



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Pot Roast Roasted Potatoes & Carrots Garden Salad Watermelon WW Roll Oatmeal Cookie	5 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	6	7 Stuffed Shells with Marinara Venetian Veggies Tossed Salad Garlic Bread Dessert
10	11 Swedish Meatballs Egg Noodles Normandy Veggies Tossed Salad Applesauce Dessert	12 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears Dessert	13	14 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert
17	18 Tortellini Caprese Salad Steamed Veggies Mixed Berries Dessert	19 Chicken Cordon Bleu Wild Rice Green Beans Peaches Dessert	20	21 Sweet & Sour Pork Steamed Rice Oriental Veggies Cucumber Salad Egg Roll Dessert
24	25 Grilled Chicken Burger with Lettuce & Tomato Garlic Fries Mixed Melons Oatmeal Cookie	26 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	27	28 Taco Salad Mixed Fruit Tortilla Chips Dessert
31		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00		

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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
3 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Mixed Berries Angel Food Cake	4	5 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	6	7
10 Chicken Cordon Bleu Wild Rice Green Beans Peaches Dessert	11	12 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Dessert	13	14
17 Cheese Stuffed Pasta Shells with Marinara Sauce Venetian Veggies Tossed Salad Garlic Bread Dessert	18	19 Pork Roast Stuffing & Gravy Mixed Veggies Spinach Salad Applesauce	20	21
24 Pulled Pork Sandwich Potato Salad Apple Slices Dessert	25	26 Chicken Enchilada Casse- role Green Salad with Toma- toes Tropical Fruit	27	28
31 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00		

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CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CLOSED
3 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Mixed Berries Angel Food Cake	4 BBQ Riblet Sandwich Red Potatoes Broccoli Salad Fruited Jell-O	5 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	6 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	7
10 Chicken Cordon Bleu Wild Rice Green Beans Peaches Dessert	11 Bacon & Egg Salad Sandwich Pea Salad Mixed Berries Dessert	12 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Dessert	13 Taco Salad Tortilla Chips Mixed Fruit Dessert	14
17 Cheese Stuffed Pasta Shells with Marinara Sauce Venetian Veggies Tossed Salad Garlic Bread Dessert	18 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	19 Pork Roast Stuffing & Gravy Mixed Veggies Spinach Salad Applesauce	20 Fish & Chips Coleslaw Apple Slices Dessert	21
24 Pulled Pork Sandwich Potato Salad Apple Slices Dessert	25 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes Fresh Fruit	26 Chicken Enchilada Casserole Green Salad with Tomatoes Tropical Fruit	27 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	28
31 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00		

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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
3	4 Cheese Stuffed Shells with Marinara Sauce Venetian Vegetables Tossed Salad Garlic Bread	5 Taco Salad Tortilla Chips Mixed Fruit Dessert	6 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad WW Roll Peach Crisp	7 Sweet & Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Egg Roll Fortune Cookies
10	11 Beef Stroganoff Egg Noodles Carrots Garden Salad Fruited Jell-O	12 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp	13 Meatloaf Baked Potatoes Green Beans WW Roll Berries on Angel Food Cake	14 Ham Scalloped Potatoes Garden Salad Applesauce WW Roll Cereal Bar
17	18 Pulled Pork Sandwich Potato Salad Apple Slices Dessert	19 Tortellini Caprese Salad Steamed Vegetables Mixed Berries Ice Cream	20 BBQ Chicken Macaroni Salad Mixed Greens Salad Apple Crisp	21 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Dessert
24	25 Cheeseburger Deluxe Coleslaw Peaches Dessert	26 Swedish Meatballs Egg Noodles Normandy Vegetables Tossed Green Salad Applesauce Dessert	27 Teriyaki Chicken Steamed Rice Asian Style Slaw Mandarin Oranges Egg Roll Fortune Cookies	28 Bacon & Egg Salad Sandwich Pea Salad Mixed Berries Dessert
31		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00		

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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
3	4 BBQ Ribslets Sweet Potato Waffle Fries Cornbread Strawberry Shortcake	5 Chicken Cordon Bleu Wild Rice Green Beans Peaches	6 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp	7
10	11 Pulled Pork Sandwich Potato Salad Apple Slices Dessert	12 Beef Stroganoff Carrots Garden Salad Fruited Jell-O	13 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears Dessert	14
17	18 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar	19 Grilled Chicken Burger Deluxe Garlic Fries Mixed Melons Oatmeal Cookie	20 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Jell-O	21
24	25 Teriyaki Chicken Rice Asian Style Slaw Mandarin Oranges Fortune Cookies	26 Swedish Meatballs Egg Noodles Normandy Veggies Tossed Green Salad Grapes Dessert	27 Pork Roast Stuffing & Gravy Venetian Vegetables Spinach Salad Applesauce	28
31	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			

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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
3 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Mixed Berries Angel Food Cake	4	5	6 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	7
10 Chicken Cordon Bleu Wild Rice Green Beans Peaches Dessert	11	12	13 Taco Salad Tortilla Chips Mixed Fruit Dessert	14
17 Cheese Stuffed Pasta Shells with Marinara Sauce Venetian Veggies Tossed Salad Garlic Bread Dessert	18	19	20 Fish & Chips Coleslaw Apple Slices Dessert	21
24 Pulled Pork Sandwich Potato Salad Apple Slices Dessert	25	26	27 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	28
31 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar				

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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
3 Scrambled Eggs Sausage Patty Hash Browns Fruit Toast	4 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp	5 Pulled Pork Sandwich Potato Salad Apple Slices Cookie	6 Taco Salad Tortilla Chips Mixed Fruit Dessert	7 Ham Scrambler w/Cheese Hash Browns Fruit Toast
10 Breakfast Sandwich Hash Browns Fruit	11 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar	12 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	13 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Dessert	14 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes Fresh Fruit
17 Scrambled Eggs German Sausage Hash Browns Fruit Toast	18 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Mixed Berries on Angel Food Cake	19 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	20 Fish & Chips Coleslaw Apricots Dessert	21 Eggs Your Way Bacon Oven Brown Potatoes Fresh Fruit Blueberry Muffin
24 Scrambled Mess with Gravy Fruit Toast	25 BBQ Chicken Macaroni Salad Mixed Greens Salad Mixed Berries Ice Cream	26 Beef Stroganoff Carrots Garden Salad Fruited Jell-O	27 Sweet & Sour Pork Steamed Rice Oriental Veggies Cucumber Salad Egg Roll Dessert	28 Scrambled Eggs Ham Slice Hash Browns Fruit Toast
31 Cheese Omelet Hash Browns Applesauce Toast		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00		

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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
3 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	4	5 BBQ Riblets Jo Jo's Cornbread Strawberry Shortcake	6 Beef Stroganoff Carrots Garden Salad Fruited Jell-O	7
10 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	11	12 Chicken Strips Jo Jo's Spinach Salad Fresh Fruit Garlic Bread Dessert	13 Pulled Pork Sandwich Potato Salad Apple Slices Dessert	14
17 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	18	19 Tuna Noodle Casserole Pes & Carrots Cuke & Tomato Salad Pears Dessert	20 Teriyaki Chicken Steamed Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	21
24 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Berries on Angel Food Cake	25	26 Bacon & Egg Salad Sandwich Pea Salad Mixed Berries Ice Cream	27 Pot Roast Roasted Potatoes & Carrots Garden Salad Watermelon WW Roll Oatmeal Cookies	28
31 Cheeseburger Deluxe Coleslaw Peaches Ice Cream		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00		

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OKANOGAN / OMAK

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TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
3 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	4 Stuffed Pepper Casserole Garden Salad Peaches Dessert	5 Pulled Pork Sandwich Potato Salad Apple Slices Cookie	6 Biscuits & Gravy Scrambled Eggs Hash Browns Banana	7 Swedish Meatballs Egg Noodles Normandy Veggies Tossed Salad Applesauce Dessert
10 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp	11 BBQ Riblets Sweet Potato Waffle Fries Cornbread Strawberry Shortcake	12 Beef Stroganoff Carrots Garden Salad Fruited Jell-O	13 Hamburger Steak with Grilled Onions Eggs Saratoga Hash Browns Peaches	14 Teriyaki Chicken / Veggies Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert
17 White Bean Chicken Chili Tossed Salad Melon Slices Tortilla Chips	18 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Jell-O	19 Taco Salad Mixed Fruit Tortilla Chips Dessert	20 Cheesy Eggs Bacon Potatoes O'Brien Orange Wedges	21 Fish & Chips Coleslaw Apricots Dessert
24 Chicken Cordon Bleu Wild Rice Blend Green Beans Peaches	25 Cheeseburger Deluxe Coleslaw Peaches Dessert	26 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears Oatmeal Cookie	27 Denver Egg Bake Country Potatoes Tropical Fruit Muffin	28 Stuffed Shells w/Marinara Venetian Veggies Tossed Salad Garlic Bread Jell-O
31 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			

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OROVILLE

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
3 Meatballs Mashed Potatoes / Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	4 BBQ Riblets Sweet Potato Waffle Fries Cornbread Strawberry Shortcake	5	6 Taco Salad Mixed Fruit Tortilla Chips Cookie	7 Fish & Chips Coleslaw Apricots Jell-O
10 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	11 Tortellini Caprese Salad Steamed Vegetables Mixed Berries Ice Cream	12	13 Salisbury Steak with Mushroom Gravy Mashed Potatoes / Gravy Asparagus Pears Oatmeal Cookie	14 Pulled Pork Sandwich Potato Salad Apple Slices Dessert
17 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp	18 Grilled Chicken Burger with Lettuce & Tomato Garlic Fries Mixed Melons Dessert	19	20 Sweet & Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Egg Roll Dessert	21 Shrimp Fettuccine Alfredo Carrots Garden Salad Fruited Jell-O
24 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail WW Roll Dessert	25 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	26	27 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce	28 Baked Fish Fillet Rice Pilaf Coleslaw Mixed Melons
31 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00		

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TONASKET

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY—CLOSED	WEDNESDAY	THURSDAY	FRIDAY—CLOSED
3 Fish & Chips Coleslaw Apricots Jell-O	4	5 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	6 White Bean Chicken Chili Tossed Salad Tortilla Chips Melon Slices	7
10 Meatballs Mashed Potatoes / Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	11	12 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	13 Tortellini Caprese Salad Steamed Vegetables Mixed Berries Sugar Free Ice Cream	14
17 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce	18	19 Taco Salad Tortilla Chips Mixed Fruit	20 Grilled Chicken Burger Deluxe—Lettuce & Tomato Garlic Fries Mixed Melons Oatmeal Cookie	21
24 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Jell-O	25	26 Pulled Pork Sandwich Potato Salad Apple Slices Dessert	27 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail Dessert	28
31 Tuna Noodle Casserole Peas & Carrots Cuke & Tomato Salad Orange Quarters Cookie		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00		

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TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Cordon Bleu Wild Rice Green Beans Peaches Dessert	4	5	6 BBQ Riblets Sweet Potato Waffle Fries Cornbread Strawberry Shortcake	7 Baked Fish Fillet Rice Pilaf Coleslaw Mixed Melons
10 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	11	12	13 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail Dessert	14 Salisbury Steak with Mushroom Gravy Mashed Potatoes Normandy Veggies Pears Oatmeal Cookie
17 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	18	19	20 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	21 Fish & Chips Coleslaw Apricots Jell-O
24 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce	25	26	27 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Mixed Berries on Angel Food Cake	28 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp
31 Cheeseburger Deluxe Coleslaw Peaches Ice Cream	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			

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