



# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 California Chicken Casserole Lettuce &amp; Tomato Salad Orange Quarters Garlic Bread Dessert</p>	<p>2 Yankee Pot Roast Roasted Potatoes &amp; Carrots Green Beans Mixed Fruit WW Roll Cereal Bars</p>	<p>3</p>	<p>4 Tater Tot Casserole Greek Salad Chilled Peaches WW Bread or Roll Dessert</p>
<p>7</p>	<p>8 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>9 Beef Stew 7 Layer Salad Orange Quarters Biscuit Dessert</p>	<p>10</p>	<p>11 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Peaches Dessert</p>
<p>14</p>	<p>15 Sweet &amp; Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert</p>	<p>16 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>17</p>	<p>18 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce &amp; Tomato Salad Cherry Crisp</p>
<p>21</p>	<p>22 Bacon, Mushroom and Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots Muffin</p>	<p>23 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert</p>	<p>24</p>	<p>25 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp</p>
<p>28</p>	<p>29 Honey Mustard Chicken Wild Rice Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>30 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert</p>	<p>31</p>	

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Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840

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Suggested donation for seniors over age 60 is \$5.00

FEE for persons under age 60 is \$12.00



# OKANOGAN / OMAK

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TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
	1 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	2 Sweet & Sour Pork Served Over Noodles Stir Fry Veggies Asian Style Slaw Tropical Fruit Dessert	3 Breakfast Burritos Fresh Salsa Fresh Fruit Pastry	4 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries Ice Cream
	7 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	8 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp	9 Pork Chops Au Gratin Potatoes Green Salad Applesauce WW Roll Dessert	10 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes Juice Fresh Fruit
14 Hot Turkey Sandwich Mashed Potatoes / Gravy Nantucket Veggie Blend Chilled Peaches Pumpkin Pie	15 Cheese Ravioli with Meat Sauce Italian Vegetables Tossed Salad Cinnamon Pears Bread Stick Dessert	16 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert	17 Scrambled Eggs Sausage Links Hash Browns Juice Fresh Fruit Waffles	18 Fish & Chips Coleslaw Grapes Rice Krispies Treats
21 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	22 Teriyaki Beef Rice Garlic Green Beans Green Salad Pineapple Tidbits WW Roll Dessert	23 Tuna Salad Croissant Clam Chowder Cucumber Salad Fruit Tray Dessert	24 Farmer's Casserole Juice Orange Quarters French Toast	25 Pork Roast Stuffing & Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert
28 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread	29 Honey Mustard Chicken Wild Rice Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert	30 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp	31 Veggie Loaded Breakfast Bake Hash Brown Potatoes Fruit Salad Muffin	

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# OROVILLE

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
	<p>1 California Chicken Casserole Lettuce &amp; Tomato Salad Orange Quarters Garlic Bread Dessert</p>	<p>2</p>	<p>3 Yankee Pot Roast Roast Potatoes &amp; Carrots Green Beans Mixed Fruit WW Roll Cereal Bar</p>	<p>4 Garden Chili Spinach Salad Peaches Mozzarella Breadsticks Dessert</p>
<p>7 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>8 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>9</p>	<p>10 Beef Stew 7 Layer Salad Orange Quarters Biscuit Dessert</p>	<p>11 Pork Roast Stuffing &amp; Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert</p>
<p>14 Crunchy Krab Salad Sammy Minestrone Soup Grapes Dessert</p>	<p>15 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>16</p>	<p>17 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert</p>	<p>18 Teriyaki Beef Rice Garlic Green Beans Cucumber Salad Pineapple Tidbits WW Roll Dessert</p>
<p>21 Pork Chops Au Gratin Potatoes Green Salad Applesauce WW Roll Dessert</p>	<p>22 Wild &amp; Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert</p>	<p>23</p>	<p>24 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Peaches Dessert</p>	<p>25 Vegetable Beef Stew Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies</p>
<p>28 Ham &amp; Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert</p>	<p>29 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert</p>	<p>30</p>	<p>31 Tune Noodle Casserole Peas &amp; Carrots Spiced Salad Oregon Berries Dessert</p>	

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# TONASKET

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Meatloaf Potatoes &amp; Gravy Green Beans WW Roll Pear Crisp</p>	<p>2 Crunchy Chicken Sammy Minestrone Soup Orange Quarters Dessert</p>	<p>3 Fish &amp; Chips Coleslaw Grapes Rice Krispies Treats</p>	<p>4 Personal Size Omelet Potatoes O'Brien V-8 Juice Peaches Blueberry Muffin</p> <p><i>No Home Delivery</i></p>
<p>7 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies</p>	<p>8 Hawaiian Chicken Rice Asian Vegetables Cucumber Salad Tropical Fruit WW Roll Dessert</p>	<p>9 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert</p>	<p>10 Pork Roast Stuffing &amp; Gravy Roasted Veggies Pea Salad Applesauce Dessert</p>	<p>11 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Oatmeal Cookies</p> <p><i>No Home Delivery</i></p>
<p>14 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert</p>	<p>15 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>16 Wild Rice &amp; Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert</p>	<p>17 Chicken Fried Steak Potatoes &amp; Gravy Buttered Corn Lettuce / Tomato Salad Cherry Crisp</p>	<p>18 Bacon, Mushroom &amp; Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots Muffin</p> <p><i>No Home Delivery</i></p>
<p>21 Ham &amp; Cheese Sandwich w/ Lettuce &amp; Tomato Tomato Basil Soup Peaches Dessert</p>	<p>22 Tuna Noodle Casserole Peas Carrots Spiced Salad Oregon Berries Dessert</p>	<p>23 Meatless Chili w/Cheese Tossed Salad Fruit Salad Cornbread Cereal Bar</p>	<p>24 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert</p>	<p>25 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert</p> <p><i>No Home Delivery</i></p>
<p>28 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>29 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert</p>	<p>30 Beef Stew 7 Layer Salad Orange Quarters Biscuit Dessert</p>	<p>31 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert</p>	

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# TWISP

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Cheeseburger Deluxe Jo Jo's Pea Salad Sliced Pears Oatmeal Cookies	4 Tuna Salad on Croissant Clam Chowder Coleslaw Fruit Tray Dessert
7 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	8	9	10 Honey Mustard Chicken Wild Rice Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert	11 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert
14 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert	15	16	17 Beef Stew 7 Layer Salad Orange Quarters Biscuit Dessert	18 Fish & Chips Coleslaw Grapes Rice Krispies Treats
21 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	22	23	24 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	25 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread
28 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	29	30	31 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert	

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