



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Hamburger Steak with Grilled Onions Mashed Potatoes Buttered Corn Garden Salad Berry Crisp	4 Tuna Noodle Casserole Buttered Peas Spring Salad Fruit Salad Dessert	5	9 BBQ Chicken Scalloped Potatoes Green Beans Tropical Fruit WW Roll Oatmeal Cookie
9	10 Chicken Florentine Garden Salad Fresh Fruit Dessert	11 Supreme Style Pizza Caesar Salad Fruit Salad Dessert	12	13 Cheese Ravioli/Meat Sauce Broccoli Normandy Caesar Salad Peaches Garlic Bread Dessert
16 	17 Sweet & Sour Pork Steamed Rice Asian Vegetables Cuke & Tomato Salad Mandarin Oranges Egg Roll Dessert	18 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert	19	20 Italian Rice & Beef Caesar Salad Apple Slices Dessert
23	24 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats	25 Chicken Salad on Croissant Vegetable Soup Grapes Dessert	26	27 Ham Steak Potatoes Au Gratin Buttered Peas Pineapple WW Roll Tapioca Pudding
<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>				

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






OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
2 BBQ Chicken Scalloped Potatoes Green Beans Tropical Fruit WW Roll Oatmeal Cookies	3 Cabbage Rolls Green Salad Strawberries & Bananas WW Roll Dessert	4 White Bean Chicken Chili Spinach Salad Peaches Cornbread Dessert	5 Denver Egg Bake Has Brown Potatoes Juice Apple Slices French Toast Dessert	9 Lemon Baked Fish Pesto Pasta Asparagus Orange Quarters Dessert
9 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Apple Crisp	10 Orange Chicken Steamed Rice Oriental Vegetables Asian Coleslaw Fruit Cocktail Egg Roll Dessert	11 Beef Stew Spinach Salad Banana Biscuit Dessert	12 Biscuits & Gravy Scrambled Eggs Country Potatoes Juice Fresh Fruit Danish Pastry	13 Pork Chops Mashed Potatoes / Gravy Peas Applesauce WW Roll Tapioca Pudding
16 	17 Roast Beef Baked Potato Buttered Corn Spinach Salad WW Roll Fruit Ambrosia	18 Grilled Chicken Burger Sweet Potato Waffle Fries Three Bean Salad Orange Quarters Dessert	19 Cheesy Scrambled Eggs Bacon Potatoes O'Brien Juice Strawberry Yogurt Waffle	20 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats
23 Hot Turkey Sandwich Mashed Potatoes /Gravy Green Beans Cranberry Salad Pumpkin Pie	24 Pepper Steak Steamed Rice Garden Salad Cinnamon Pears Egg Roll Dessert	25 Tuna Noodle Casserole Buttered Peas Spring Salad Fruit Salad Dessert	26 Hamburger Steak with Grilled Onions Eggs Saratoga Country Potatoes Juice Peaches Raspberry Muffin	27 Tortellini Soup Spring Salad Pars Focaccia Bread Dessert
<div>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</div>				

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







TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY-CLOSED	WEDNESDAY	THURSDAY	FRIDAY—CLOSED
2 Supreme Style Pizza Caesar Salad Fruit Salad Dessert	3	4 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	5 Beef Taco Pie Baja Veggie Blend Spiced Applesauce Dessert	9
9 Cheese Ravioli with Meat Sauce Venetian Blend Vegetables Caesar Salad Apricots Garlic Bread Dessert	10	11 Split Pea & Ham Soup Turkey Sandwich Deluxe Apple Wedges Peaches Dessert	12 Pulled Pork Sandwich Sweet Potato Waffle Fries Three Bean Salad Mixed Fruit Dessert	13
16 	17	18 White Bean Chicken Chili Spinach Salad Peaches Cornbread Dessert	19 Fish & Chips Cabbage/Apple Slaw Fruit Cocktail Rice Krispies Treats	20
23 Donated food day	24	25 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Cranberry Salad Dessert	26 Tortellini Soup Spring Salad Pears Focaccia Bread Dessert	27
<div> Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00 </div>				

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
2 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	3	4	5 Hamburger Steak with Grilled Onions Mashed Potatoes/Gravy Buttered Corn Garden Salad Berry Crisp	9 Fish & Chips Cabbage & Apple Slaw Fruit Cocktail Rice Krispies Treats
9 BBQ Chicken Scalloped Potatoes Green Beans Tropical Fruit WW Roll Oatmeal Cookie	10	11	12 Roast Beef Baked Potato Corn Spinach Salad WW Roll Fruit Ambrosia	13 Split Pea & Ham Soup Turkey Sandwich Deluxe Apple Wedges Peaches Dessert
16 	17	18	19 Sweet & Sour Pork Steamed Rice Asian Vegetables Cuke & Tomato Salad Mandarin Oranges Egg Roll Dessert	20 Lemon Baked Fish Pesto Pasta Asparagus Coleslaw Orange Quarters Dessert
23 Chicken Salad Sandwich served on a Croissant Vegetable Soup Grapes Dessert	24	25	26 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Apple Crisp	27 Baked Chicken Rice Pilaf Broccoli Normandy Greek Salad Fruit Salad Dessert
		<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>		

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

