



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 Lasagna with Meat Sauce Caesar Salad Apple Slices</p>	<p>2</p>	<p>3 CLOSED FOR 4TH OF JULY HOLIDAY</p>
<p>6</p>	<p>7 Fish & Chips Coleslaw Peaches Granola Bar</p>	<p>8 Tater Tot Casserole Garden Salad Apple Slices Oatmeal Cookie</p>	<p>9</p>	<p>10 Baked Ham Scalloped Potatoes Greek Salad Pineapple</p>
<p>13</p>	<p>14 Chicken Fettuccine Alfredo Steamed Carrots Fresh Fruit</p>	<p>15 Teriyaki Beef over Rice Oriental Vegetables Tropical Fruit Sherbet</p>	<p>16</p>	<p>17 Ham & Cheese Sandwich with Lettuce & Tomato Three Bean Salad V-8 Juice Fresh Fruit Tray</p>
<p>20</p>	<p>21 Sweet & Sour Meatballs Steamed Rice Oriental Vegetables Cucumber Salad</p>	<p>22 Scrambled Eggs Bacon Oven Brown Potatoes Fresh Fruit Blueberry Muffin</p>	<p>23</p>	<p>24 Chef's Salad Mixed Melons Rice Krispies Treats</p>
<p>27</p>	<p>28 Grilled Chicken, Bacon and Swiss Cheese Sandwich Broccoli Salad Watermelon Jell-O</p>	<p>29 Cheese Ravioli & Marinara Venetian Veggies Caesar Salad Berry Shortcake</p>	<p>30</p>	<p>31 Country Fried Steak Mashed Potatoes/Gravy Trio Veggies Peaches</p>

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
		1 Beef Taco's Mexican Slaw Cinnamon Pears Dessert	2	3 CLOSED FOR 4TH OF JULY HOLIDAY
6 Meatloaf Mashed Potatoes Broccoli Normandy Apple Crisp	7	8 Teriyaki Beef on Rice Oriental Vegetables Cucumber Salad Tropical Fruit Sherbet	9	10
13 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	14	15 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes Dessert	16	17
20 Pork Roast Stuffing & Gravy Green Beans Tossed Salad Apple Crisp	21	22 Chef's Salad Mixed Melons WW Roll Rice Krispies Treats	23	24
27 Baked Ham Scalloped Potatoes Greek Salad Pineapple WW Roll Frosted Cake	28	29 Sweet & Sour Chicken Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Oatmeal Cookie	30	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 509-470-0522 for information on Meals on Wheels





CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

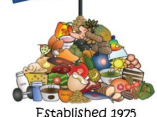
CLOSED

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 Beef Taco's Mexican Slaw Cinnamon Pears Dessert</p>	<p>2 Baked Fish Fillet Herbed Fettuccine Peas Cabbage/Apple Slaw Mixed Berries Angel Food Cake</p>	<p>3 CLOSED FOR 4TH OF JULY HOLIDAY</p>
<p>6 Meatloaf Mashed Potatoes Broccoli Normandy Apple Crisp</p>	<p>7 Scrambled Eggs Bacon Oven Brown Potatoes Fresh Fruit Blueberry Muffin</p>	<p>8 Teriyaki Beef on Rice Oriental Vegetables Cucumber Salad Tropical Fruit Sherbet</p>	<p>9 Chicken Parmesan Pasta Marinara Italian Vegetables Garden Salad Fresh Fruit Jell-O w/Topping</p>	<p>10</p>
<p>13 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie</p>	<p>14 BLT Sandwich Pea Salad Watermelon Cookie</p>	<p>15 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes Dessert</p>	<p>16 Fish & Chips Coleslaw Pears Granola Bar</p>	<p>17</p>
<p>20 Pork Roast Stuffing & Gravy Green Beans Tossed Salad Apple Crisp</p>	<p>21 French Dip Sandwich Au Jus Pea Salad Jo Jo's Apple Slices</p>	<p>22 Chef's Salad Mixed Melons WW Roll Rice Krispies Treats</p>	<p>23 Country Fried Steak Mashed Potatoes / Gravy Trio Vegetables Peaches WW Roll Jell-O</p>	<p>24</p>
<p>27 Baked Ham Scalloped Potatoes Greek Salad Pineapple WW Roll Frosted Cake</p>	<p>28 Pizza Supreme—2 slices Pears Cookie</p>	<p>29 Sweet & Sour Chicken Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Oatmeal Cookie</p>	<p>30 Chicken Enchilada Casserole Coleslaw Cucumber/Watermelon Salad Mandarin Oranges Sherbet</p>	<p>31</p>

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 509-470-0522 for information on Meals on Wheels





COULEE CITY

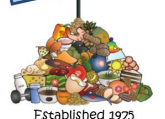
PLEASE CALL OR TEXT 509-632-8701 TO RESERVE MEALS
24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Quiche Spinach Salad Pea Salad Pineapple & Cherries	2 Deluxe Ham & Cheese Sandwich Three Bean V-8 Juice Fresh Fruit Tray	3 CLOSED FOR 4TH OF JULY HOLIDAY
<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00</p> </div>				
6	7 Hamburger Steak with Onions & Mushrooms Mashed Potatoes/Gravy Tossed Green Salad Apple Crisp	8 Fish & Chips Coleslaw Peaches Granola Bar	9 Breakfast Casserole Hash Browns Juice Strawberries & Bananas Muffin	10 Cheese Ravioli Venetian Vegetables Caesar Salad Mixed Berries Shortcake
13	14 Baked Ham Scalloped Potatoes Greek Salad Pineapple WW Roll Dessert	15 Chili with Cheese Tossed Salad Mixed Melons Cornbread Dessert	16 Chicken Parmesan Pasta Marinara Italian Vegetables Garden Salad Fresh Fruit Tray Dessert	17 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookies
20	21 Chef's Salad WW Roll Peach Cobbler	22 Beef Stew Garden Salad Peaches Biscuit	23 Scrambled Eggs Bacon Oven Brown Potatoes Fresh Fruit Blueberry Muffin	24 Baked Fish Fillet Herbed Fettuccine Peas Cabbage & Apple Slaw Mixed Berries Dessert
27	28 Deluxe Cheeseburger Potato Salad Watermelon	29 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	30 Chicken Enchiladas Coleslaw Cucumber /Watermelon Mandarin Oranges	31 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert

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





DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 Deluxe Cheeseburger Potato Salad Watermelon</p>	<p>2 Country Fried Steak Mashed Potatoes Trio Vegetables Peaches Dessert</p>	<p>3 CLOSED FOR 4TH OF JULY HOLIDAY</p>
<p>6</p>	<p>7 Kielbasa with Peppers & Onion Potato Wedges Spinach Salad Watermelon Cornbread</p>	<p>8 Beef Stew Garden Salad Peaches Biscuit</p>	<p>9 Chicken Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Roll Fortune Cooky</p>	<p>10</p>
<p>13</p>	<p>14 Clam Chowder BLT Sandwich Tossed Salad Watermelon Cookie</p>	<p>15 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes Dessert</p>	<p>16 Beef Taco's Mexi Slaw Cinnamon Pears Dessert</p>	<p>17</p>
<p>20</p>	<p>21 Hamburger Steak with Grilled Onions Mashed Potatoes Tossed Green Salad WW Roll Apple Crisp</p>	<p>22 Fish & Chips Coleslaw Peaches Granola Bar</p>	<p>23 Pork Roast Stuffing & Gravy Green Beans Tossed Salad Apple Slices Dessert</p>	<p>24</p>
<p>27</p>	<p>28 Sweet & Sour Meatballs Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Oatmeal Cookie</p>	<p>29 Chili with Cheese & Onions Tossed Salad Mixed Melons Cornbread Dessert</p>	<p>30 Baked Ham Scalloped Potatoes Greek Salad Pineapple WW Roll Dessert</p>	<p>31</p>

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





ENTIAT

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		1	2 Baked Fish Fillet Herbed Fettuccine Peas Cabbage/Apple Slaw Mixed Berries Angel Food Cake	3 CLOSED FOR 4TH OF JULY HOLIDAY
6 Meatloaf Mashed Potatoes Broccoli Normandy Apple Crisp	7	8	9 Chicken Parmesan Pasta Marinara Italian Vegetables Garden Salad Fresh Fruit Jell-O w/Topping	10
13 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	14	15	16 Fish & Chips Coleslaw Pears Granola Bar	17
20 Pork Roast Stuffing & Gravy Green Beans Tossed Salad Apple Crisp	21	22	23 Country Fried Steak Mashed Potatoes / Gravy Trio Vegetables Peaches WW Roll Jell-O	24
27 Baked Ham Scalloped Potatoes Greek Salad Pineapple WW Roll Frosted Cake	28	29	30 Chicken Enchilada Casse- role Coleslaw Cucumber/Watermelon Salad Mandarin Oranges Sherbet	31

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 509-470-0522 for information on Meals on Wheels





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

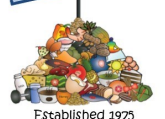
FRIDAY 8-10am

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00</p>		<p>1 Chicken Fettuccine Steamed Carrots Fresh Fruit</p>	<p>2 All American Hot Dog Potato Salad Pea Salad Strawberry Shortcake</p>	<p>3 CLOSED FOR 4TH OF JULY HOLIDAY</p>
<p>6 Scrambled Eggs Bacon Oven Brown Potatoes Fruit Blueberry Muffin</p>	<p>7 Pepper Steak Steamed Rice Cuke & Tomato Salad Grapes Dessert</p>	<p>8 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert</p>	<p>9 Chicken Parmesan Pasta Marinara Italian Veggies Garden Salad Fresh Fruit</p>	<p>10 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Orange Quarters</p>
<p>13 Scrambled Mess with Sausage Gravy Apple Slices Toast</p>	<p>14 Fish & Chips Coleslaw Peaches Granola Bar</p>	<p>15 Sweet & Sour Meatballs Steamed Rice Oriental Veggies Cucumber Salad Tropical Fruit</p>	<p>16 Hamburger Steak with Grilled Onions Mashed Potatoes Tossed Green Salad Apple Crisp</p>	<p>17 Breakfast Sandwich Egg, Ham & Cheese Oven Potatoes Juice</p>
<p>20 Scrambled Eggs Sausage Links Hash Browns Fruit Toast</p>	<p>21 Grilled Chicken, Bacon and Swiss Cheese Sandwich Broccoli Salad Watermelon Dessert</p>	<p>22 Baked Ham Scalloped Potatoes Greek Salad Pineapple WW Roll Dessert</p>	<p>23 Teriyaki Beef on Rice Oriental Vegetables Garden Salad Tropical Fruit Sherbet</p>	<p>24 Breakfast Casserole Eggs, Cheese, Sausage and Peppers Hash Browns Juice Banana</p>
<p>27 Scrambled Eggs Ham Potato Cakes Fruit Toast</p>	<p>28 Deluxe Turkey Wrap with Lettuce & Tomato Three Bean Salad Cherry Pie</p>	<p>29 Chef's Salad Mixed Melons WW Roll Rice Krispies Treats</p>	<p>30 Country Fried Steak Mashed Potatoes Trio Veggies Peaches WW Roll Dessert</p>	<p>31 Bacon & Eggs Hash Browns French Toast Juice</p>

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





ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		<p>1 Shrimp Fettuccine Alfredo Steamed Carrots Fresh Fruit</p>	<p>2 Cheeseburger Deluxe Potato Salad Watermelon</p>	<p>3 CLOSED FOR 4TH OF JULY HOLIDAY</p>
<p>6 Chili with Cheese & Onions Tossed Salad Mixed Melons Cornbread Cookies</p>	<p>7</p>	<p>8 Biscuits & Gravy Scrambled Eggs Oven Browned Potatoes Stewed Tomatoes Orange Quarters</p>	<p>9 Baked Ham Scalloped Potatoes Greek Salad Pineapple WW Roll Dessert</p>	<p>10</p>
<p>13 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookies</p>	<p>14</p>	<p>15 Kielbasa w/Peppers & Onions Potato Wedges Spinach Salad Watermelon Cornbread Dessert</p>	<p>16 Turkey Sandwich Deluxe Three Bean Salad Cherry Pie</p>	<p>17</p>
<p>20 Beef Taco's Mexican Slaw Cinnamon Pears Dessert</p>	<p>21</p>	<p>22 Pork Roast Stuffing & Gravy Green Beans Tossed Green Salad Apple Crisp</p>	<p>23 Fish & Chips Coleslaw Peaches Granola Bar</p>	<p>24</p>
<p>27 Ham & Cheese Sandwich with Lettuce & Tomato Three Bean Salad V-8 Juice Fresh Fruit Tray Dessert</p>	<p>28</p>	<p>29 Sweet & Sour Meatballs Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Oatmeal Cookie</p>	<p>30 Chicken, Bacon & Swiss Cheese Sandwich w/Lettuce & Tomato Broccoli Salad Watermelon Dessert</p>	<p>31</p>

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





2026

OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN

OMAK

OKANOGAN

OKANOGAN 9am

OMAK

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 Turkey Sandwich Deluxe with Lettuce & Tomato Three Bean Salad Cherry Pie</p>	<p>2 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Banana</p>	<p>3 CLOSED FOR 4TH OF JULY HOLIDAY</p>
<p>6 Chili with Cheese & Onions Tossed Salad Mixed Melons Cornbread Dessert</p>	<p>7 Baked Ham Scalloped Potatoes Greek Salad Pineapple WW Roll Dessert</p>	<p>8 Chicken Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Roll</p>	<p>9 Breakfast Casserole with Eggs, Sausage, Spinach, Mushrooms & Cheese Hash Browns Peaches</p>	<p>10 Baked Fish Fillet Herbed Fettuccine Peas Cabbage Apple Slaw Mixed Berries</p>
<p>13 Ham & Cheese Sandwich with Lettuce & Tomato Three Bean Salad V-8 Juice Fresh Fruit Tray</p>	<p>14 Cheese Ravioli with Meat Sauce Venetian Veggies Caesar Salad Mixed Berry Shortcake</p>	<p>15 Chicken Parmesan Rice Pilaf Italian Vegetables Garden Salad Fresh Fruit</p>	<p>16 Breakfast Sandwich Ham, Egg & Cheese Hash Browns Pears</p>	<p>17 Sweet & Sour Meatballs Steamed Rice Oriental Veggies Cucumber Salad Tropical Fruit Oatmeal Cookie</p>
<p>20 Tater Tot Casserole Garden Salad Apple Slices Oatmeal Cookie</p>	<p>21 Chicken Fried Steak Mashed Potatoes Trio Veggies Peaches Dessert</p>	<p>22 Clam Chowder BLT Sandwich Watermelon Dessert</p>	<p>23 Scrambled Eggs Bacon Potatoes O'Brien Blueberries & Yogurt</p>	<p>24 Hot Dog Potato Salad Pea Salad Strawberry Shortcake</p>
<p>27 Grilled Chicken Sandwich with Bacon & Swiss Broccoli Salad Watermelon Dessert</p>	<p>28 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>29 Fish & Chips Coleslaw Orange Quarters Granola Bar</p>	<p>30 Country Fried Steak Scrambled Egg Country Potatoes Apple Slices</p>	<p>31 Pork Roast Stuffing & Gravy Green Beans Tossed Salad Apple Crisp</p>

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



OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		1	2 Deluxe Cheeseburger with Lettuce & Tomato Potato Salad Watermelon	3 CLOSED FOR 4TH OF JULY HOLIDAY
6 No home delivery Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	7 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Stewed Tomatoes Orange Quarters	8	9 Chili with Cheese & Onions Tossed Salad Mixed Melons Cornbread Dessert	10 Chicken Enchilada Casserole Coleslaw Cuke & Watermelon Salad Mandarin Oranges Dessert
13 No home delivery Hot Dog Potato Salad Pea Salad Strawberry Shortcake	14 Country Fried Steak Mashed Potatoes Trio Vegetables Peaches Dessert	15	16 Kielbasa with Peppers and Onions Potato Wedges Spinach Salad Cornbread	17 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert
20 No home delivery Turkey Sandwich Deluxe Three Bean Salad Cherry Pie	21 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	22	23 Beef Stew Garden Salad Peaches Biscuit	24 Baked Fish Fillet Herbed Fettuccine Peas Cabbage/Apple Slaw Mixed Berries
27 No home delivery Taco Salad Cinnamon Pears Dessert	28 Hamburger Steak with Onions & Mushrooms Mashed Potatoes Tossed Salad WW Roll Apple Crisp	29	30 Pork Roast Stuffing & Gravy Green Beans Tossed Salad Apple Crisp	31 Fish & Chips Coleslaw Peaches Granola Bar

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

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1</p>	<p>2 Lasagna with Meat Sauce Caesar Salad Apple Slices Ice Cream</p>	<p>3 CLOSED FOR 4TH OF JULY HOLIDAY</p>
<p>6 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookies</p>	<p>7</p>	<p>8</p>	<p>9 Chicken Enchilada Casserole Coleslaw Cuke & Watermelon Salad Mandarin Oranges Sherbet</p>	<p>10 Baked Fish Fillet Herbed Fettuccine Peas Cabbage/Apple Slaw Mixed Berries Dessert</p>
<p>13 Hamburger Steak with Onions & Mushrooms Mashed Potatoes Tossed Green Salad WW Roll Apple Crisp</p>	<p>14</p>	<p>15</p>	<p>16 Chicken Fettuccine Alfredo Steamed Carrots Fresh Fruit</p>	<p>17 Baked Ham Scalloped Potatoes Greek Salad Pineapple WW Roll Dessert</p>
<p>20 Chef's Salad Mixed Melons WW Roll Rice Krispies Treats</p>	<p>21</p>	<p>22</p>	<p>23 Deluxe Cheeseburger Potato Salad Watermelon</p>	<p>24 Fish & Chips Coleslaw Peaches Granola Bar</p>
<p>27 Pork Roast Stuffing & Gravy Green Beans Tossed Green Salad Apple Crisp</p>	<p>28</p>	<p>29</p>	<p>30 Beef Stew Garden Salad Peaches Biscuit</p>	<p>31 Turkey Sandwich Deluxe Three Bean Salad Cherry Pie</p>

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

