11	12 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	13 Fish & Chips Cabbage & Apple Slaw Fruit Cocktail Rice Krispies Treats
16 	17 Tuna Noodle Casserole Buttered Peas Spring Salad Fruit Salad Dessert	18	19 Orange Chicken Steamed Rice Oriental Vegetables Asian Coleslaw Fruit Cocktail Dessert	20 Chicken Salad Sandwich on a Croissant Vegetable Soup Grapes Dessert
23 Baked Chicken Rice Pilaf Broccoli Normandy Greek Salad Fruit Salad WW Roll Dessert	24 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	25	26 Pork Chops Mashed Potatoes / Gravy Peas Applesauce WW Roll Tapioca Pudding	27 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Juice Fresh Fruit Muffin
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# TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY-CLOSED	WEDNESDAY	THURSDAY	FRIDAY—CLOSED
2 Supreme Style Pizza Caesar Salad Fruit Salad Dessert	3	4 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	5 Beef Taco Pie Baja Veggie Blend Spiced Applesauce Dessert	9
9 Cheese Ravioli with Meat Sauce Venetian Blend Vegetables Caesar Salad Apricots Garlic Bread Dessert	10	11 Split Pea & Ham Soup Turkey Sandwich Deluxe Apple Wedges Peaches Dessert	12 Pulled Pork Sandwich Sweet Potato Waffle Fries Three Bean Salad Mixed Fruit Dessert	13
16 	17	18 White Bean Chicken Chili Spinach Salad Peaches Cornbread Dessert	19 Fish & Chips Cabbage/Apple Slaw Fruit Cocktail Rice Krispies Treats	20
23 Donated food day	24	25 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Cranberry Salad Dessert	26 Tortellini Soup Spring Salad Pears Focaccia Bread Dessert	27
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# TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	3	4	5 Hamburger Steak with Grilled Onions Mashed Potatoes/Gravy Buttered Corn Garden Salad Berry Crisp	9 Fish & Chips Cabbage & Apple Slaw Fruit Cocktail Rice Krispies Treats
9 BBQ Chicken Scalloped Potatoes Green Beans Tropical Fruit WW Roll Oatmeal Cookie	10	11	12 Roast Beef Baked Potato Corn Spinach Salad WW Roll Fruit Ambrosia	13 Split Pea & Ham Soup Turkey Sandwich Deluxe Apple Wedges Peaches Dessert
16 	17	18	19 Sweet & Sour Pork Steamed Rice Asian Vegetables Cuke & Tomato Salad Mandarin Oranges Egg Roll Dessert	20 Lemon Baked Fish Pesto Pasta Asparagus Coleslaw Orange Quarters Dessert
23 Chicken Salad Sandwich served on a Croissant Vegetable Soup Grapes Dessert	24	25	26 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Apple Crisp	27 Baked Chicken Rice Pilaf Broccoli Normandy Greek Salad Fruit Salad Dessert
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# WILBUR

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509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Hamburger Steak with Grilled Onions Mashed Potatoes Buttered Corn Garden Salad Berry Crisp	4 Honey Dijon Chicken Wild Rice Beets Pea Salad Banana WW Roll Dessert	5 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats	9
9	10 Pork Chops Mashed Potatoes / Gravy Peas Applesauce WW Roll Tapioca Pudding	11 Orange Chicken Steamed Rice Oriental Vegetables Asian Coleslaw Fruit Cocktail Egg Roll Dessert	12 Pulled Pork Sandwich Sweet Potato Waffle Fries Three Bean Salad Mixed Fruit Dessert	13
16 				20
23				27
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