



# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert
4	5 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple Dessert	6 Turkey Ham Au Gratin Potatoes Green Beans Tropical Fruit WW Roll Apple Crisp	7	8 Beef & Broccoli Stir Fry Steamed Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert
11 CLOSED 	12 French Dip Sandwich Jo Jo's Tossed Salad Fruit Tray Dessert	13 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Quarters Dessert	14	15 Scrambled Eggs with Ham and Cheese Hash Browns Juice Waldorf Salad Muffin
18	19 Parmesan Chicken Pasta Marinara California Vegetables Green Salad Mandarin Oranges Dessert	20 Shepherd's Pie Caesar Salad Pineapple WW Roll Dessert	21	22 Cheese Stuffed Shells with Pesto Sauce Peas Spinach Salad Waldorf Salad Dessert
25	26 Spaghetti & Meat Sauce Caesar Salad Chilled Peaches Garlic Bread Dessert	27 Roast Turkey Mashed Potatoes / Gravy Green Bean Casserole Green Salad Cranberry Salad Stuffing Pumpkin Pie	28 CLOSED	29 CLOSED 

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
				1 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert
4 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	5 Biscuits & Gravy Oven Brown Potatoes V-8 or Fruit Juice Orange Quarters Dessert	6 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	7 Bacon & Spinach Quiche Hash Browns Juice Fresh Fruit Muffin	8 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert
11 CLOSED 	12 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	13 Pot Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert	14 Scrambled Eggs Bacon Potatoes O'Brien Juice French Toast Sticks	15 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert
18 Hamburger Steak Mashed Potatoes & Gravy Trio Vegetables Garden Salad WW Roll Fruit Ambrosia	19 Chicken & Wild Rice Soup Mozzarella Breadstick Tossed Salad Cucumber Slices Tropical Fruit Dessert	20 Shepherd's Pie Caesar Salad Pineapple WW Roll Dessert	21 Biscuits & Gravy Oven Brown Potatoes V-8 or Fruit Juice Fresh Fruit	22 Beef & Broccoli Stir Fry Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert
25 Cheese Stuffed Shells with Marinara Sauce Peas Spinach Salad Waldorf Salad Breadsticks Dessert	26 Roast Turkey Mashed Potatoes Stuffing Green Beans Green Salad Cranberry Salad Pumpkin Pie	27 Ham Sandwich Deluxe Potato Soup Pea Salad Fresh Fruit Tray Dessert	28 CLOSED 	29 CLOSED

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# OROVILLE

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
		<p>Established 1975</p>		1 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Fresh Fruit Dessert
4 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert	5 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Apple Crisp	6	7 Swiss Steak/Tomato Sauce Garlic & Red Pepper Penne Pasta California Blend Veggies Tossed Salad Fresh Fruit Dessert	8 Baked Fish Fillet Wild Rice Caribbean Vegetables Spinach Salad WW Roll Berry / Pudding Parfait
11 CLOSED 	12 Stuffed Pepper Soup Cottage Cheese Tossed Salad Pears Corn Bread Dessert	13	14 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	15 Fish Sandwich Potato Wedges Coleslaw Chilled Pears Dessert
18 Bacon & Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin	19 Ham Sandwich Deluxe Potato Soup Pea Salad Fresh Fruit Tray Dessert	20	21 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert	22 Pepper Steak Steamed Rice Tossed Veggie Salad Mandarin Oranges WW Roll Dessert
25 Oven Fried Chicken Mashed Potatoes / Gravy Green Beans Grapes WW Roll Bar Cookies	26 Roast Turkey Mashed Potatoes / Gravy Green Bean Casserole Broccoli Salad Cranberry Sauce Roll Pumpkin Pie	27	28 CLOSED 	29 CLOSED

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# TONASKET

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pot Roast Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert
4 Chicken & Wild Rice Soup Tossed Salad Cucumber Slices Tropical Fruit Mozzarella Breadstick Dessert	5 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Oatmeal Cookies	6 Baked Fish Fillet Garlic Parmesan Pasta Caribbean Veggies Spinach Salad Pudding/Berry Parfait	7 Turkey Sandwich Deluxe Vegetable Soup Tossed Salad Orange Quarters Dessert	8 Beef Tacos Southwest Salad Waldorf Salad Dessert
11 CLOSED 	12 Biscuits & Gravy Oven Browned Potatoes V-8 or Fruit Juice Orange Quarters Dessert	13 Swedish Meatballs Egg Noodles / Gravy Glazed Carrots Caesar Salad Cherries & Pineapple Dessert	14 Shepherd's Pie Mixed Greens Salad Chilled Pears WW Roll Dessert	15 Bacon & Swiss Quiche Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin
18 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Quarters Dessert	19 Fish Sandwich Deluxe Potato Wedges Coleslaw Chilled Pears Dessert	20 Veggie Lasagna Caesar Sala Apricots Cheesy Garlic Bread Dessert	21 Hamburger Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Apple Crisp	22 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert
25 Cheese Stuffed Shells Peas Spinach Salad Waldorf Salad Breadstick Dessert	26 Beef & Broccoli Stir Fry Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	27 Roast Turkey Green Bean Casserole Mashed Potatoes Green Salad Cranberry Salad Stuffing Pumpkin Pie	28 CLOSED 	29 CLOSED

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# TWISP

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Fish Fillet Wild Rice Caribbean Veggies Spinach Salad WW Roll Berry & Pudding Parfait
4 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	5	6	7 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Mixed Fresh Fruit Biscuit Dessert	8 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Quarters Dessert
11 CLOSED 	12	13	14 Pot Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert	15 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert
18 Chili Stuffed Baked Potato Tortilla Chips Mixed Greens Salad Chilled Pears Dessert	19	20	21 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	22 Hamburger Steak Mashed Potatoes/Gravy Buttered Corn WW Roll Apple Crisp
25 Roast Turkey Mashed Potatoes Green Bean Casserole Broccoli Salad Cranberry Sauce Pumpkin Pie	26	27	28 CLOSED 	29 CLOSED

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