



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			1	2 Bacon, Mushroom, & Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots
5	6 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	7 Chicken Fried Steak Mashed Potatoes/Gravy Trio Veggies Lettuce & Tomato Salad Cherry Crisp	8	9 Hawaiian Chicken Rice Oriental Vegetables Asian Coleslaw Tropical Fruit Dessert
12	13 Fish & Chips Coleslaw Grapes Rice Krispies Treats	14 Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert	15	16 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert
19	20 Pulled Pork Sandwich Potato Salad Coleslaw Banana Dessert	21 Teriyaki Beef Rice Garlic Green Beans Green Salad Pineapple	22	23 Cheese Ravioli Italian Vegetables Spiced Pears Breadstick Dessert
26	27 Hearty Veggie Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookie	28 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Dessert	29	30 Beef Stroganoff Steamed Carrots Tossed Salad Mixed Berries Dessert

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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
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			1	2
5 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	6	7 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert	8	9
12 Cheese Omelet Potatoes O'Brien V-8 or Fruit Juice Banana Waffle	13	14 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	15	16
19 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	20	21 Chicken Fettuccine Broccoli Caesar Salad Apple Slices	22	23
26 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert	27	28 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Cookie	29	30

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Established 1975



2026

CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			1 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	2
5 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	6 Crunchy Chicken Salad Served on Greens Cucumber Salad Grapes WW Roll Dessert	7 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert	8 Chicken Fried Steak Mashed Potatoes / Gravy Trio Veggies Lettuce & Tomato Salad Cherry Crisp	9
12 Cheese Omelet Potatoes O'Brien V-8 or Fruit Juice Banana Waffle	13 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW roll Cereal Bar	14 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	15 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots	16
19 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	20 Garden Chili Tossed Salad Peaches Mozzarella Breadstick Dessert	21 Chicken Fettuccine Broccoli Caesar Salad Apple Slices	22 Wild Rice & Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert	23
26 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick \Dessert	27 Sweet & Sour Chicken Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Dessert	28 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Cookie	29 Fish & Chips Coleslaw Grapes Rice Krispy Treats	30

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2026

COULEE CITY

PLEASE CALL OR TEXT 509-632-8701 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00			1 Chicken Fettuccine Zucchini/Tomato Bake Caesar Salad Apple Slices Dessert	2 Vegetarian Chili w/Cheese Tossed Salad Fruit Salad Cornbread Dessert
5	6 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert	7 California Chicken Casserole Spring Salad Orange Quarters Dessert	8 Beef Stew Tossed Salad Biscuit Banana Pudding	9 Ham & Cheese Sandwich Corn Chowder Cucumber Salad Chilled Apricots Cookie
12	13 Hearty Beef Veggie Soup Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookie	14 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bar	15 Chicken Fried Steak Mashed Potatoes Lettuce & Tomato Salad Trio Veggies Cherry Crisp	16 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert
19	20 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	21 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	22 Hawaiian Chicken Steamed Rice Oriental Veggies Asian Coleslaw Tropical Fruit Dessert	23 Cheese Omelet Potatoes O'Brien Juice Banana Waffle
26	27 Beef Stroganoff Steamed Carrots Tossed Green Sala Mixed Berries Cookie	28 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert	29 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	30 Sweet & Sour Meatballs Rice Pilaf Oriental Veggies Asian Coleslaw 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
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			1 Pork Roast Stuffing & Gravy Roasted Fall Veggies Spinach Salad Applesauce Dessert	2
5	6 Yankee Pot Roast Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bar	7 Chicken Fried Steak Mashed Potatoes / Gravy Trio Veggies Lettuce & Tomato Salad Cherry Crisp	8 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	9
12	13 Teriyaki Beef over Rice Garlic Green Beans Green Salad Pineapple Dessert	14 Beef Stew Tossed Salad Orange Quarters Biscuit Dessert	15 Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert	16
19	20 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp	21 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert	22 Hearty Veggie Beef Soup Tossed Salad Apple Wedges WW Roll Oatmeal Cookie	23
26	27 Sweet & Sour Pork served over Noodles Stir Fry Vegetables Asian Style Slaw Pineapple Dessert	28 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert	29 Garden Chili Tossed Salad Mozzarella Breadsticks Sliced Pears Dessert	30

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2026

ENTIAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			1 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	2
5 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	6	7	8 Chicken Fried Steak Mashed Potatoes / Gravy Trio Veggies Lettuce & Tomato Salad Cherry Crisp	9
12 Cheese Omelet Potatoes O'Brien V-8 or Fruit Juice Banana Waffle	13	14	15 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots	16
19 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	20	21	22 Wild Rice & Ham Casse- role Green Beans Spinach Salad Orange Quarters WW Roll Dessert	23
26 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick \Dessert	27	28	29 Fish & Chips Coleslaw Grapes Rice Krispy Treats	30

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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

Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00			1 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	2 Cheese Omelet Potatoes O' Brien V-8 or Fruit Juice Banana Waffle
5 Scrambled Eggs with Ham & Cheese Hash Brown Potatoes Juice Fresh Fruit Toast	6 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert	7 Beef Stew Tossed Salad Orange Quarters Biscuit	8 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Apple Slices Dessert	9 Biscuits & Gravy Scrambled Eggs Hash Browns Juice Fruit
12 Scrambled Eggs Ham Slice Hash Browns Juice Fruit Toast	13 Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert	14 Sweet & Sour Pork Over noodles Stir Fry Veggies Asian Style Slaw Pineapple Dessert	15 Fish & Chips Coleslaw Grapes Rice Krispies Treats	16 Bacon & Eggs Potato Cakes Juice Fruit Toast
19 French Toast Sausage Links Country Potatoes Juice Fruit	20 Hot Turkey Sandwich Mashed Potatoes / Gravy Broccoli Normandy Chilled Peaches Pumpkin Pie	21 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Oatmeal Cookie	22 Hawaiian Chicken Rice Oriental Veggies Asian Coleslaw Tropical Fruit Dessert	23 Denver Omelet Hash Browns Juice Fruit Toast
26 Scrambled Mess -Bacon, Eggs, Cheese Potatoes O'Brien Juice Fruit Biscuit	27 Chicken Fried Steak Mashed Potatoes Trio Vegetables Lettuce & Tomato Salad Cherry Crisp	28 Pulled Pork Sandwich Potato Salad Coleslaw Banana Dessert	29 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert	30 Scrambled Eggs German Sausage Country Potatoes 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
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			1 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	2
5 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Apple Slices Dessert	6	7 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bar	8 Lemon Baked Fish Fillet Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert	9
12 Chili with Cheese Baked Potato Tossed Salad Mixed Melons Cornbread	13	14 Sweet & Sour Pork served Over Noodles Stir Fry Vegetables Asian Style Slaw Pineapple Dessert	15 BBQ Chicken Macaroni Salad Mixed Greens Salad Mixed Berries Ice Cream	16
19 Hearty Veggie Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookie	20	21 Wild Rice & Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert	22 Meatloaf Mashed Potatoes & Gravy Tossed Salad WW Roll Pear Crisp	23
26 Deluxe Turkey Sandwich Split Pea Soup Cucumber Salad Fruited Jell-O	27	28 Honey Mustard Chicken Wild Rice Key West Veggies Mixed Greens Salad Tropical Fruit WW Roll	29 Beef Stew Tossed Salad Orange Quarters Biscuit Cookie	30

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OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			1 Biscuits & Gravy Scrambled Eggs Country Potatoes Fruit	2 Wild Rice & Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert
5 Tater Tot Casserole Greek Salad Chilled Peaches Dessert	6 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Tropical Fruit	7 Teriyaki Beef Steamed Rice Garlic Green Beans Green Salad Pineapple	8 Breakfast Sandwich: Ham, Egg & Cheese Hash Browns Juice Fruit	9 Pork Roast Stuffing & Gravy Roasted Fall Veggies Spinach Salad Applesauce Dessert
12 Beef Stew Tossed Salad Orange Quarters Biscuit	13 Honey Mustard Chicken Wild Rice Key West Veggies Mixed Greens Salad Tropical Fruit Dessert	14 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	15 Cheesy Scrambled Eggs Bacon Hash Browns Juice Fruit Biscuit	16 Fish & Chips Coleslaw Grapes Rice Krispies Treats
19 Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert	20 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert	21 Chicken Fried Steak Masked Potatoes/Gravy Trio Veggies Lettuce & Tomato Salad Cherry Crisp	22 Country Fried Steak Eggs Saratoga Country Potatoes Juice Fruit	23 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert
26 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert	27 Tuna Noodle Casserole Peas & Carrots Tossed Salad Tropical Fruit Dessert	28 Ham & Cheese Sandwich w/Lettuce & Tomato Corn Chowder Pea Salad Chilled Apricots Dessert	29 Scrambled Eggs Sausage Links Country Potatoes Juice Fruit Waffle	30 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert

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2026

OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY

TUESDAY

CLOSED

THURSDAY

FRIDAY

Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			1 Chicken Fried Steak Mashed Potatoes / Gravy Trio Veggie Cherry Crisp	2 Garden Chili Tossed Salad Peaches Mozzarella Breadstick Dessert
5 California Chicken Casserole Spring Salad Tropical Fruit Dessert	6 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	7	8 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Apple Wedges Dessert	9 Yankee Pot Roast Potatoes & Carrots Green Beans Applesauce WW Roll Cereal Bar
12 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Oatmeal Cookie	13 Pork Roast Stuffing & Gravy Roasted Fall Veggies Spinach Salad Applesauce Dessert	14	15 Fish & Chips Coleslaw Grapes Rice Krispies Treats	16 Hearty Veggie Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges Oatmeal Cookie
19 Tuna Salad Sandwich Clam Chowder Fruit Tray Dessert	20 Teriyaki Beef on Rice Garlic Green Beans Green Salad Pineapple Dessert	21	22 Crunchy Chicken Salad Sandwich Cucumber Salad Grapes Dessert	23 Tuna Noodle Casserole Peas & Carrots Tossed Salad Oregon Berries Ice Cream
26 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Apple Slices Dessert	27 Sloppy Joe's Potato Salad Coleslaw Banana Dessert	28	29 Beef Stew Tossed Salad Orange Quarters Biscuit	30 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced pears Dessert

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TONASKET

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TO CHANGE OR CANCEL MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY—CLOSED

Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			1 Cheesy Scrambled Eggs Sausage Patty Potatoes O'Brien Stewed Tomatoes Fresh Fruit Biscuit	2
5 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread	6	7 Ham & Cheese Sandwich Tomato Basil Soup Cucumber Salad Peaches	8 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	9
12 California Chicken Casserole Spring Salad Orange Quarters Dessert	13	14 Hearty Veggie Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges Oatmeal Cookie	15 Chicken Fettuccine Alfredo Zucchini / Tomato Bake Caesar Salad Tropical Fruit	16
19 Chicken Fried Steak Mashed Potatoes / Gravy Trio Veggies WW Roll Cherry Crisp	20	21 Pork Roast Stuffing & Gravy Roasted Fall Veggies Applesauce Dessert	22 Garden Chili Tossed Salad Peaches Mozzarella Breadstick Cookie	23
26 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	27	28 Honey Mustard Chicken Wild Rice Key West Veggies Mixed Greens Salad Tropical Fruit	29 Tuna Salad Sandwich Clam Chowder Fruit Tray Dessert	30

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TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			1 Pork Roast Stuffing & Gravy Roasted Veggies Spinach Salad Applesauce Dessert	2 Tuna Salad Sandwich Clam Chowder Three Bean Salad Fruit Tray
5 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert	6	7	8 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert	9 Chicken Fried Steak Masked Potatoes / Gravy Trio Veggies Lettuce & Tomato Salad Fruited Jell-O
12 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	13	14	15 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	16 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert
19 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp	20	21	22 Garden Chili Tossed Salad Peaches Mozzarella Breadstick Dessert	23 Honey Mustard Chicken Wild Rice Key West Veggies Tropical Fruit WW Roll Dessert
26 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bar	27	28	29 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	30 Fish & Chips Coleslaw Grapes Rice Krispies Treats

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