



# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$5.00            FEE for persons under age 60 is \$12.00</p>				
3	4 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Dessert	5 Chicken Cordon Bleu Rice Pilaf Green Beans Spinach Salad Chilled Pears WW Roll Dessert	6	7 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert
10	11 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke & Tomato Salad Pears Dessert	12 Tater Tot Casserole Tossed Green Salad Tropical Fruit WW Roll Rice Krispies Treats	13	14 Clam Chowder Tuna Sandwich Garden Salad Pineapple Dessert
17	18 Lemon Baked Fish Pesto Pasta Chalet Veggie Blend Spiced Salad Chilled Peaches Garlic Bread Dessert	19 Chicken Caesar Salad Tortellini Soup Apples & Grapes Cheesy Garlic Toast Dessert	20	21 Roast Beef Mashed Potatoes / Gravy Normandy Veggies Tossed Salad WW Roll Strawberry Shortcake
24	25 Stuffed Pepper Casserole Chopped Salad WW Roll Cherry Crisp	26 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake	27	28 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert

**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





# 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>				
3 Cheeseburger Deluxe Sweet Potato Waffle Fries Pea Salad Apple Wedges Dessert	4 Chicken Cordon Bleu Rice Pilaf Buttered Carrots Tossed Green Salad Chilled Pears WW Roll Dessert	5 Meatballs & Gravy Mashed Potatoes Green Beans Waldorf Salad WW Roll Apple Oatmeal Bars	6 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes Juice Fresh Fruit  <b>No Home Delivery</b>	7 Clam Chowder Tuna Sandwich Garden Salad Pineapple Dessert
10 BBQ Chicken Potato Salad Veggie Tray Fresh Fruit WW Roll Rice Krispies Treats	11 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Dessert	12 Chef's Salad Fresh Fruit WW Roll Dessert	13 Ham Steak Scrambled Eggs Hash Browns Juice Fresh Fruit Pastry <b>No Home Delivery</b>	14 Salisbury Steak Mashed Potatoes/Gravy Chuck Wagon Corn Green Salad Grapes WW Roll Dessert
17 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	18 Philly Steak Sandwich Jo Jo's 49'er Chopped Salad Watermelon Dessert	19 Pork Chops Scalloped Potatoes Buttered Corn Tossed Salad Fresh Fruit Tray WW Roll Dessert	20 Campers Breakfast Hash Sausage, Potatoes, Peppers and Onions Juice Fresh Fruit Waffles <b>No Home Delivery</b>	21 Lemon Pepper Fish Pesto Pasta Chalet Veggie Blend Spiced Salad Tropical Fruit Dessert
24 Krab Salad on Greens Pasta Salad Pickled Beets Whole Grain Crackers Strawberries on Angel Food Cake	25 Stuffed Pepper Casserole Chopped Salad Apple Wedges WW Roll Dessert	26 Country Fried Steak Mashed Potatoes/Gravy Green Beans Orange Quarters WW Roll Dessert	27 Burrito Casserole with Eggs & Sausage Hash Browns Salsa Fresh Fruit French Toast Sticks <b>No Home Delivery</b>	28 Chicken Strips Jo Jo's Broccoli Salad Watermelon WW Roll Dessert

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





# OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY

TUESDAY

CLOSED

THURSDAY

FRIDAY

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

<p>3          Beef Gyro's (Yee-Roh's)          Garlic Fries          Greek Romaine Salad          Apricots          Dessert</p>	<p>4          Spaghetti &amp; Meat Sauce          Caesar Salad          Sliced Peaches          Garlic Bread          Dessert</p>	<p>5</p>	<p>6          BBQ Chicken          Potato Salad          Veggie Tray          Fresh Fruit          Rice Krispies Treats</p>	<p>7          Hot Dog          Coleslaw          Three Bean Salad          Fruit Salad          Dessert</p>
<p>10          Salisbury Steak          Mashed Potatoes / Gravy          Green Beans          Fruit Cocktail          WW Roll          Cereal Bar</p>	<p>11          Pork Chop Suey          Rice          Oriental Vegetables          Asian Style Slaw          Mandarin Oranges          Egg Roll          Dessert</p>	<p>12</p>	<p>13          Taco Salad          Spanish Rice          Tropical Fruit          Tortilla Chips          Dessert</p>	<p>14          Lemon Pepper Fish          Pesto Pasta          Chalet Veggie Blend          Spiced Salad          Chilled Peaches          Garlic Bread          Dessert</p>
<p>17          Chef's Salad          Fresh Fruit          WW Roll          Dessert</p>	<p>18          Pulled Pork Sandwich          Potato Salad          Coleslaw          Watermelon          Dessert</p>	<p>19</p>	<p>20          Stuffed Peppers Casserole          Chopped Salad          Waldorf Salad          WW Roll          Dessert</p>	<p>21          Clam Chowder          Tuna Sandwich          Garden Salad          Pineapple          Dessert</p>
<p>24          Hamburger Steak with          Grilled Onions &amp; Gravy          Mashed Potatoes          Mixed Greens Salad          Bananas &amp; Strawberries          Garlic Bread          Oatmeal Cookie</p>	<p>25          Seafood Fettuccine          Venetian Blend Vegetables          Caesar Salad          Fruited Jell-O</p>	<p>26</p>	<p>27          Philly Steak Sandwich          Jo Jo's          Tossed Salad          Fresh Fruit          Dessert</p>	<p>28          Teriyaki Beef          Rice          Spinach Salad          Mandarin Oranges          Egg Roll          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



Established 1975



# TONASKET

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

<p>3          French Dip Sandwich          Pea Salad          Garden Salad          Watermelon          Dessert</p>	<p>4          Stuffed Pepper Casserole          Chopped Salad          WW Roll          Cherry Crisp</p>	<p>5          Chef 's Salad          Fresh Fruit          WW Roll          Dessert</p>	<p>6          Chicken Enchiladas          Spanish Rice          Baja Veggies          Cuke &amp; Tomato Salad          Pears          Dessert</p>	<p>7          Country Fried Steak          Mashed Potatoes / Gravy          Green Beans          Orange Quarters          WW Roll          Dessert</p>
<p>10          Chicken Strips          Jo Jo's          Broccoli Salad          WW Roll          Strawberry Shortcake</p>	<p>11          Teriyaki Beef          Steamed Rice          Spinach Salad          Mandarin Oranges          Egg Roll          Dessert</p>	<p>12          Mac &amp; Cheese w/Ham          Peas &amp; Carrots          Tossed Green Salad          Mixed Berries          Dessert</p>	<p>13          Salisbury Steak &amp; Gravy          Mashed Potatoes          Green Beans          Fruit Cocktail          WW Roll          Monster Cookie Bars</p>	<p>14          Rueben Sandwich          Three Bean Salad          Potato Salad          Dessert</p>
<p>17          Meatballs in Gravy          Mashed Potatoes          Greek Salad          Banana          WW Roll          Apple Oatmeal Bars</p>	<p>18          Crunchy Seafood Salad          Pasta Salad          Pickled Beets          Whole Grain Crackers          Strawberries on Angel Food          Cake with Topping</p>	<p>19          Pork Chops          Scalloped Potatoes          Spiced Salad          Fresh Fruit Tray          WW Roll          Raspberry Bars</p>	<p>20          BBQ Chicken          Potato Salad          Veggie Tray          Fresh Fruit          WW Roll          Rice Krispies Treats</p>	<p>21          Cheeseburger Deluxe          Sweet Potato Waffle Fries          Pea Salad          Apple Celery Salad          Dessert</p>
<p>24          Clam Chowder          Tuna Sandwich          Garden Salad          Pineapple          Dessert</p>	<p>25          Roast Beef          Mashed Potatoes/Gravy          Buttered Corn          Tossed Salad          Chilled Peaches          WW Roll          Dessert</p>	<p>26          Pulled Pork Sandwich          Potato Salad          Coleslaw          Watermelon          Dessert</p>	<p>27          Chicken Caesar Salad          Tortellini Soup          Apples &amp; Grapes          Dessert</p>	<p>28          Pork Chop Suey          Steamed Rice          Oriental Vegetables          Asian Slaw          Mandarin Oranges          Egg Roll          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



Established 1975



# 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

3 Cheeseburger Deluxe Sweet Potato Waffle Fries Pea Salad Apple Celery Salad Dessert	4	5	6 Clam Chowder Tuna Sandwich Garden Salad Pineapple Dessert	7 Roast Beef Mashed Potatoes Normandy Vegetables Tossed Salad WW Roll Strawberry Shortcake
10 Mac & Cheese with Ham Peas Tossed Green Salad Mixed Berries Dessert	11	12	13 Chicken Cordon Bleu Rice Pilaf Green Beans Caesar Salad Chilled Pears Dessert	14 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit Dessert
17 Hot Dog Coleslaw Three Bean Salad Fruit Salad Dessert	18	19	20 Hamburger Steak with Grilled Onions & Gravy Mashed Potatoes 49'er Chopped Salad Bananas & Strawberries Garlic Bread Oatmeal Cookies	21 Crunchy Chicken Salad on a Bed of Greens Pasta Salad Pickled Beets Whole Grain Crackers Strawberries on Angel Food Cake
24 Teriyaki Beef on Rice Stir Fry Veggies Spinach Salad Mandarin Oranges Egg Roll Dessert	25	26	27 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert	28 Lemon Pepper Fish Pesto Pasta Chalet Veggie Blend Spiced Salad Chilled Peaches Dessert

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

