




**2026**  
**January**

**BREWSTER - BRIDGEPORT—PATEROS**

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>2 Chili Dog Green Beans Coleslaw Pineapple &amp; Cherries Dessert</p>
<p>5</p>	<p>6 Ham Sandwich Deluxe Minestrone Soup Potato Salad Pears Dessert</p>	<p>7 Salisbury Steak &amp; Gravy Mashed Potatoes Steamed Broccoli Mixed Greens Salad WW Roll Peach Cobbler</p>	<p>8</p>	<p>9 Chicken Cordon Bleu Rice Pilaf Steamed Carrots Tossed Salad Strawberries &amp; Bananas WW Roll Dessert</p>
<p>12</p>	<p>13 Cheeseburger Deluxe Tater Tots Coleslaw Orange Quarters Dessert</p>	<p>14 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Pound Cake</p>	<p>15</p>	<p>16 Pork Chops Stiffing &amp; Gravy Roasted Brussels Sprouts Carrot Raisin Salad Applesauce Dessert</p>
	<p>20 Cabbage Patch Stew Tossed Salad Chilled Pears Whole Grain Crackers WW Roll Dessert</p>	<p>21 Chicken &amp; Wild Rice Bake Asparagus Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>22</p>	<p>23 Beef Tacos Mexican Rice Fresh Salsa Cinnamon Pears Dessert</p>
<p>26</p>	<p>27 BBQ Country Ribs Mac &amp; Cheese Green Beans Carrot Raisin Salad Apple Slices Dessert</p>	<p>28 Chicken Burger Deluxe Jo Jo's Coleslaw Mandarin Oranges Dessert</p>	<p>29</p>	<p>30 Pizza Casserole Tossed Salad Waldorf Salad Dessert</p>

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

Call 509-826-7979 for information on Meals on Wheels



Suggested donation for seniors over age 60 is \$5.00

FEE for persons under age 60 is \$12.00



# OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS



OKANOGAN

OMAK

OKANOGAN

OKANOGAN 9am

OMAK

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>			<p>1</p> 	<p>2 Cheeseburger Deluxe Sweet Potato Waffle Fries Coleslaw Orange Quarters Dessert</p>
<p>5 BBQ Country Ribs Mac &amp; Cheese Green Beans Carrot Raisin Salad Apple Slices Dessert</p>	<p>6 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>7 Oven Fried Chicken Twice Bake Style Potatoes Buttered Corn Spiced Salad Orange Quarters WW Roll Dessert</p>	<p>8 Biscuits &amp; Gravy Scrambled Eggs Hash Brown Potatoes Juice Mandarin Oranges Muffin</p>	<p>9 Kielbasa with Peppers and Onions Roasted Potatoes Tossed Salad Waldorf Salad Biscuit Cereal Bars</p>
<p>12 Cabbage Patch Stew Tossed Salad Chilled Pears WW Roll Dessert</p>	<p>13 Tuna Noodle Casserole Peas &amp; Carrots Spinach Salad Fruit Salad Dessert</p>	<p>14 Chili Dog Green Beans Cucumber Salad Pineapple &amp; Cherries Dessert</p>	<p>15 Cheesy Scrambled Eggs Bacon Potatoes O'Brien Juice Banana French Toast</p>	<p>16 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Broccoli Salad Orange Quarters Biscuit Dessert</p>
<p>19</p>  <p>shutterstock - 356091257</p>	<p>20 Chicken &amp; Wild Rice Bake Asparagus Spring Salad Tropical Fruit WW Roll Dessert</p>	<p>21 Pot Roast Potatoes &amp; Carrots Tossed Green Salad Peaches WW Roll Oatmeal Cookies</p>	<p>22 Three Cheese Fritattas Sausage Link Country Potatoes Juice Pineapple Banana Muffin</p>	<p>23 Fish Sandwich Jo Jo's Coleslaw Banana Dessert</p>
<p>26 Salisbury Steak Mashed Potatoes Steamed Carrots Mixed Greens Salad WW Roll Peach Cobbler</p>	<p>27 Chicken Fettuccine Alfredo Zucchini / Tomato Bake Caesar Salad Strawberries Pound Cake</p>	<p>28 Pork Chops Stuffing &amp; Gravy Roasted Brussels Sprouts Carrot Raisin Salad Applesauce Dessert</p>	<p>29 Chicken Fried Steak Eggs Saratoga Hash Brown Potatoes Juice Berries &amp; Yogurt Waffle</p>	<p>30 Crispy Fish Fillet Rosemary Potatoes Pea Salad Mandarin Oranges WW Bread Dessert</p>

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# OROVILLE

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$5.00            FEE for persons under age 60 is \$12.00</p>			<p>1</p> 	<p>2</p> <p>Baked Fish Fillet            Wild Rice            Key West Veggies            Coleslaw            Orange Quarters            WW Roll            Dessert</p>
<p>5</p> <p>Chili Dog            Green Beans            Cucumber Salad            Pineapple &amp; Cherries            Dessert</p>	<p>6</p> <p>Pot Roast            Roasted Potatoes &amp; Carrots            Tossed Green Salad            Peaches            WW Roll            Oatmeal Cookies</p>	<p>7</p>	<p>8</p> <p>BBQ Country Ribs            Mac &amp; Cheese            Broccoli Normandy            Carrot Raisin Salad            Apple Slices            Dessert</p>	<p>9</p> <p>Clam Chowder            Tuna Salad Sandwich            Tossed Salad            Tropical Fruit            Dessert</p>
<p>12</p> <p>Cabbage Patch Stew            Tossed Salad            Chilled Pears            Whole Wheat Crackers            Dessert</p>	<p>13</p> <p>Country Fried Steak            Mashed Potatoes / Gravy            Buttered Corn            Mixed Greens Salad            Orange Quarters            Biscuit            Dessert</p>	<p>14</p>	<p>15</p> <p>Biscuits &amp; Gravy            Scrambled Eggs            Hash Brown Potatoes            Stewed Tomatoes            Fresh Fruit            Muffin</p>	<p>16</p> <p>Tuna Noodle Casserole            Peas &amp; Carrots            Spinach Salad            Fruit Salad            Dessert</p>
 <p>shutterstock - 356091257</p>	<p>20</p> <p>Cheeseburger Deluxe            Sweet Potato Waffle Fries            Coleslaw            Apple Slices            Dessert</p>	<p>21</p>	<p>22</p> <p>Swedish Meatballs            Egg Noodles            Steamed Carrots            Caesar Salad            Fruit Cocktail            Dessert</p>	<p>23</p> <p>Crispy Fish Fillet            Rosemary Potatoes            Pea Salad            Mandarin Oranges            WW Roll            Dessert</p>
<p>26</p> <p>Lemon Baked Fish Fillet            Rice Pilaf            Broccoli Normandy            Coleslaw            Fruit Salad            Dessert</p>	<p>27</p> <p>Chicken Fettuccine Alfredo            Zucchini Tomato Bake            Caesar Salad            Mixed Berries            Pound Cake</p>	<p>28</p>	<p>29</p> <p>Pork Chops            Stuffing &amp; Gravy            Roasted Brussels Sprouts            Carrot Raisin Salad            Applesauce            Dessert</p>	<p>30</p> <p>Lasagna with Meat Sauce            Tossed Salad            Fruit Cocktail            Dessert</p>

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# 2026 January

## TONASKET

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY—CLOSED	WEDNESDAY	THURSDAY	FRIDAY—CLOSED
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>			1 	2
5 Chili Stuffed Baked Potato Tossed Green Salad Apricots Cornbread Dessert	6	7 Creamed Chipped Beef on Toast Roasted Brussels Sprouts Green Salad Applesauce Dessert	8 Chicken Burger Deluxe Jo Jo's Coleslaw Mandarin Oranges Dessert	9
12 Fish Sandwich Jo Jo's Coleslaw Banana Dessert	13	14 Meatloaf & Gravy Mashed Potatoes Buttered Corn Tossed Salad Peaches WW Roll Dessert	15 Corn Chowder BLT Sandwich Spinach Salad Orange Quarters Dessert	16
19  shutterstock - 356091257	20	21 Chicken Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert	22 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	23
26 Chili Dog Green Beans Cucumber Salad Pineapple & Cherries Dessert	27	28 Philly Steak Sandwich Potato Salad Cucumber Slices Orange Quarters Dessert	29 Hamburger Gravy Mashed Potatoes Green Beans Mixed Greens Salad WW Roll Peach Cobbler	30

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# 2026 January

## TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Suggested donation for seniors over age 60 is \$5.00  
FEE for persons under age 60 is \$12.00

1



2

Baked Fish  
Wild Rice  
Key West Veggies  
Coleslaw  
Orange Quarters  
WW Roll  
Dessert

5

Chicken Fettuccine Alfredo  
Zucchini / Tomato Bake  
Caesar Salad  
Mixed Berries  
Pound Cake

6

7

8

Cheeseburger Deluxe  
Sweet Potato Waffle Fries  
Coleslaw  
Orange Quarters  
Dessert

9

Cabbage Patch Stew  
Tossed Salad  
Chilled Pears  
Whole Grain Crackers  
Dessert

12

Pot Roast Roasted with  
Potatoes And Carrots  
Tossed Green Salad  
Peaches  
WW Roll  
Oatmeal Cookies

13

14

15

Spaghetti & Meat Sauce  
Caesar Salad  
Chilled Pears  
Garlic Bread  
Dessert

16

Oven Fried Chicken  
Twice Bake Style Potatoes  
Buttered Corn  
Spiced Salad  
Apple Slices  
WW Roll  
Dessert

19



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20

21

22

Baked Ham  
Potatoes Au Gratin  
Trio Vegetables  
Apple Wedges  
WW Roll  
Dessert

23

Clam Chowder  
Tuna Salad Sandwich  
Tossed Green Salad  
Tropical Fruit  
Dessert

26

Meatloaf  
Mashed Potatoes / Gravy  
Buttered Corn  
Green Salad  
Peaches  
WW Roll  
Dessert

27

28

29

Lasagna w/Meat Sauce  
Caesar Salad  
Fruit Cocktail  
Dessert

30

Chicken Cordon Bleu  
Rice Pilaf  
Steamed Carrots  
Broccoli Salad  
Orange Quarters  
WW Roll  
Dessert

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