



# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

| MONDAY | TUESDAY                                                                                                                 | WEDNESDAY                                                                                                       | THURSDAY                                                                                                           | FRIDAY                                                                                                                     |
|--------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| 1      | 2<br>Deluxe Turkey Sandwich<br>(Lettuce & Tomato)<br>Vegetable Medley Soup<br>Coleslaw<br>Waldorf Salad<br>Dessert      | 3<br>Country Fried Steak<br>Mashed Potatoes & Gravy<br>Green Beans<br>Tossed Salad<br>WW Roll<br>Fruited Jell-O | 4                                                                                                                  | 5<br>Stuffed Cabbage Rolls<br>w/ Rice<br>7 Layer Salad<br>Cherry Crisp                                                     |
| 8      | 9<br>Chicken Burger Deluxe<br>(Lettuce & Tomato)<br>Veggie Tray<br>Potato Salad<br>Chilled Peaches<br>Dessert           | 10<br>Sloppy Joe Sandwich<br>on Garlic Bread<br>Pea Salad<br>Three Bean Salad<br>Apricots<br>Dessert            | 11                                                                                                                 | 12<br>Baked Fish<br>w/ Lemon Pepper<br>Rice Pilaf<br>Green Beans<br>Coleslaw<br>Chilled Peaches<br>Garlic Bread<br>Dessert |
| 15     | 16<br>Sweet & Sour Pork<br>Steamed Rice<br>Stir Fry Vegetables<br>Asian Slaw<br>Mandarin Oranges<br>Egg Roll<br>Dessert | 17<br>Beef Stroganoff<br>w/ Egg Noodles<br>Green Beans<br>Mixed Greens Salad<br>Chilled Peaches<br>Dessert      | 18                                                                                                                 | 19<br>Lasagna w/ Meat Sauce<br>Key West Veggies<br>Caesar Salad<br>Pears<br>Dessert                                        |
| 22     | 23<br>Baked Ham<br>Scalloped Potatoes<br>Christmas Salad<br>Watergate Salad<br>WW Roll<br>Special Dessert               | 24<br><br>CLOSED FOR<br><br>CHRISTMAS EVE                                                                       | 25<br><br>CLOSED FOR<br><br>CHRISTMAS DAY                                                                          | 26<br>BBQ Meatballs<br>Mac & Cheese<br>Italian Vegetables<br>Caesar Salad<br>Fruit Cocktail<br>Dessert                     |
| 29     | 30<br>Clam Chowder<br>Turkey Sandwich<br>(Lettuce & Tomato)<br>Cucumber Salad<br>Apple Slices<br>Dessert                | 31<br>Ham & Cheese Quiche<br>Steamed Broccoli<br>Garden Salad<br>Orange Quarters<br>Blueberry Muffin            | <div>Suggested donation for seniors over age 60 is \$5.00</div> <div>FEE for persons under age 60 is \$12.00</div> |                                                                                                                            |

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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



Established 1975



# CASHMERE / LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-470-0522 FOR HOME DELIVERED MEALS

| MONDAY                                                                                                                       | TUESDAY | WEDNESDAY                                                                                                                        | THURSDAY                                                                                                    | FRIDAY                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| 1<br>Meatloaf<br>Mashed Potatoes & Gravy<br>Trio Veggies<br>Garden Salad<br>Roll<br>Dessert                                  | 2       | 3<br>Pork Loin Chops & Gravy<br>Roast Potatoes & Carrots<br>Spring Salad<br>Applesauce<br>Roll<br>Dessert                        | 4                                                                                                           | 5<br>Chicken Burger Deluxe<br>Potato Salad<br>Chilled Peaches<br>Dessert                                   |
| 8<br>Orange Glazed Chicken<br>w/ Rice<br>Stir Fry Vegetables<br>Asian Style Slaw<br>Chilled Pineapple<br>Egg Roll<br>Dessert | 9       | 10<br>Hearty Turkey Noodle<br>Soup<br>Tossed Salad<br>Fresh Fruit Tray<br>Mozzarella Breadsticks<br>Dessert                      | 11                                                                                                          | 12<br>Beef Stroganoff<br>W/ Egg Noodles<br>Green Beans<br>Mixed Greens Salad<br>Chilled Peaches<br>Dessert |
| 15<br>BBQ Meatballs<br>Rice Pilaf<br>Italian Vegetables<br>Caesar Salad<br>Fruit Cocktail<br>Dessert                         | 16      | 17<br>Harvest Stew<br>Coleslaw<br>Peaches<br>Cornbread<br>Dessert                                                                | 18                                                                                                          | 19<br>Mac & Cheese w/ Bacon<br>Peas & Carrots<br>Tossed Green Salad<br>Mixed Berries<br>Dessert            |
| 22<br>Baked Ham<br>Scalloped Potatoes<br>Green Beans<br>Pineapple & Cherries<br>Roll<br>Oatmeal Cookies                      | 23      | 24<br><br>CLOSED FOR<br><br>CHRISTMAS EVE                                                                                        | 25<br><br>CLOSED FOR<br><br>CHRISTMAS DAY                                                                   | 26<br><br>CLOSED                                                                                           |
| 29<br>Beef Taco Pie<br>Spanish Rice<br>Garden Salad<br>Spiced Apples<br>Dessert                                              | 30      | 31<br>Roast beef<br>Baked Potato & Fixings<br>Green Bean Casserole<br>7 layer Salad<br>Fruit Ambrosia<br>Roll<br>Special Dessert | <div>Suggested donation for seniors over age 60 is \$5.00<br/>FEE for persons under age 60 is \$12.00</div> |                                                                                                            |

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# CHELAN

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

| MONDAY                                                                                                                       | TUESDAY                                                                                                                                 | WEDNESDAY                                                                                                                        | THURSDAY                                                                                                           | FRIDAY                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| 1<br>Meatloaf<br>Mashed Potatoes & Gravy<br>Trio Veggies<br>Garden Salad<br>Roll<br>Dessert                                  | 2<br>7 Can Taco Soup<br>Mexi Slaw<br>Peaches<br>Tortilla Chips<br>Dessert                                                               | 3<br>Pork Loin Chops & Gravy<br>Roast Potatoes & Carrots<br>Spring Salad<br>Applesauce<br>Roll<br>Dessert                        | 4<br>Stuffed Cabbage Rolls<br>w/ Rice<br>Cucumber Salad<br>Pear Crisp                                              | 5<br>Chicken Burger Deluxe<br>Potato Salad<br>Chilled Peaches<br>Dessert                                   |
| 8<br>Orange Glazed Chicken<br>w/ Rice<br>Stir Fry Vegetables<br>Asian Style Slaw<br>Chilled Pineapple<br>Egg Roll<br>Dessert | 9<br>Biscuits & Gravy<br>Scrambled Eggs<br>Oven Brown Potatoes<br>V-8 or Fruit Juice<br>Fresh Fruit<br>Muffin                           | 10<br>Hearty Turkey Noodle<br>Soup<br>Tossed Salad<br>Fresh Fruit Tray<br>Mozzarella Breadsticks<br>Dessert                      | 11<br>Chicken Enchiladas<br>Baja Vegetable Blend<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert                     | 12<br>Beef Stroganoff<br>W/ Egg Noodles<br>Green Beans<br>Mixed Greens Salad<br>Chilled Peaches<br>Dessert |
| 15<br>BBQ Meatballs<br>Rice Pilaf<br>Italian Vegetables<br>Caesar Salad<br>Fruit Cocktail<br>Dessert                         | 16<br>Breakfast Casserole: (Eggs,<br>Ham, Cheese, Potatoes,<br>Green Onions)<br>Fruit or V-8 Juice<br>Fresh Fruit<br>Biscuit<br>Dessert | 17<br>Harvest Stew<br>Coleslaw<br>Peaches<br>Cornbread<br>Dessert                                                                | 18<br>Country Fried Steak<br>Mashed Potatoes & Gravy<br>Green Beans<br>Mixed Greens Salad<br>Roll<br>Dessert       | 19<br>Mac & Cheese w/ Bacon<br>Peas & Carrots<br>Tossed Green Salad<br>Mixed Berries<br>Dessert            |
| 22<br>Baked Ham<br>Scalloped Potatoes<br>Green Beans<br>Pineapple & Cherries<br>Roll<br>Oatmeal Cookies                      | 23<br>Chicken Fettuccini Alfredo<br>Italian Vegetables<br>Caesar Salad<br>Mandarin Oranges<br>Dessert                                   | 24<br><br>CLOSED FOR<br><br>CHRISTMAS EVE                                                                                        | 25<br><br>CLOSED FOR<br><br>CHRISTMAS DAY                                                                          | 26<br><br>CLOSED                                                                                           |
| 29<br>Beef Taco Pie<br>Spanish Rice<br>Garden Salad<br>Spiced Apples<br>Dessert                                              | 30<br>Half Chef's Salad<br>Potato Soup<br>Cinnamon Applesauce<br>Roll<br>Dessert                                                        | 31<br>Roast beef<br>Baked Potato & Fixings<br>Green Bean Casserole<br>7 layer Salad<br>Fruit Ambrosia<br>Roll<br>Special Dessert | <div>Suggested donation for seniors over age 60 is \$5.00</div> <div>FEE for persons under age 60 is \$12.00</div> |                                                                                                            |

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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                                                                                                                    |
|--------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| 1      | 2<br>Chicken Enchiladas<br>Baja Vegetable Blend<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert                     | 3<br>Salisbury Steak<br>Mashed Potatoes / Gravy<br>Trio Vegetables<br>Carrot Raisin Salad<br>WW Roll<br>Berry Cobbler | 4<br>Deluxe Bacon<br>Cheeseburger<br>Sweet Potato Waffle Fries<br>Three Bean Salad<br>Sliced Pears<br>Dessert                      | 5<br>Chicken Fettuccine Alfredo<br>Italian Vegetables<br>Caesar Salad<br>Mandarin Oranges<br>Dessert                      |
| 8      | 9<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Peaches<br>Garlic Bread<br>Dessert                                 | 10<br>Baked Chicken<br>Garlic Parmesan Pasta<br>Glazed Carrots<br>Broccoli Salad<br>Tropical Fruit<br>Dessert         | 11<br>Chicken Fried Steak<br>Mashed Potatoes / Gravy<br>Green Beans<br>Tossed Salad<br>Chilled Pears<br>Biscuit<br>Monster Cookies | 12<br>Swiss Steak<br>Mashed Potatoes / Gravy<br>California Blend Veggies<br>Chopped Salad<br>Banana<br>Biscuit<br>Dessert |
| 15     | 16<br>Hearty Turkey Noodle<br>Soup<br>Tossed Salad<br>Fresh Fruit Tray<br>Mozzarella Breadstick<br>Dessert        | 17<br>Meatloaf<br>Mashed Potatoes / Gravy<br>Trio Veggies<br>Garden Salad<br>Peaches<br>WW Roll<br>Dessert            | 18<br>Orange Glazed Chicken<br>Steamed Rice<br>Stir Fry Veggies<br>Asian Style Slaw<br>Chilled Pineapple<br>Egg Roll<br>Dessert    | 19<br>Lasagna<br>Peas & Carrots<br>Spinach Salad<br>Tropical Fruit<br>Dessert                                             |
| 22     | 23<br>Baked Ham<br>Scalloped Potatoes<br>Chipped Salad<br>Pineapple & Cherries<br>WW Roll<br>Rice Krispies Treats | 24<br><br>CLOSED FOR<br><br>CHRISTMAS EVE                                                                             | 25<br><br>CLOSED FOR<br><br>CHRISTMAS DAY                                                                                          | 26<br>Ham Sandwich Deluxe<br>Vegetable Medley Soup<br>Coleslaw<br>Waldorf Salad<br>Dessert                                |
| 29     | 30<br>Chicken Burger Deluxe<br>Potato Salad<br>Chilled Peaches<br>Dessert                                         | 31<br>Garden Chili<br>Cottage Cheese<br>Cucumber Salad<br>Applesauce<br>Cornbread<br>Dessert+                         | <div>Suggested donation for seniors over age 60 is \$5.00<br/>FEE for persons under age 60 is \$10.00</div>                        |                                                                                                                           |

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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 |
|--------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------|
| 1      | 2<br>Chicken Enchiladas<br>Baja Vegetable Blend<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert                                       | 3<br>Harvest Stew<br>Coleslaw<br>Peaches<br>Cornbread<br>Dessert                                                       | 4<br>Pork Chops<br>Mashed Potatoes & Gravy<br>Roasted Carrots<br>Garden Salad<br>Applesauce<br>WW Roll<br>Dessert              | 5      |
| 8      | 9<br>Clam Chowder<br>Deluxe Turkey Sandwich<br>Cucumber Salad<br>Apple Slices<br>Dessert                                            | 10<br>Salisbury Steak<br>Mashed Potatoes & Gravy<br>Trio Vegetables<br>Carrot/Raisin Salad<br>WW Roll<br>Berry Cobbler | 11<br>Pork Roast<br>Stuffing & Gravy<br>Steamed Carrots<br>Garden Salad<br>Waldorf Salad<br>Dessert                            | 12     |
| 15     | 16<br>Country Fried Steak<br>Mashed Potatoes & Gravy<br>Green Beans<br>Broccoli Salad<br>WW Roll<br>Dessert                         | 17<br>Hearty Turkey Noodle Soup<br>Tossed Salad<br>Fresh Fruit Tray<br>Mozzarella Bread Stick<br>Dessert               | 18<br>Swiss Steak<br>Mashed Potatoes & Gravy<br>California Blend Veggies<br>Chopped Salad<br>Fruit Salad<br>Biscuit<br>Dessert | 19     |
| 22     | 23<br>Roast Beef<br>Baked Potato & Fixings<br>Green Bean Casserole<br>7 Layer Salad<br>Fruit Ambrosia<br>WW Roll<br>Special Dessert | 24<br><br>CLOSED FOR<br><br>CHRISTMAS EVE                                                                              | 25<br><br>CLOSED FOR<br><br>CHRISTMAS DAY                                                                                      | 26     |
| 29     | 30<br>Ham or Turkey Sandwich<br>Vegetable Medley Soup<br>Coleslaw<br>Waldorf Salad<br>Dessert                                       | 31<br>Chicken Florentine Served<br>over Pasta<br>Tossed Green Salad<br>Cherries & Pineapple<br>Dessert                 | <div>Suggested donation for seniors over age 60 is \$5.00</div> <div>FEE for persons under age 60 is \$12.00</div>             |        |

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# ENTIAAT

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

| MONDAY                                                                                                                       | TUESDAY | WEDNESDAY                         | THURSDAY                                                                                                     | FRIDAY |
|------------------------------------------------------------------------------------------------------------------------------|---------|-----------------------------------|--------------------------------------------------------------------------------------------------------------|--------|
| 1<br>Meatloaf<br>Mashed Potatoes & Gravy<br>Trio Veggies<br>Garden Salad<br>Roll<br>Dessert                                  | 2       | 3                                 | 4<br>Stuffed Cabbage Rolls<br>w/ Rice<br>Cucumber Salad<br>Pear Crisp                                        | 5      |
| 8<br>Orange Glazed Chicken<br>w/ Rice<br>Stir Fry Vegetables<br>Asian Style Slaw<br>Chilled Pineapple<br>Egg Roll<br>Dessert | 9       | 10                                | 11<br>Chicken Enchiladas<br>Baja Vegetable Blend<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert               | 12     |
| 15<br>BBQ Meatballs<br>Rice Pilaf<br>Italian Vegetables<br>Caesar Salad<br>Fruit Cocktail<br>Dessert                         | 16      | 17                                | 18<br>Country Fried Steak<br>Mashed Potatoes & Gravy<br>Green Beans<br>Mixed Greens Salad<br>Roll<br>Dessert | 19     |
| 22<br>Baked Ham<br>Scalloped Potatoes<br>Green Beans<br>Pineapple & Cherries<br>Roll<br>Oatmeal Cookies                      | 23      | 24<br>CLOSED FOR<br>CHRISTMAS EVE | 25<br>CLOSED FOR<br>CHRISTMAS DAY                                                                            | 26     |
| 29<br>Beef Taco Pie<br>Spanish Rice<br>Garden Salad<br>Spiced Apples<br>Dessert                                              | 30      | 31                                | Suggested donation for seniors over age 60 is \$5.00<br>FEE for persons under age 60 is \$12.00              |        |

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# GRAND COULEE

PLEASE CALL 509-633-2321 BY NOON TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY 8-10am

TUESDAY 5pm

WEDNESDAY 5pm

THURSDAY 5pm

FRIDAY 8-10am

|                                                                                              |                                                                                                                             |                                                                                                                   |                                                                                                                           |                                                                                                             |
|----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| 1<br>Bacon & Eggs<br>Hash Browns<br>V-8 or Fruit Juice<br>Fruit Bowl<br>Toast                | 2<br>Hawaiian Chicken<br>Sandwich<br>Potato Wedges<br>Green Salad<br>Pineapple & Cottage<br>Cheese<br>Cook's Choice Dessert | 3<br>Meatloaf<br>Mashed Potatoes /Gravy<br>Trio Veggies<br>Garden Salad<br>WW Roll<br>Blueberry Cobbler           | 4<br>Fish & Chips<br>Coleslaw<br>Applesauce<br>Garlic Bread<br>Dessert                                                    | 5<br>Scrambled Eggs<br>Ham Slice<br>Hash Browns<br>V-8 or Fruit Juice<br>Fruit Bowl<br>French Toast         |
| 8<br>Country Scramble<br>(Eggs, Potatoes, Cheese, & Veggies)<br>Juice<br>Fruit Bowl<br>Toast | 9<br>Supreme Style Pizza<br>Salad Bar<br>Fruit Bar<br>Cook's Choice Dessert                                                 | 10<br>Chili<br>Green Salad<br>Sliced Pears<br>Cornbread<br>Dessert                                                | 11<br>Country Fried Steak<br>Mashed Potatoes & Gravy<br>Corn & Carrots<br>Mixed Fruit<br>WW Roll<br>Cook's Choice Dessert | 12<br>Biscuits & Sausage Gravy<br>Eggs Your Way<br>Oven Brown Potatoes<br>V-8 or Fruit Juice<br>Fresh Fruit |
| 15<br>Breakfast Sandwich<br>(Egg, Meat, and Cheese)<br>Hash Browns<br>Juice<br>Fruit Bowl    | 16<br>Stuffed Sausage<br>Mixed Vegetables<br>Fruit Salad<br>WW Bread<br>Cook's Choice Dessert                               | 17<br>Loaded Potato Soup<br>BLT Sandwich<br>(Lettuce & Tomato)<br>Green Salad<br>Peaches<br>Cook's Choice Dessert | 18<br>Pork Roast<br>Mashed Potatoes & Gravy<br>Steamed Carrots<br>Applesauce<br>WW Bread<br>Dessert                       | 19<br>Scrambled Eggs<br>Sausage Patty<br>Potato Cakes<br>Juice<br>Fruit Bowl<br>Toast                       |
| 22<br>Waffle & Eggs<br>Bacon<br>Juice<br>Fruit Bowl                                          | 23<br>Baked Ham<br>Potatoes Au Gratin<br>Winter Veggies<br>Fruit Salad<br>WW Roll<br>Dessert                                | 24<br><br>CLOSED FOR<br>CHRISTMAS EVE                                                                             | 25<br><br>CLOSED FOR<br>CHRISTMAS DAY                                                                                     | 26<br>Bacon & Eggs<br>Hash Browns<br>Juice<br>Fruit Bowl<br>Toast                                           |
| 29<br>Cheese Omelet<br>Hash Browns<br>Juice<br>Fruit Bowl<br>Toast                           | 30<br>Chicken Strips<br>Potato Wedges<br>Green Beans w/ Onions<br>Apple Sliced w/ Dip<br>Cook's Choice Dessert              | 31<br>Roast Beef<br>Baked Potato<br>Cheesy Broccoli<br>Fruit Ambrosia<br>WW Roll<br>Special Dessert               | <div>Suggested donation for seniors over age 60 is \$5.00</div> <div>FEE for persons under age 60 is \$10.00</div>        |                                                                                                             |

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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 |
|----------------------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|--------|
| 1<br>Stuffed Cabbage Rolls<br>Tossed Salad<br>Sliced Pears<br>Oatmeal Cookie                       | 2       | 3<br>Chicken Enchiladas<br>Mixed vegetables<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert                          | 4<br>Macaroni & Cheese w/ Bacon<br>Peas & Carrots<br>Tossed Green Salad<br>Mixed Berries<br>Dessert                          | 5      |
| 8<br>Harvest Stew<br>Coleslaw<br>Peaches<br>Cornbread<br>Dessert                                   | 9       | 10<br>Pork Chops<br>Mashed Potatoes & Gravy<br>Roasted Carrots<br>Garden Salad<br>Applesauce<br>WW Roll<br>Dessert | 11<br>Clam Chowder<br>Turkey Sandwich<br>Lettuce & Tomato<br>Cucumber Salad<br>Fruit Juice<br>Dessert                        | 12     |
| 15<br>Chicken Taco Soup<br>Tossed Green Salad<br>Peaches<br>Tortilla Chips<br>Dessert              | 16      | 17<br>Pork Roast<br>Stuffing & Gravy<br>Steamed Carrots<br>Garden Salad<br>Waldorf Salad<br>Dessert                | 18<br>Baked Fish w/ Lemon Pepper<br>Roasted Red Potatoes & Carrots<br>Coleslaw<br>Chilled Peaches<br>Garlic Bread<br>Dessert | 19     |
| 22<br>Baked Ham<br>Scalloped Potatoes<br>Green Bean Casserole<br>Cranberry Salad<br>WW Roll<br>Pie | 23      | 24<br><br>CLOSED FOR<br><br>CHRISTMAS EVE                                                                          | 25<br><br>CLOSED FOR<br><br>CHRISTMAS DAY                                                                                    | 26     |
| 29<br>Half Chef's Salad<br>Potato Soup<br>Cinnamon Applesauce<br>WW Roll<br>Dessert                | 30      | 31<br>French Dip Sandwich<br>Jo Jo's<br>Garden Salad<br>Peaches<br>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>      |        |

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# OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

| OKANOGAN                                                                                               | OMAK                                                                                                               | OKANOGAN                                                                                                       | OKANOGAN 9am                                                                                        | OMAK                                                                                                                   |
|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| 1<br>Stuffed Cabbage Rolls<br>7 Layer Salad<br>Chilled Pears<br>Oatmeal Cookies                        | 2<br>Chicken Taco Soup<br>Tossed Green Salad<br>Peaches<br>Tortilla Chips<br>Dessert                               | 3<br>Chicken Cacciatore<br>Penne Pasta<br>Italian Veggies<br>Grapes<br>Dessert                                 | 4<br>Cheesy Scrambled Eggs<br>Bacon<br>Potatoes O'Brien<br>Juice<br>Strawberry Tart<br>French Toast | 5<br>Lemon Baked Fish<br>Roasted Red Potatoes<br>Trio Veggies<br>Coleslaw<br>Chilled Peaches<br>Dessert                |
| 8<br>Mac & Cheese with Ham<br>Peas & Carrots<br>Tossed Green Salad<br>Mixed Berries<br>Angel Food Cake | 9<br>Salisbury Steak<br>Mashed Potatoes / Gravy<br>Trio Veggies<br>Carrot Raisin Salad<br>WW Roll<br>Berry Cobbler | 10<br>Chicken Enchilada Cass.<br>Baja Veggie Blend<br>Fresh Salsa<br>Mandarin Oranges<br>Tapioca Pudding       | 11<br>Biscuits & Gravy<br>Scrambled Eggs<br>Country Potatoes<br>Juice<br>Peach Parfait              | 12<br>Deluxe Ham and Cheese<br>Sandwich<br>Corn Chowder<br>Banana<br>Dessert                                           |
| 15<br>Pork Chops<br>Mashed Potatoes<br>Roasted Carrots<br>Garden Salad<br>Applesauce<br>Dessert        | 16<br>Sloppy Joe Sandwich<br>Potato Wedges<br>Coleslaw<br>Apricots<br>Dessert                                      | 17<br>Baked Chicken<br>Wild Rice<br>Glazed Carrots<br>Broccoli Salad<br>Fruit Cocktail<br>WW Roll<br>Dessert   | 18<br>Chicken Fried Steak<br>Eggs Saratoga<br>Hash Browns<br>Juice<br>Waffle<br>Blueberry Muffin    | 19<br>Shrimp Fettuccine<br>Green Beans<br>Caesar Salad<br>Fruit Salad<br>Dessert                                       |
| 22<br>Meatloaf<br>Mashed Potatoes / Gravy<br>Trio Veggies<br>Garden Salad<br>WW Roll<br>Fruited Jell-O | 23<br>Baked Ham<br>Scalloped Potatoes<br>Green Beans<br>WW Roll<br>Cherry Pie                                      | 24<br><br>CLOSED FOR<br><br>CHRISTMAS EVE                                                                      | 25<br><br>CLOSED FOR<br><br>CHRISTMAS DAY                                                           | 26<br>Chicken Cordon Bleu<br>Rice Pilaf<br>Venetian Veggies<br>Spinach Salad<br>Mandarin Oranges<br>WW Roll<br>Dessert |
| 29<br>Clam Chowder<br>Turkey Sandwich Deluxe<br>Cucumber Salad<br>Apple Slices<br>Dessert              | 30<br>French Dip Sandwich<br>Jo Jo's<br>Garden Salad<br>Peaches<br>Dessert                                         | 31<br>Country Fried Steak<br>Mashed Potatoes/Gravy<br>Green Beans<br>Tossed Salad<br>WW Roll<br>Fruited Jell-O | Suggested donation for seniors over age 60 is \$5.00<br>FEE for persons under age 60 is \$12.00     |                                                                                                                        |

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# OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

| MONDAY                                                                                                                     | TUESDAY                                                                                                                     | CLOSED                                    | THURSDAY                                                                                                                | FRIDAY                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| 1<br>Chicken Enchilada<br>Casserole<br>Baja Vegetable Blend<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert                  | 2<br>Pork Chops<br>Mashed Potatoes & Gravy<br>Roasted Carrots<br>Garden Salad<br>Applesauce<br>WW Roll<br>Dessert           | 3                                         | 4<br>Macaroni & Cheese<br>w/ Bacon<br>Peas & Carrots<br>Tossed Green Salad<br>Mixed Berries<br>Angel Food Cake          | 5<br>Clam Chowder<br>Turkey Sandwich<br>(Lettuce & Tomato)<br>Cucumber Salad<br>Apple Slices<br>Dessert                                  |
| 8<br>Sweet & Sour Pork<br>Steamed Rice<br>Stir Fry Vegetables<br>Asian Slaw<br>Cherries & Pineapple<br>Egg Roll<br>Dessert | 9<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Sliced Peaches<br>Garlic Bread<br>Dessert                                    | 10                                        | 11<br>Pork Roast<br>Stuffing & Gravy<br>Steamed Carrots<br>Spinach Salad<br>Waldorf Salad<br>Dessert                    | 12<br>Tuna Casserole w/ Cheese<br>Peas & Carrots<br>Garden Salad<br>Tropical Fruit<br>Dessert                                            |
| 15<br>BBQ Meatballs<br>Mac & Cheese<br>California Veggie Blend<br>Caesar Salad<br>Fruit Cocktail<br>Dessert                | 16<br>Chicken Burger Deluxe<br>(Lettuce & Tomato)<br>Potato Salad<br>Chilled Peaches<br>Dessert                             | 17                                        | 18<br>Country Fried Steak<br>Mashed Potatoes & Gravy<br>Green Beans<br>WW Roll<br>Fruited Jell-O                        | 19<br>Baked Fish w/<br>Lemon Pepper<br>Roasted Red Potatoes<br>Trio Vegetables<br>Coleslaw<br>Chilled Peaches<br>Garlic Bread<br>Dessert |
| 22<br>Deluxe Turkey Sandwich<br>(Lettuce & Tomato)<br>Vegetable Medley Soup<br>Pea Salad<br>Waldorf Salad<br>Dessert       | 23<br>Sloppy Joe Sandwich<br>Potato Wedges<br>Coleslaw<br>Apricots<br>Dessert                                               | 24<br><br>CLOSED FOR<br><br>CHRISTMAS EVE | 25<br><br>CLOSED FOR<br><br>CHRISTMAS DAY                                                                               | 26<br>Bacon Cheeseburger<br>Deluxe<br>Sweet Potato Waffle Fries<br>Three Bean Salad<br>Sliced Pears<br>Dessert                           |
| 29<br>Chicken Cordon Bleu<br>Rice Pilaf<br>Venetian Veggies<br>Spinach Salad<br>Mandarin Oranges<br>WW Roll<br>Dessert     | 30<br>Roast Beef<br>Baked Potato & Fixings<br>Green Bean Casserole<br>7 Layer Salad<br>Fruit Ambrosia<br>WW Roll<br>Dessert | 31                                        | <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> |                                                                                                                                          |

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# TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY—CLOSED

|                                                                                                                     |                                                                                                                                    |                                                                                                       |                                                                                                                    |    |
|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----|
| 1<br>Ham & Cheese Quiche<br>Steamed Broccoli<br>Garden Salad<br>Orange Quarters<br>Blueberry Muffin                 | 2<br>Chicken Taco Soup<br>Tossed Green Salad<br>Peaches<br>Tortilla Chips<br>Mozzarella Breadstick<br>Dessert                      | 3<br>Chicken Enchilada Casserole<br>Baja Vegetables<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert     | 4<br>Lasagna w/Meat Sauce<br>Key West Veggies<br>Caesar Salad<br>Pears<br>Garlic Bread<br>Dessert                  | 5  |
| 8<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Sliced Peaches<br>Garlic Bread<br>Dessert                            | 9<br>Chicken Burger Deluxe<br>Potato Salad<br>Three Bean Salad<br>Orange Quarters<br>Dessert                                       | 10<br>Stuffed Cabbage Rolls<br>7 Layer Salad<br>Chilled Pears<br>Oatmeal Cookie                       | 11<br>Clam Chowder<br>Turkey Sandwich Deluxe<br>Cucumber Salad<br>Apple Slices<br>Dessert                          | 12 |
| 15<br>Baked Ham<br>Scalloped Potatoes<br>Chopped Salad<br>Pineapple & Cherries<br>WW Roll<br>Rice Krispies Treats   | 16<br>Tuna Casserole<br>Peas & Carrots<br>Garden Salad<br>Tropical Fruit<br>Dessert                                                | 17<br>1/2 Chef's Salad<br>Potato Soup<br>Cinnamon Applesauce<br>Cereal Bars                           | 18<br>Hearty Turkey Noodle<br>Soup<br>Tossed Salad<br>Fresh Fruit Tray<br>Mozzarella Breadstick<br>Dessert         | 19 |
| 22<br>Deluxe Bacon Cheeseburger<br>Sweet Potato Waffle Fries<br>Three Bean Salad<br>Sliced Pears<br>Monster Cookies | 23<br>Roast Turkey<br>Stuffing & Gravy<br>Green Bean Casserole<br>Cranberry Salad<br>Waldorf Salad<br>Pumpkin Pie                  | 24<br><br>CLOSED FOR<br><br>CHRISTMAS EVE                                                             | 25<br><br>CLOSED FOR<br><br>CHRISTMAS DAY                                                                          | 26 |
| 29<br>BBQ Meatballs<br>Mac & Cheese<br>Italian Vegetables<br>Caesar Salad<br>Fruit Cocktail<br>Dessert              | 30<br>Baked Lemon Pepper Fish<br>Roasted Red Potatoes<br>Trio Vegetables<br>Coleslaw<br>Chilled Peaches<br>Garlic Bread<br>Dessert | 31<br>Chicken & Rice Bake<br>California Vegetables<br>Greek Salad<br>Applesauce<br>WW Roll<br>Dessert | <div>Suggested donation for seniors over age 60 is \$5.00</div> <div>FEE for persons under age 60 is \$12.00</div> |    |

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Established 1975



# TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

| MONDAY                                                                                                                     | TUESDAY | WEDNESDAY                                 | THURSDAY                                                                                                    | FRIDAY                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------|---------|-------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| 1<br>Mac & Cheese with Bacon<br>Peas and Carrots<br>Tossed Green Salad<br>Mixed Berries<br>Angel Food Cake                 | 2       | 3                                         | 4<br>Bacon Cheeseburger Deluxe<br>Sweet Potato Waffle Fries<br>Three Bean Salad<br>Sliced Pears<br>Dessert  | 5<br>Baked Fish w/<br>Lemon Pepper<br>Trio Vegetables<br>Roasted Red Potatoes<br>Coleslaw<br>Chilled Peaches<br>Garlic Bread<br>Dessert |
| 8<br>Chicken Cordon Bleu<br>Wild Rice<br>Normandy Veggies<br>Spinach Salad<br>Chilled Peaches<br>Dessert                   | 9       | 10                                        | 11<br>Lasagna w/ Meat Sauce<br>Key West Veggies<br>Caesar Salad<br>Pears<br>Garlic Bread<br>Dessert         | 12<br>Biscuits & Gravy<br>Oven Brown Potatoes<br>V-8 or Fruit Juice<br>Fresh Fruit<br>Muffin                                            |
| 15<br>Salisbury Steak<br>Mashed Potatoes & Gravy<br>Trio Vegetables<br>Carrot/Raisin Salad<br>WW Roll<br>Berry Cobbler     | 16      | 17                                        | 18<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Sliced Peaches<br>Garlic Bread<br>Dessert                   | 19<br>Clam Chowder<br>Turkey Sandwich Deluxe<br>Broccoli Salad<br>Apple Slices<br>Dessert                                               |
| 22<br>Baked Ham<br>Scalloped Potatoes<br>Green Beans<br>Tossed Salad<br>Pineapple & Cherries<br>WW Roll<br>Special Dessert | 23      | 24<br><br>CLOSED FOR<br><br>CHRISTMAS EVE | 25<br><br>CLOSED FOR<br><br>CHRISTMAS DAY                                                                   | 26<br>Orange Glazed Chicken<br>Steamed Rice<br>Stir Fry Vegetables<br>Asian Style Slaw<br>Tropical Fruit<br>Egg Roll<br>Dessert         |
| 29<br>Sloppy Joe Sandwich<br>Potato Wedges<br>Coleslaw<br>Apricots<br>Dessert                                              | 30      | 31                                        | <div>Suggested donation for seniors over age 60 is \$5.00<br/>FEE for persons under age 60 is \$12.00</div> |                                                                                                                                         |
|                                                                                                                            |         |                                           |                                                                                                             |                                                                                                                                         |

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# WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY | TUESDAY                                                                                                           | WEDNESDAY                                                                                                             | THURSDAY                                                                                                                        | FRIDAY                                                                                                                    |
|--------|-------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| 1      | 2<br>Chicken Enchiladas<br>Baja Vegetable Blend<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert                     | 3<br>Salisbury Steak<br>Mashed Potatoes / Gravy<br>Trio Vegetables<br>Carrot Raisin Salad<br>WW Roll<br>Berry Cobbler | 4<br>Stuffed Cabbage Rolls<br>7 Layer Salad<br>Chilled Pears<br>Oatmeal Cookie                                                  | 5<br>Chicken Fettuccine Alfredo<br>Italian Vegetables<br>Caesar Salad<br>Mandarin Oranges<br>Dessert                      |
| 8      | 9<br>BBQ Meatballs<br>Mac & Cheese<br>Italian Vegetables<br>Caesar Salad<br>Fruit Cocktail<br>Dessert             | 10<br>Baked Chicken<br>Wild Rice<br>Glazed Carrots<br>Broccoli Salad<br>Tropical Fruit<br>WW Roll<br>Dessert          | 11<br>Deluxe Bacon<br>Cheeseburger<br>Sweet Potato Waffle Fries<br>Three Bean Salad<br>Sliced Pears<br>Monster Cookies          | 12<br>Swiss Steak<br>Mashed Potatoes / Gravy<br>California Blend Veggies<br>Chopped Salad<br>Banana<br>Biscuit<br>Dessert |
| 15     | 16<br>Hearty Turkey Noodle Soup<br>Tossed Salad<br>Fresh Fruit Tray<br>Mozzarella Breadstick<br>Dessert           | 17<br>Meatloaf<br>Mashed Potatoes / Gravy<br>Trio Veggies<br>Garden Salad<br>Peaches<br>WW Roll<br>Dessert            | 18<br>Orange Glazed Chicken<br>Steamed Rice<br>Stir Fry Veggies<br>Asian Style Slaw<br>Chilled Pineapple<br>Egg Roll<br>Dessert | 19<br>Tuna Casserole<br>Peas & Carrots<br>Garden Salad<br>Tropical Fruit<br>Dessert                                       |
| 22     | 23<br>Baked Ham<br>Scalloped Potatoes<br>Chipped Salad<br>Pineapple & Cherries<br>WW Roll<br>Rice Krispies Treats | 24<br><br>CLOSED FOR<br><br>CHRISTMAS EVE                                                                             | 25<br><br>CLOSED FOR<br><br>CHRISTMAS DAY                                                                                       | 26<br>Ham Sandwich Deluxe<br>Vegetable Medley Soup<br>Coleslaw<br>Waldorf Salad<br>Dessert                                |
| 29     | 30<br>Chicken Burger Deluxe<br>Potato Salad<br>Chilled Peaches<br>Dessert                                         | 31<br>Garden Chili<br>Cottage Cheese<br>Cucumber Salad<br>Applesauce<br>Cornbread<br>Dessert+                         | <div>Suggested donation for seniors over age 60 is \$5.00</div> <div>FEE for persons under age 60 is \$12.00</div>              |                                                                                                                           |

For information about Home Delivered Meals call 509-826-7979.

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