



# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 French Dip Pea Salad Garden Salad Watermelon Dessert	3 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries	4	5 Hot Dog Potato Salad Fruit Salad
8	9 Chicken Strips Jo Jo's Broccoli Salad Strawberry Shortcake	10 Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy Chopped Salad Garlic Bread Oatmeal Cookie	11	12 Biscuits & Gravy Scrambled Eggs Juice Tropical Fruit
15	16 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit Dessert	17 Salisbury Steak Mashed Potatoes Green Beans Fruit Cocktail WW Roll Oatmeal Cookie	18	19 Chicken Enchiladas Mexican Rice Normandy Vegetables Cuke & Tomato Salad Cinnamon Pears
22	23 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert	24 Chef's Salad Fresh Fruit WW Roll	25	26 Sweet & Sour Chicken Steamed Rice Oriental Vegetables Pineapple Egg Roll
29	30 Cheeseburger Deluxe Tater Tots Apple Celery Salad	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

**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

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Established 1975



# OKANOGAN / OMAK

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TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
1 Hamburger Steak with Grilled Onions Mashed Potatoes/Gravy Chopped Salad Bananas Garlic Bread Oatmeal Cookies	2 Crunchy Chicken Salad on a Bed of Greens Pasta Salad Pickled Beets Strawberries Angel Food Cake	3 Mac & Cheese w/Ham Peas & Carrots Tossed Green Salad Peaches Dessert	4 Biscuits & Gravy Scrambled Eggs Juice Tropical Fruit	5 Salisbury Steak Mashed Potatoes/Gravy Green Beans WW Roll Cereal Bar
8 Chef's Salad Fresh Fruit WW Roll	9 Philly Steak Sandwich Cuke & Tomato Salad Fresh Fruit	10 Sweet & Sour Chicken Steamed Rice Oriental Veggies Pineapple Egg Roll	11 Hamburger Steak Hash Browns Juice Apple Slices	12 Clam Chowder Tuna Sandwich Garden Salad Pineapple Dessert
15 French Dip Pea Salad Garden Salad Watermelon Dessert	16 Chicken Cordon Bleu Rice Pilaf Peas & Carrots Tossed Green Salad Chilled Pears Dessert	17 Hot Dog Potato Salad Fruit Salad	18 Breakfast Sandwich Egg, Ham & Cheese Country Potatoes Juice Mixed Berries	19 Roast Beef Mashed Potatoes/Gravy Normandy Veggies WW Roll Berry Shortcake
22 Lemon Pepper Fish Pesto Pasta Chalet Veggies Spiced Salad Chilled Peaches	23 Taco Salad Tortilla Chips Tropical Fruit	24 BBQ Chicken Macaroni Salad Peas & Carrots Veggie Tray Fresh Fruit WW Roll Dessert	25 Cheesy Scrambled Eggs Bacon Hash Browns Juice Fruit Waffle	26 Cheeseburger Deluxe Sweet Potato Waffle Fries Apple Celery Salad
29 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert	30 Chicken Strips Broccoli Salad Strawberry Shortcake	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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# OROVILLE

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
1 Tuna Noodle Casserole Peas & Carrots Garden Salad Tropical Fruit Dessert	2 BBQ Chicken Macaroni Salad Green Beans Coleslaw Fresh Fruit WW Roll Dessert	3	4 Country Fried Steak Mashed Potatoes / Gravy Apple Slices WW Roll	5 Stuffed Pepper Casserole Chopped Salad Chilled Peaches WW Roll Dessert
8 Crunchy Chicken Salad on a Bed of Greens Pasta Salad Pickled Beets Strawberries on Angel Food Cake	9 Mac & Cheese with Bacon Peas & Carrots Tossed Green Salad Mixed Berries Dessert	10	11 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert	12 Lemon Pepper Fish Pesto Pasta Chalet Veggie Blend Spiced Salad Chilled Peaches Dessert
15 Hot Dog Potato Salad Fruit Salad	16 Roast Beef Mashed Potatoes / Gravy Normandy Vegetables WW Roll Strawberry Shortcake	17	18 Teriyaki Beef on Rice Oriental Veggies Spinach Salad Mandarin Oranges Egg Roll Dessert	19 Taco Salad with Beef Tropical Fruit Tortilla Chips
22 Chef's Salad Fresh Fruit WW Roll	23 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread	24	25 Pork Chops Scalloped Potatoes Spiced Salad Fresh Fruit Tray WW Roll Cereal Bar	26 Clam Chowder Tuna Sandwich Garden Salad Pineapple
29 Chicken Cordon Bleu Rice Pilaf Peas & Carrots Tossed Green Salad Chilled Pears Dessert	30 Biscuits & Gravy Scrambled Eggs Juice Tropical Fruit Pastry	<div style="border: 2px solid black; padding: 5px; margin-bottom: 10px;"> <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>No Home Delivered Meals on Monday</p>		

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# TONASKET

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY—CLOSED
1 Chicken Parmesan Pasta Marinara Green Beans Cuke & Tomato Salad Apricots Dessert	2	3 Ham Sandwich Deluxe Loaded Baked Potato Soup Grapes	4 Chef's Salad Fresh Fruit WW Roll	5
8 Sweet & Sour Chicken Steamed Rice Oriental Veggies Pineapple Egg Roll	9	10 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	11 Biscuits & Gravy Scrambled Egg Juice Tropical Fruit	12
15 Chicken Strips Jo Jo's Broccoli Salad Strawberry Shortcake	16	17 Tuna Noodle Casserole Peas & Carrots Garden Salad Tropical Fruit Dessert	18 Hungarian Goulash Green Beans Caesar Salad Pears Garlic Bread Dessert	19
22 Chicken Enchiladas Spanish Rice Broccoli Normandy Cuke & Tomato Salad Cinnamon Pears	23	24 Clam Chowder Tuna Salad Sandwich Garden Salad Pineapple	25 Pork Chops Scalloped Potatoes Spiced Salad Fresh Fruit Tray WW Roll Cereal Bar	26
29 Chicken Caesar Salad Tortellini Soup Apples & Grapes Dessert	30	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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# TWISP

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Dessert	2	3	4 Hot Dog Potato Salad Fruit Salad Dessert	5 Lemon Pepper Fish Pesto Pasta Chalet Veggie Blend Spiced Salad Chilled Peaches
8 Chicken Cordon Bleu Rice Pilaf Peas & Carrots Tossed Green Salad Chilled Pears Dessert	9	10	11 Roast Beef Mashed Potatoes Normandy Veggies WW Roll Berry Shortcake	12 SALAD BAR Crunchy Chicken Salad on a Bed of Greens Pasta Salad Pickled Beets Fruited Jell-O
15 Hamburger Steak with Grilled Onions Mashed Potatoes Chopped Salad Grapes Garlic Bread Dessert	16	17	18 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread	19 Clam Chowder Tuna Sandwich Garden Salad Pineapple
22 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert	23	24	25 Chicken Caesar Salad Minestrone Soup Apples & Grapes Dessert	26 Cheeseburger Deluxe Sweet Potato Waffle Fries Apple Celery Salad Dessert
29 BBQ Chicken Macaroni Salad Peas & Carrots Veggie Tray Fresh Fruit WW Roll Cookies	30			

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