

### BREWSTER - BRIDGEPORT—PATEROS

### HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	3 Cheese Ravioli with Meat Sauce Venetian Vegetables Caesar Salad Chilled Pears Dessert	4 OENCE DALLA STREET	5 Baked Fish Fillet Herbed Fettuccine Peas Cabbage/Apple Slaw Mixed Berries Angel Food Cake
8	9 Kielbasa with Peppers and Onions Macaroni Salad Spinach Salad Watermelon Cornbread Dessert	10 Sweet & Sour Meatballs Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert	11	12 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin
15	16 Chili Sweet Potato Waffle Fries Tossed Salad Mixed Melons Cornbread Dessert	17 Hot Dog Potato Salad Pea Salad Strawberry Shortcake	18	19 Country Fried Steak Mashed Potatoes / Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert
22	23 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	24 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert	25	26 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert
29	30 Chef's Salad Mixed Melons WW Roll Cereal Bars	31 Scrambled Eggs Bacon Oven Brown Potatoes Carrot Raisin Salad Fresh Fruit Blueberry Muffin	Suggested donation for s FEE for persons under ag	eniors over age 60 is \$5.00 e 60 is \$12.00

Visit our website at www.octn.org . Follow us on Facebook!

Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840







### CASHMERE / LEAVENWORTH

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lasagna with Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	2	3 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert	4 CLOSED	5 Fish & Chips Coleslaw Peaches French Bread Dessert
8 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	9	10 Hamburger Steak with Grilled Onions & Gravy Mashed Potatoes Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookie	11	12 Kielbasa with Peppers & Onions Macaroni Salad Spinach Salad Watermelon Cornbread Dessert
15 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	16	17 Chicken Enchiladas Seasoned Rice Coleslaw Cucumber Salad Mandarin Oranges Dessert	18	19 Baked Fish Fillet Herbed Fettuccine Peas Cabbage & Apple Slaw Mixed Berries Angel Food Cake
22 Country Fried Steak Mashed Potatoes & Gravy Trio Vegetables Rossed Salad Peaches WW Roll Dessert	23	24 Beef Tacos Spanish Rice Mexican Slaw Cinnamon Pears Dessert	25	26 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert
29 Breakfast Casserole Hash Browns Juice Strawberries & Bananas Muffin	30	31 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	Suggested donation for FEE for persons under a	seniors over age 60 is \$5.00 ge 60 is \$12.00

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 509-470-0522 for information on Meals on Wheels



#### **CHELAN**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lasagna with Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	2 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	3 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert	4 CLOSED	5 Fish & Chips Coleslaw Peaches French Bread Dessert
8 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	9 Sweet & Sour Meatballs Oriental Vegetables Steamed Rice Tropical Fruit Egg Roll Dessert	10 Hamburger Steak with Grilled Onions & Gravy Mashed Potatoes Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookie	11 Deluxe Turkey Sandwich Potato Salad Three Bean Salad Fresh Fruit Dessert	12 Kielbasa with Peppers & Onions Macaroni Salad Spinach Salad Watermelon Cornbread Dessert
15 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	16 Cheeseburger Deluxe Potato Salad Pea Salad Watermelon Dessert	17 Chicken Enchiladas Seasoned Rice Coleslaw Cucumber Salad Mandarin Oranges Dessert	18 Pizza Supreme—2 Slices Tossed Salad Pears Dessert	19 Baked Fish Fillet Herbed Fettuccine Peas Cabbage & Apple Slaw Mixed Berries Angel Food Cake
22 Country Fried Steak Mashed Potatoes & Gravy Trio Vegetables Rossed Salad Peaches WW Roll Dessert	23 Chef's Salad Mixed Melons WW Roll Cereal Bars	24 Beef Tacos Spanish Rice Mexican Slaw Cinnamon Pears Dessert	25 Chicken Fettuccine Carrots Spring Salad Fresh Fruit Dessert	26 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert
29 Breakfast Casserole Hash Browns Juice Strawberries & Bananas Muffin	30 Hot Dog Potato Salad Pea Salad Strawberry Shortcake	31 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	Suggested donation for s	seniors over age 60 is \$5.00 ge 60 is \$12.00

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 509-470-0522 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 Seafood Fettuccine Alfredo Steamed Carrots Spring Salad Fresh Fruit Dessert	3 Cheeseburger Deluxe Potato Salad Three Bean Salad Watermelon Dessert	4 CLOSED	5
8	9 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	10 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes WW Roll Dessert	11 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert	12
15	16 Kielbasa with Peppers and Onions Macaroni Salad Spinach Salad Orange Quarters Cornbread Dessert	17 Chef's Salad Mixed Melons WW Roll Cereal Bars	18 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	19
22	23 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	24 Fish & Chips Coleslaw Peaches French Bread Dessert	25 Hamburger Steak with Mushrooms & Onions Mashed Potatoes / Gravy Tossed Green Salad WW Roll Cherry Crisp	26
29	30 Chicken Parmesan Pasta Marinara Italian Vegetables Garden Salad Fresh Fruit Tray Garlic Bread Dessert	31 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert	Suggested donation for ser FEE for persons under age	

Visit our website at www.octn.org . Follow us on Facebook!

Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840







#### **ENTIAT**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lasagna with Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	2	3	4 CLOSED	5
8 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	9	10	11 Deluxe Turkey Sandwich Potato Salad Three Bean Salad Fresh Fruit Dessert	12
15 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	16	17	18 Pizza Supreme—2 Slices Tossed Salad Pears Dessert	19
22 Country Fried Steak Mashed Potatoes & Gravy Trio Vegetables Rossed Salad Peaches WW Roll Dessert	23	24	25 Chicken Fettuccine Carrots Spring Salad Fresh Fruit Dessert	26
29 Breakfast Casserole Hash Browns Juice Strawberries & Bananas Muffin	30	31	Suggested donation for se FEE for persons under age	

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 509-470-0522 for information on Meals on Wheels



### GRAND COULEE DAM

### PLEASE CALL 509-633-2321 TO RESERVE MEALS 509-826-7979 FOR HOME DELIVERED MEALS

MONDAY 8-10am	TUESDAY 5pm	WEDNESDAY 5pm	THURSDAY 5pm	FRIDAY 8-10am
1 Bacon & Eggs Hash Browns Juice Fruit Bowl Toast	2 Beef Stroganoff Salad Bar Fruit Bar Garlic Toast Cook's Choice Dessert	3 Fish & Chips Coleslaw Pineapple Toast Ice Cream	4 LOENCE DATE OF LOT OF	5 CLOSED  FOURTH OF JULY  HOLIDAY
8 Eggs Sausage Links Waffles & Strawberries Juice Fruit Bowl	9 BLT Wrap Macaroni Salad Green Salad Mixed Fruit Cook's Choice Dessert	10 Chicken & Dumplings Salad Bar Fruit Bar Biscuit Peaches n Cream	11 Country Fried Steak Mashed Potatoes/Gravy Corn & Carrots Sliced Fruit with Dip WW Bread Pudding Parfait	12 Biscuits & Gravy Eggs Juice Fruit Bowl
15 Scrambled Mess w/Cheese Hash Browns Juice Fruit Bowl Toast	16 Turkey & Stuffing Mashed Potatoes/Gravy Green Bean Casserole Applesauce Birthday Cake	17 Taco Bar Refried Beans Spanish Rice Salsa Melons Cookies	18 French Dip Sandwich Tater Tots Salad Bar Fruit Bar Berry Crisp	19 Eggs Sausage Patty Hash Browns Juice Fruit Bowl Toast
22 Ham & Eggs French Toast Juice Fruit Bowl	23 Lemon Pepper Fish Rice Pilaf Carrots Pineapple WW Bread Lemon Cake	24 Shepherd's Pie Salad Bar Fruit Bar WW Bread or Roll Cook's Choice Dessert	25 Cube Steak with Grilled Onions Baked Potato Cucumber Salad Melons Koolwich	26 Bacon & Eggs Hash Browns Juice Fruit Bowl WW Toast
29 Denver Omelet Hash Browns Fruit Bowl WW Toast	30 Spaghetti & Meat Sauce Salad Bar Fruit Bar Cook's Choice Dessert	31 Steak Baked Potato Buttered Broccoli Pears WW Bread or Roll Dessert	Suggested donation for FEE for persons under a	seniors over age 60 is \$5.00 ge 60 is \$9.00

Visit our website at www.octn.org . Follow us on Facebook!

Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840







#### **ODESSA**

### PLEASE CALL 509-982-2654 TO RESERVE MEALS 509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Supreme Style Pizza Garden Salad Pears Dessert	2	3 Cheeseburger Deluxe Potato Salad Three Bean Salad Watermelon Dessert	4 CLOSED	5
8 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	9	10 Tater Tot Casserole Garden Salad Peaches WW Bread or Roll Oatmeal Cookies	11 Pepper Steak Steamed Rice Sour Cream & Cucumbers Grapes WW Roll Dessert	12
15 Country Fried Steak Mashed Potatoes & Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert	16	17 Kielbasa with Peppers and Onions Macaroni Salad Spinach Salad Watermelon Cornbread Dessert	18 Spaghetti & Meat Sauce Caesar Salad Pears Garlic Bread Dessert	19
22 French Dip Sandwich Jo Jo's Pea Salad Apple Slices Dessert	23	24 Chef's Salad Mixed Melons WW Roll Cereal Bars	25 Beef Tacos Spanish Rice Mexican Slaw Cinnamon Pears Dessert	26
29 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert	30	31 Teriyaki Beef on Rice Oriental Vegetables Garden Salad Tropical Fruit WW Roll Dessert	Suggested donation for ser FEE for persons under age	

Visit our website at www.octn.org . Follow us on Facebook!

Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840

f





### OKANOGAN / OMAK

### HOME DELIVERED CLIENTS: 509-826-7979

#### TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
1 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	2 Lasagna with Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	3 Hot Dog Potato Salad Pea Salad Strawberry Shortcake	4 CLOSED	5 Ham & Cheese Sandwich Three Bean Salad V-8 Juice Fresh Fruit Tray Dessert
8 Chicken Enchiladas Spanish Rice Mexi Slaw Cuke/Watermelon Salad Chilled Pears Dessert	9 Turkey Sandwich Deluxe Potato Salad Three Bean Salad Fresh Fruit Cherry Pie	10 Seafood Fettuccine Carrots Spring Salad Apple Wedges Dessert	11 Scrambled Eggs Sausage Links Hash Brown Potatoes Juice Orange Quarters French Toast Sticks	12 Tater Tot Casserole Garden Salad Peaches WW bread Oatmeal Cookies
15 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes WW Roll Dessert	16 Cheese Ravioli & Sauce Venetian Vegetables Caesar Salad Mixed Berry Shortcake	17 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	18 Cheese & Veggie Quiche Bacon Stewed Tomatoes Juice Chilled Pears Pastry	19 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert
22 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	23 Kielbasa with Peppers & Onions Macaroni Salad Spinach Salad Watermelon Cornbread Dessert	24 Pork Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Roll Dessert	25 Biscuits & Gravy Potatoes O'Brien V-8 or Fruit Juice Fresh Fruit	26 Fish & Chips Coleslaw Peaches French Bread Dessert
29 Bacon & Swiss Quiche Spinach Salad Pea Salad Pineapple & Cherries Muffin	30 Teriyaki Beef on Rice Oriental Vegetables Garden Salad Tropical Fruit WW Roll Dessert	31 Chef's Salad Mixed Melons WW Roll Cereal Bars	Suggested donation for s	eniors over age 60 is \$5.00 e 60 is \$12.00

Visit our website at www.octn.org . Follow us on Facebook!

Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840







#### **OROVILLE**

# HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
1 Lasagna with Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	2 Hot Dog Potato Salad Pea Salad Strawberry Shortcake	3	4 OF NCE DATE OF THE PROPERTY	5 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert
8 Kielbasa with Peppers and Onions Macaroni Salad Spinach Salad Watermelon Cornbread Dessert	9 Chicken Enchiladas Spanish Rice Coleslaw Cuke/Watermelon Salad Mandarin Oranges Dessert	10	11 Deluxe Cheeseburger Potato Salad Three Bean Salad Watermelon Dessert	12 Seafood Fettuccine Carrots Spring Salad Fresh Fruit Dessert
15 Beef Stew Garden Salad Peaches Biscuit Dessert	16 Chicken Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Roll Dessert	17	18 Ham & Cheese Sandwich With Lettuce & Tomato Three Bean Salad V-8 Juice Fresh Fruit Tray Dessert	19 Fish & Chips Coleslaw Peaches French Bread Dessert
22 Chef's Salad Mixed Melons WW Roll Cereal Bar	23 Pork Roast Stuffing & Gravy Green Beans Tossed Green Salad Applesauce Dessert	24	25 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	26 Baked Fish Fillet Herbed Fettuccine Peas Cabbage / Apple Slaw Mixed Berries Angel Food Cake
29 Chicken, Bacon & Swiss Cheese Sandwich Sweet Potato Waffle Fries Broccoli Salad Watermelon Dessert	30 Sweet & Sour Meatballs Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert	31	Suggested donation for se FEE for persons under age	eniors over age 60 is \$5.00 e 60 is \$12.00

Visit our website at www.octn.org . Follow us on Facebook!

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

Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840







#### **TONASKET**

### HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lasagna with Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	2 Deluxe Cheeseburger Potato Salad Three Bean Salad Watermelon Dessert	3 Ham & Cheese Sammie Three Bean Salad V-8 Juice Fresh Fruit Tray Dessert	4 CLOSED	5 Quiche: Bacon & Swiss with Broccoli Spinach Salad Pea Salad Pineapple & Cherries Muffin
8 Baked Fish Fillet Herbed Fettuccine Peas Cabbage/Apple Slaw Mixed Berries Angel Food Cake	9 Chef's Salad Mixed Melons WW Roll Cereal Bar	10 Chicken, Bacon and Swiss Sandwich Sweet Potato Waffle Fries Broccoli Salad Watermelon Dessert	11 Beef Tacos Spanish Rice Mexican Slaw Cinnamon Pears Dessert	12 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin
15 Chicken Parmesan Pasta Marinara Italian Vegetables Garden Salad Fresh Fruit Tray Garlic Bread Dessert	16 Beef Stew Garden Salad Peaches Biscuits Dessert	17 Chicken Enchiladas Spanish Rice Coleslaw Cuke/Watermelon Salad Mandarin Oranges Dessert	18 Fish & Chips Coleslaw Apple Wedges French Bread Dessert	19 Meatballs Mashed Potatoes / Gravy Lettuce & Tomato Salad Pineapple WW Roll Rice Krispies Treats
22 Chili Sweet Potato Waffle Fries Coleslaw Mixed Melons Cornbread Dessert	23 Pork Roast Green Beans Stuffing & Gravy Tossed Salad Applesauce Dessert	24 Seafood Fettuccine Carrots Spring Salad Fresh Fruit Dessert	25 Teriyaki Beef on Rice Oriental Vegetables Garden Salad Tropical Fruit WW Roll Dessert	26 Bacon & Egg Salad Sandwich on Croissant Vegetable Tray Pea Salad Mixed Berries Dessert
29 Country Fried Steak Mashed Potatoes / Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert	30 Hot Dog Potato Salad Pea Salad Strawberry Shortcake	31 Spaghetti & Meat Sauce Caesar Salad Apple Slices Garlic Bread Dessert	Suggested donation for se FEE for persons under age	niors over age 60 is \$5.00 60 is \$12.00

Visit our website at www.octn.org . Follow us on Facebook!

Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840









#### **TWISP**

# HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Fettuccine Alfredo Carrots Spring Salad Fresh Fruit Dessert	2	3	4 CLOSED	5 Pork Roast Stuffing & Gravy Green Beans Tossed Salad Applesauce Dessert
8 Turkey Sandwich Deluxe Potato Salad Three Bean Salad Fresh Fruit Dessert	9	10	11 Chicken Enchiladas Seasoned Rice Coleslaw Cuke/Watermelon Salad Mandarin Oranges Dessert	12 Baked Fish Fillet Herbed Fettuccine Buttered Peas Cabbage/Apple Slaw Mixed Berries Angel Food Cake
15 Deluxe Cheeseburger Potato Salad Pickled Beets Watermelon Dessert	16	17	18 Lasagna with Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	19 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes WW Roll Dessert
22 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	23	24	25 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	26 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert
29 Chef's Salad Mixed Melons WW Roll Cereal Bars	30	31	Suggested donation for se	eniors over age 60 is \$5.00 e 60 is \$12.00

Visit our website at www.octn.org . Follow us on Facebook!

Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840







#### **WILBUR**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Chicken or Shrimp Fettuccine Alfredo Carrots Spring Salad Fresh Fruit Dessert	3 Deluxe Cheeseburger Potato Salad Three Bean Salad Watermelon Dessert	4 CLOSED	5 Chili Sweet Potato Waffle Fries Tossed Salad Mixed Melons Cornbread Dessert
8	9 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	10 Chicken Enchiladas Seasoned Rice Coleslaw Cuke & Watermelon Salad Cinnamon Pears Dessert	11 Hot Dog Potato Salad Pea Salad Strawberry Shortcake	12 Pork Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Roll Dessert
15	16 Country Fried Steak Mashed Potatoes/Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert	17 Spaghetti & Meat Sauce Caesar Salad Tropical Fruit Garlic Bread Dessert	18 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert	19 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert
22	23 Beef Tacos Spanish Rice Mexican Slaw Cinnamon Pears Dessert	24 Chef's Salad Mixed Melons WW Roll Cereal Bars	25 Scrambled Eggs Bacon Oven Brown Potatoes Carrot Raisin Salad Fresh Fruit Muffin	26 Baked Fish Fillet Herbed Fettuccine Peas Cabbage/Apple Slaw Mixed Berries Angel Food Cake
29	30 Hamburger Steak with Onions & Mushrooms Mashed Potatoes / Gravy Tossed Green Salad WW Roll Cherry Crisp	31 Sweet & Sour Meatballs Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert	Suggested donation for FEE for persons under a	seniors over age 60 is \$5.00 age 60 is \$12.00

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

You can visit our website at www.octn.org and follow us on Facebook!





Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840