



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 . 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





CASHMERE / LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>				
3 Country Fried Steak Mashed Potatoes / Gravy Green Beans Orange Quarters WW Roll Dessert	4	5 Hungarian Goulash Steamed Carrots Caesar Salad Pears Garlic Bread Dessert	6	7 Philly Steak Sandwich Jo Jo's 49'er Chopped Salad Fresh Fruit Dessert
10 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke & Tomato Salad Pears Dessert	11	12 Salisbury Steak Mashed Potatoes/Gravy Green Beans Fruit Cocktail WW Roll Cereal Bar	13	14 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert
17 Hot Dog Coleslaw Three Bean Salad Fruit Salad Dessert	18	19 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake	20	21 Lemon Pepper Fish Pesto Pasta Chalet Veggie Blend Spiced Salad Chilled Peaches Garlic Bread Dessert
24 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Salad Pineapple & Cherries Egg Roll Dessert	25	26 Tater Tot Casserole Tossed Green Salad Tropical Fruit WW Roll Rice Krispies Treats	27	28 Cheeseburger Deluxe Sweet Potato Waffle Fries Pea Salad Apple Celery Salad Dessert

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



Established 1975



CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-470-0522 FOR HOME DELIVERED 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 Country Fried Steak Mashed Potatoes / Gravy Green Beans Orange Quarters WW Roll Dessert	4 SALAD BAR Crunchy Chicken Salad on a Bed of Greens Pasta Salad Pickled Beets Strawberries on Angel Food Cake	5 Hungarian Goulash Steamed Carrots Caesar Salad Pears Garlic Bread Dessert	6 Ham Sandwich Loaded Potato Soup Waldorf Salad Grapes Dessert	7 Philly Steak Sandwich Jo Jo's 49'er Chopped Salad Fresh Fruit Dessert
10 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke & Tomato Salad Pears Dessert	11 Chef's Salad Fresh Fruit WW Roll Dessert	12 Salisbury Steak Mashed Potatoes/Gravy Green Beans Fruit Cocktail WW Roll Cereal Bar	13 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Dessert	14 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert
17 Hot Dog Coleslaw Three Bean Salad Fruit Salad Dessert	18 Stuffed Peppers Chopped Salad WW Roll Cherry Crisp	19 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake	20 Roast Beef Mashed Potatoes Buttered Corn Tossed Salad Sliced Pears WW Roll Dessert	21 Lemon Pepper Fish Pesto Pasta Chalet Veggie Blend Spiced Salad Chilled Peaches Garlic Bread Dessert
24 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Salad Pineapple & Cherries Egg Roll Dessert	25 Chicken Caesar Salad Tortellini Soup Apples & Grapes Cheesy Garlic Toast Dessert	26 Tater Tot Casserole Tossed Green Salad Tropical Fruit WW Roll Rice Krispies Treats	27 Chicken Parmesan Pasta Key West Veggies Cuke & Tomato Salad Apricots Dessert	28 Cheeseburger Deluxe Sweet Potato Waffle Fries Pea Salad Apple Celery Salad Dessert

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



Established 1975



DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>				
3	4 Pulled Pork Sandwich Pea Salad Coleslaw Watermelon Dessert	5 Salisbury Steak Mashed Potatoes & Gravy Green Beans Fruit Cocktail WW Roll Cereal Bar	6 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit Dessert	7
10	11 Pork Chops Scalloped Potatoes Spiced Salad Fresh Fruit Tray WW Roll Cereal Bar	12 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke & Tomato Salad Pears Dessert	13 Roast Beef Mashed Potatoes & Gravy Normandy Veggies Tossed Salad WW Roll Berry Shortcake	14
17	18 Chicken Strips Jo Jo's Broccoli Salad WW Roll Berry / Pudding Parfait	19 Reuben Sandwich Potato Salad Three Bean Salad Pears Dessert	20 Baked Fish w/Lemon Pepper Pesto Pasta Chalet Veggie Blend Spiced Salad Chilled Peaches Dessert	21
24	25 BBQ Chicken Potato Salad Veggie Tray Watermelon Biscuit Rice Krispies Treats	26 Philly Steak Sandwich Jo Jo's 49'er Chopped Salad Fresh Fruit Dessert	27 Chicken Cordon Bleu Rice Pilaf Peas & Carrots Tossed Green Salad Chilled Pears WW Roll Dessert	28

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





ENTIAT

PLEASE CALL 509-888-4440 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED 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
Country Fried Steak
Mashed Potatoes / Gravy
Green Beans
Orange Quarters
WW Roll
Dessert

4

5

6
Ham Sandwich
Loaded Potato Soup
Waldorf Salad
Grapes
Dessert

7

10
Chicken Enchiladas
Spanish Rice
Baja Veggie Blend
Cuke & Tomato Salad
Pears
Dessert

11

12

13
Mac & Cheese with Ham
Peas & Carrots
Tossed Green Salad
Mixed Berries
Dessert

14

17
Hot Dog
Coleslaw
Three Bean Salad
Fruit Salad
Dessert

18

19

20
Roast Beef
Mashed Potatoes
Buttered Corn
Tossed Salad
Sliced Pears
WW Roll
Dessert

21

24
Sweet & Sour Pork
Steamed Rice
Oriental Veggies
Asian Salad
Pineapple & Cherries
Egg Roll
Dessert

25

26

27
Chicken Parmesan
Pasta
Key West Veggies
Cuke & Tomato Salad
Apricots
Dessert

28

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

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

Suggested donation for seniors over age 60 is \$5.00
FEE for persons under age 60 is \$9.00

3 Ham & Eggs Hash Browns Oranges Toast	4 All American Beef Hot Dog Potato Wedges Three Bean Salad Watermelon Cook's Choice Dessert	5 Sliced Ham Au Gratin Potatoes California Vegetables Fruit Salad White or Wheat Bread Cook's Choice Dessert	6 Burger Dip Sandwich Salad Bar Fruit Bar Ice Cream	7 Bacon & Eggs Hash Browns Juice Fresh Fruit Toast
10 Eggs Sausage Patty Blueberry Pancakes Juice Fruit Bowl	11 Country Fried Steak Mashed Potatoes / Gravy Corn & Carrots Mixed Fruit Cook's Choice Dessert	12 Hot Turkey Sandwich Mashed Potatoes /Gravy Salad Bar Fruit Bar Cookies	13 Spaghetti & Meat Sauce Tossed Salad Peaches Jell-O Parfait	14 Biscuits & Gravy Eggs Juice Fruit Bowl
18 Ham & Eggs French Toast Juice Fruit Bowl	19 Pork Roast Mashed Potatoes / Gravy Broccoli & Cauliflower Applesauce WW Roll Birthday Cake 	20 White Lasagna Salad Bar Fruit Bar Breadstick Cook's Choice Dessert	21 Taco Wrap Green Salad Melons Pudding Parfait	22 Corned Beef Hash Eggs Juice Fruit Bowl Toast
25 Eggs German Sausage Waffles Juice Fruit Bowl	26 Dr. Pepper Chicken Twice Bake Potato Carrots Tropical Fruit WW Bread or Roll Ice Cream	27 Chicken Fried Pork Steak Mashed Potatoes /Gravy Mixed Vegetables Applesauce WW Bread Cook's Choice Dessert	28 Bacon Cheeseburger French Fries Salad Bar Fruit Bar Chocolate Pears	29 Meat & Cheese Omelet Hash Browns Juice Fruit Bowl Toast

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



OCTN MISSION
NUTRITION!



Established 1975



ODESSA

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>				
3 Liver & Onions Mashed Potatoes Beets Apple Slices WW Roll Dessert	4	5 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit Dessert	6 Sweet & Sour Chicken Steamed Rice Asian Veggies Coleslaw Pineapple & Cherries Egg Roll Dessert	7
10 SALAD BAR Crunchy Chicken Salad Served on a Bed of Greens Pasta Salad Pickled Beets Juice Dessert	11	12 Country Fried Steak Mashed Potatoes & Gravy Green Beans Orange Quarters WW Roll Dessert	13 Macaroni & Cheese with Ham Peas & Carrots Tossed Green Salad Fruit Salad Dessert	14
17 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert	18	19 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake	20 Tater Tot Casserole Tossed Green Salad Tropical Fruit WW Roll Oatmeal Cookie	21
24 French Dip Sandwich Pea Salad Garden Salad Watermelon Dessert	25	26 Chicken Parmesan Pasta Key West Vegetables Cucumber Tomato Salad Apricots Dessert	27 Pork Chops Scalloped Potatoes Tossed Salad Applesauce WW Roll Cereal Bar	28

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



Established 1975



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

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





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 & 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 & Gravy Mashed Potatoes Mixed Greens Salad Bananas & 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 . 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 & 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 & Cheese w/Ham Peas & Carrots Tossed Green Salad Mixed Berries Dessert</p>	<p>13 Salisbury Steak & 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 & 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 . 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 . 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





WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED 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 BBQ Chicken Potato Salad Veggie Tray Fresh Fruit WW Roll Rice Krispies Treats	5 Hot Dog Coleslaw Tree Bean Salad Watermelon Dessert	6 Salisbury Steak Mashed Potatoes / Gravy Green Beans Fruit Cocktail WW Roll Cereal Bar	7 Cheeseburger Deluxe Sweet Potato Fries Pea Salad Apple Celery Salad Dessert
10	11 Roast Beef Mashed Potatoes/Gravy Normandy Veggies Tossed Salad WW Roll Berry Shortcake	12 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	13 Chef's Salad Fresh Fruit WW Roll Dessert	14 Clam Chowder Tuna Sandwich Garden Salad Pineapple Dessert
17	18 Meatballs Mashed Potatoes/Gravy Greek Salad Banana WW Roll Apple Oatmeal Bars	19 French Dip Pea Salad Garden Salad Watermelon Dessert	20 Country Fried Steak Mashed Potatoes/Gravy Green Beans Orange Quarters WW Roll Dessert	21 Pork Chops Scalloped Potatoes Spiced Salad Fresh Fruit Tray WW Roll Cereal Bars
24	25 Chicken Caesar Salad Tortellini Soup Apples & Grapes Cheesy Garlic Toast Dessert	26 Lemon Pepper Fish Pesto Pasta Chalet Veggie Blend Spiced Salad Garlic Bread Dessert	27 Stuffed Pepper Casserole Chopped Salad WW Roll Cherry Crisp	28 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert

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

