




# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			1	2 Salmon w/Dill Sauce Rice Pilaf Venetian Veggie Blend Spinach Salad Fruit Salad Dessert
5	6 Brats & Sauerkraut Roasted Potato Wedges Pea Salad Waldorf Salad Dessert	7 BBQ Chicken Potato Salad Spring Salad WW Roll Strawberry Shortcake	8	9 Sloppy Joe Sandwich on Garlic Bread Jo Jo's Coleslaw Peaches Dessert
12	13 Hamburger Steak with Grilled Onions Mashed Potatoes & Gravy Green Beans Caesar Salad WW Roll Dessert	14 Supreme Style Pizza Garden Salad Waldorf Salad Dessert	15	16 Bacon & Egg Salad Sandwich on Croissant Spinach Salad Orange Quarters Dessert
19	20 Taco Salad Spanish Rice Fresh Salsa Tropical Fruit Tortilla Chips Dessert	21 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Grapes WW Roll Dessert	22	23 Meatloaf Mashed Potatoes & Gravy Buttered Corn Garden Salad WW Roll Fruited Jell-O
26 	27 Deluxe Chicken Burger with Bacon & Swiss Cheese Jo Jo's Coleslaw Watermelon Dessert	28 Scrambled Eggs Sausage Patty Potatoes Obrien V-8 or Fruit Juice Grapes English Muffin	29	30 Stuffed Shells w/Pesto Key West Veggies Spinach Salad Orange Quarters Dessert

Visit our website at [www.octn.org](http://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

<div> Suggested donation for seniors over age 60 is \$5.00  FEE for persons under age 60 is \$12.00 </div>			1 <i>No Home Delivery</i>  Denver Casserole Hash Browns Juice Grapes Blueberry Muffin	2 Salmon with Dill Sauce Rice Pilaf Venetian Veggies Spinach Salad Fruit Salad Dessert
5 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	6 Chicken Taco Soup Mexican Coleslaw Watermelon Tortilla Chips Dessert	7 Brats & Sauerkraut Roasted Potato Wedges Pea Salad Waldorf Salad Dessert	8 <i>No Home Delivery</i>  Biscuits & Gravy Scrambled Eggs Hash Browns Juice Orange Wedges Strawberry Tart	9 Chicken Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Roll Dessert
12 Meat Loaf Mashed Potatoes Broccoli Normandy Garden Salad WW Roll Fruited Jell-O	13 Pepper Steak on Rice Spinach Salad Cinnamon Pears Garlic Bread Dessert	14 BBQ Chicken Potato Salad Spring Salad WW Roll Strawberry Shortcake	15 <i>No Home Delivery</i>  Cheesy Scrambled Eggs Bacon Potatoes O'Brien Juice Banana Strawberry Scone	16 Country Fried Steak Mashed Potatoes/Gravy Green Beans WW Roll Apple Crisp
19 Taco Salad Spanish Rice Fresh Salsa Tropical Fruit Dessert	20 Swiss Steak with Tomato Shell Pasta Green Beans Tossed Salad Banana French Bread Dessert	21 Orange Glazed Chicken Rice Asian Vegetables Coleslaw Chilled Pineapple Egg Roll Dessert	22 <i>No Home Delivery</i>  Scrambled Eggs Sausage Link Hash Browns Juice Apple Wedges Banana Muffin	23 Tuna Salad Croissant Veggie Tray Grapes Dessert
26 CLOSED  	27 Chicken Burger Deluxe with Bacon & Swiss Cheese Jo Jo's Pea Salad Watermelon Dessert	28 Pork Roast Scalloped Potatoes Tomato Lettuce Salad Applesauce WW Roll Oatmeal Cookie	29 <i>No Home Delivery</i>  Eggs Saratoga Chicken Fried Steak Hash Browns Juice Orange Wedges Biscuit	30 Veggie Lasagna Caesar Salad Apricots Garlic Bread Dessert

Visit our website at [www.octn.org](http://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
<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			<p>1</p> <p>BBQ Chicken Potato Salad Spring Salad WW Roll Strawberry Shortcake</p>	<p>2</p> <p>Salmon with Dill Sauce Rice Pilaf Venetian Veggie Blend Spinach Salad Fruit Salad Dessert</p>
<p>5</p> <p>Brats &amp; Sauerkraut Roasted Potato Wedges Pea Salad Waldorf Salad Dessert</p>	<p>6</p> <p>Orange Glazed Chicken Steamed Rice Asian Vegetables Spinach Salad Mandarin Oranges Egg Roll Dessert</p>	<p>7</p>	<p>8</p> <p>Swedish Meatballs Egg Noodles Steamed Carrots Tossed Salad Cherries &amp; Pineapple Dessert</p>	<p>9</p> <p>Lemon Pepper Fish Wild Rice Chalet Veggie Blend Spiced Salad Chilled Peaches WW Roll Dessert</p>
<p>12</p> <p>Pork Roast Scalloped Potatoes Lettuce Tomato Salad Applesauce WW Roll Oatmeal Cookie</p>	<p>13</p> <p>Country Fried Chicken Mashed Potatoes Green Beans WW Roll Apple Crisp</p>	<p>14</p>	<p>15</p> <p>Sloppy Joe Sandwich Jo Jo's Three Bean Salad Peaches Dessert</p>	<p>16</p> <p>Tuna Salad Croissant Veggie Tray Grapes Dessert</p>
<p>19</p> <p>Bacon &amp; Egg Salad Sandwich on Croissant Pickled Beets Spinach Salad Orange Quarters Dessert</p>	<p>20</p> <p>Kielbasa with Peppers &amp; Onions Roasted Potatoes Cucumber Salad Apple Slices Cornbread Cereal Bar</p>	<p>21</p>	<p>22</p> <p>Lemony Tortellini and Bacon Salad Pineapple Focaccia Bread Dessert</p>	<p>23</p> <p>Chicken Burger Deluxe with Bacon &amp; Swiss Jo Jo's Pea Salad Watermelon Dessert</p>
<p>26</p> <p>CLOSED</p> 	<p>27</p> <p>Biscuits &amp; Gravy Scrambled Eggs Potatoes O'Brien V-8 Juice Chilled Pears Pastry</p>	<p>28</p>	<p>29</p> <p>Chili with Cheese Cucumber Slices Green Salad Cornbread Strawberry Shortcake</p>	<p>30</p> <p>Crispy Fish Fillet Rice Pilaf Steamed Carrots Coleslaw Apple Wedges WW Roll Dessert</p>

Visit our website at [www.octn.org](http://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

WEDNESDAY

THURSDAY

FRIDAY—CLOSED

<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			<p>1</p> <p>Tuna Salad on Croissant</p> <p>Veggie Tray</p> <p>Grapes</p> <p>Dessert</p>	<p>2</p>
<p>5</p> <p>Taco Salad</p> <p>Spanish Rice</p> <p>Fresh Salsa</p> <p>Tropical Fruit</p> <p>Tortilla Chips</p> <p>Dessert</p>	<p>6</p> <p>Chicken Burger Deluxe with Bacon &amp; Swiss Cheese</p> <p>Jo Jo's</p> <p>Coleslaw</p> <p>Watermelon</p> <p>Dessert</p>	<p>7</p> <p>Swedish Meatballs</p> <p>Egg Noodles</p> <p>Steamed Carrots</p> <p>Spiced Salad</p> <p>Cherries &amp; Pineapple</p> <p>Dessert</p>	<p>8</p> <p>Spaghetti &amp; Meat Sauce</p> <p>Caesar Salad</p> <p>Sliced Peaches</p> <p>Garlic Bread</p> <p>Dessert</p>	<p>9</p>
<p>12</p> <p>Bratwurst &amp; Sauerkraut</p> <p>Roasted Potato Wedges</p> <p>Pea Salad</p> <p>Waldorf Salad</p> <p>Dessert</p>	<p>13</p> <p>Bacon, Broccoli &amp; Swiss Cheese Quiche</p> <p>Garden Salad</p> <p>Fresh Fruit Tray</p> <p>Blueberry Muffin</p>	<p>14</p> <p>Sloppy Joe Sandwich</p> <p>Jo Jo's</p> <p>Coleslaw</p> <p>Peaches</p> <p>Dessert</p>	<p>15</p> <p>Salmon with Dill Sauce</p> <p>Rice Pilaf</p> <p>Venetian Veggie Blend</p> <p>Spinach Salad</p> <p>Fruit Salad</p> <p>Dessert</p>	<p>16</p>
<p>19</p> <p>Supreme Style Pizza</p> <p>Garden Salad</p> <p>Waldorf Salad</p> <p>Dessert</p>	<p>20</p> <p>Hawaiian Chicken</p> <p>Wild Rice Blend</p> <p>Asian Vegetables</p> <p>Coleslaw</p> <p>Tropical Fruit</p> <p>WW Roll</p> <p>Dessert</p>	<p>21</p> <p>Biscuits &amp; Gravy</p> <p>Scrambled Eggs</p> <p>Potatoes O'Brien</p> <p>V-8 Juice</p> <p>Chilled Pears</p> <p>Dessert</p>	<p>22</p> <p>Chicken Taco Soup</p> <p>Mexican Coleslaw</p> <p>Watermelon</p> <p>Tortilla Chips</p> <p>Dessert</p>	<p>23</p>
<p>26</p> <p>CLOSED</p> 	<p>27</p> <p>Kielbasa with Peppers and Onions</p> <p>Roasted Potatoes</p> <p>Cucumber Salad</p> <p>Apple Slices</p> <p>Cornbread</p> <p>Cereal Bars</p>	<p>28</p> <p>Veggie Lasagna</p> <p>Caesar Salad</p> <p>Apricots</p> <p>Garlic Bread</p> <p>Dessert</p>	<p>29</p> <p>BBQ Chicken</p> <p>Potato Salad</p> <p>Spring Salad</p> <p>WW Roll</p> <p>Strawberry Shortcake</p>	<p>30</p>

Visit our website at [www.octn.org](http://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
<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			<p>1</p> <p>Hawaiian Chicken Wild Rice Blend Asian Vegetables Coleslaw Tropical Fruit WW roll Dessert</p>	<p>2</p> <p>Cabbage Patch Stew Macaroni Salad Cucumber Salad Apple Wedges Biscuit Dessert</p>
<p>5</p> <p>Sloppy Joe Sandwich Jo Jo's Coleslaw Peaches Dessert</p>	<p>6</p>	<p>7</p>	<p>8</p> <p>BBQ Chicken Potato Salad Spring Salad WW Roll Strawberry Shortcake</p>	<p>9</p> <p>Salmon with Dill Sauce Rice Pilaf Venetian Veggies Spinach Salad Fruit Salad Dessert</p>
<p>12</p> <p>Pork Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>13</p>	<p>14</p>	<p>15</p> <p>Spaghetti &amp; Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert</p>	<p>16</p> <p>Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy Green Beans Green Salad WW Roll Fruited Jell-O</p>
<p>19</p> <p>Orange Glazed Chicken Rice Asian Vegetables Coleslaw Chilled Pineapple Egg Roll Dessert</p>	<p>20</p>	<p>21</p>	<p>22</p> <p>Pork Roast Scalloped Potatoes Tomato / Lettuce Salad Applesauce WW Roll Oatmeal Cookie</p>	<p>23</p> <p>Tuna Salad Croissant Veggie Tray Grapes Dessert</p>
<p>26</p> <p>CLOSED</p> 	<p>27</p>	<p>28</p>	<p>29</p> <p>Meatloaf Mashed Potatoes / Gravy Broccoli Normandy Garden Salad WW Roll Fruited Jell-O</p>	<p>30</p> <p>Veggie Lasagna Caesar Salad Apricots Garlic Bread Dessert</p>

Visit our website at [www.octn.org](http://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

