

2025



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Angel Food Cake</p>	<p>2 Yankee Pot Roast Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookie</p>	<p>3</p>	<p>4 Scrambled Eggs & Ham Potato Casserole V-8 Juice Fresh Fruit Pancakes</p>
<p>7</p>	<p>8 Chili Mac with Cheese Cucumber Slices Tossed Green Salad Peaches Cornbread Dessert</p>	<p>9 Pork Roast Scalloped Potatoes Roasted Carrots Applesauce WW Roll Oatmeal Cookie</p>	<p>10</p>	<p>11 Oven Fried Chicken Stuffing & Gravy Green Beans Cuke & Tomato Salad Grapes Dessert</p>
<p>14</p>	<p>15 Ham & Cheese Sandwich Corn Chowder Berry & Pudding Parfait</p>	<p>16 Broccoli Chicken Bake Wild Rice Garden Salad Waldorf Salad Cheese Bread Dessert</p>	<p>17</p>	<p>18 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert</p>
<p>21</p>	<p>22 Baked Ham Potatoes Au Gratin Carrot/Raisin Salad Peaches WW Roll Rice Krispies Treats</p>	<p>23 Chicken Caesar Salad Slice Tomatoes Fresh Fruit Garlic Bread Dessert</p>	<p>24</p>	<p>25 Lemon Baked Fish Garlic Cheese Grits Normandy Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>
<p>27</p>	<p>29 Sweet & Sour Pork on Rice Oriental Vegetables Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>30 Cheeseburger Deluxe Garlic Fries Mixed Fruit Dessert</p>	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>	

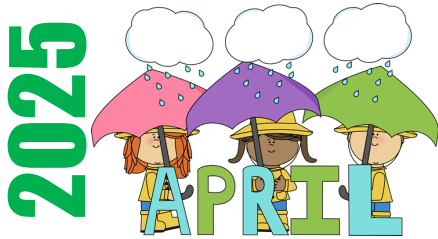
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Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840

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



Established 1975



CASHMERE/LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert	3	4 Lemon Baked Fish Pasta Chalet Vegetables Coleslaw Tropical Fruit Dessert
7 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad WW Roll Dessert	8	9 Teriyaki Chicken on Rice Asian Style Slaw Pineapple Egg Roll Dessert	10	11 Pasta Primavera w/Ham Caesar Salad Fresh Fruit Tray Dessert
14 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	15	16 Shepherd's Pie Tossed Salad Peaches WW Roll Oatmeal Cookies	17	18 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien Juice Fresh Fruit Muffin
21 Baked Ham Scalloped Potatoes Carrot / Raisin Salad Chilled Pears WW Roll Rice Krispies Treats	22	23 Sausage, Broccoli and Swiss Cheese Quiche Spinach Salad Fresh Fruit Muffin	24	25 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Style Slaw Mandarin Oranges Egg Roll Dessert
27 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	29	30 Cheeseburger Deluxe Garlic Fries Apricots Dessert	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>	

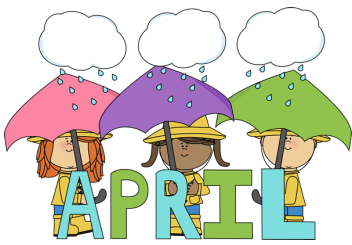
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Call 509-470-0522 for information on Meals on Wheels



2025



CHELAN

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 Chicken Strips Sweet Potato Fries Coleslaw Tropical Fruit WW Roll Rice Krispies Treats</p>	<p>2 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert</p>	<p>3 California Chicken Casserole Spinach Salad Mandarin Oranges Dessert</p>	<p>4 Lemon Baked Fish Pasta Chalet Vegetables Coleslaw Tropical Fruit Dessert</p>
<p>7 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad WW Roll Dessert</p>	<p>8 Ham & Bean Soup Cottage Cheese Peaches Cuke & Tomato Salad Orange Quarters Biscuit Dessert</p>	<p>9 Teriyaki Chicken on Rice Asian Style Slaw Pineapple Egg Roll Dessert</p>	<p>10 Tex Mex Beef Stew Cucumber Salad Chilled Pears Cornbread Dessert</p>	<p>11 Pasta Primavera w/Ham Caesar Salad Fresh Fruit Tray Dessert</p>
<p>14 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>15 Egg Salad Sandwich Minestrone Soup Oregon Berries Dessert</p>	<p>16 Shepherd's Pie Tossed Salad Peaches WW Roll Oatmeal Cookies</p>	<p>17 Pork Roast Mashed Potatoes / Gravy Roasted Carrots Applesauce Bread Pudding</p>	<p>18 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien Juice Fresh Fruit Muffin</p>
<p>21 Baked Ham Scalloped Potatoes Carrot / Raisin Salad Chilled Pears WW Roll Rice Krispies Treats</p>	<p>22 Oven Fried Chicken Stuffing & Gravy Green Beans Cuke/Tomato Salad Grapes Dessert</p>	<p>23 Sausage, Broccoli and Swiss Cheese Quiche Spinach Salad Fresh Fruit Muffin</p>	<p>24 Yankee Pot Roast Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies</p>	<p>25 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>
<p>27 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert</p>	<p>29 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert</p>	<p>30 Cheeseburger Deluxe Garlic Fries Apricots Dessert</p>	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>	

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Call 509-470-0522 for information on Meals on Wheels



2025



COULEE CITY

PLEASE CALL OR TEXT 509-632-8701 TO RESERVE MEALS
24 HOURS IN ADVANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

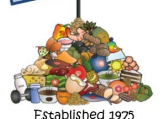
FRIDAY

	1 Chili with Cheese Cucumber Slices Tossed Green Salad Sliced Pears Cornbread Dessert	2 Country Fried Steak Mashed Potatoes & Gravy Corn Spring Salad Apple Crisp	3 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	4 Fish & Chips Coleslaw Fruit Tray Garlic Bread Dessert
7	8 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	9 Chicken Fettuccine Alf- do Asparagus Spinach Salad Mixed Berries Dessert	10 Split Pea & Ham Soup Turkey Sandwich Peaches Dessert	11 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad Biscuit Dessert
14	15 Cheeseburger Deluxe Garlic Fries Apricots Dessert	16 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Tropical Fruit Garlic Brea Dessert	17 Baked Ham Scalloped Potatoes Carrot Raisin Salad Chilled Pears WW Roll Rice Krispies Treats	18 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert
21	22 Sweet & Sour Pork on Rice Oriental Vegetables Asian Style Slaw Mandarin Oranges Egg Roll Dessert	23 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien V-8 or Fruit Juice Fresh Fruit Muffin	24 Oven Fried Chicken Stuffing & Gravy Green Beans Cuke & Tomato Salad Grapes Dessert	25 Shrimp Fettuccine Alfredo Buttered Peas Spinach Salad Oregon Berries Angel Food Cake
27	29 Cheese Tortellini with Marinara Sauce Venetian Veggies Caesar Salad Apple Wedges Dessert	30 Beef Stew Green Salad Chilled Pears Biscuit Cereal Bar	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00</p>	

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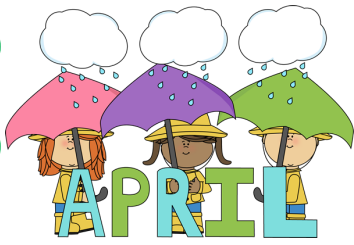
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Call 509-826-7979 for information on Meals on Wheels



Established 1975

2025



DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

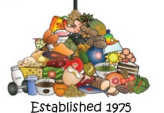
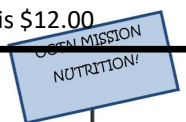
FRIDAY

	<p>1 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad Biscuit Dessert</p>	<p>2 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Tropical Fruit Garlic Bread Dessert</p>	<p>3 Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Dessert</p>	<p>4</p>
<p>7</p>	<p>8 Baked Ham Scalloped Potatoes Carrot/Raisin Salad Chilled Pears WW Roll Rice Krispies Treats</p>	<p>9 Honey Mustard Chicken Rice Pilaf Asparagus Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>10 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert</p>	<p>11</p>
<p>14</p>	<p>15 Fish & Chips Coleslaw Fruit Tray Garlic Bread Dessert</p>	<p>16 Scrambled Eggs & Ham Potatoes O'Brien V-8 Juice Fresh Fruit Pancakes</p>	<p>17 Teriyaki Chicken Steamed Rice Oriental Vegetables Asian Style Slaw Pineapple Egg Roll Dessert</p>	<p>18</p>
<p>21</p>	<p>22 Tex Mex Beef Stew Cucumber Salad Mandarin Oranges Tortilla Chips Dessert</p>	<p>23 Country Fried Steak Mashed Potatoes / Gravy Corn Caesar Salad Apricot Crisp</p>	<p>24 Ham & Bean Soup Cottage Cheese Peaches Cuke & Tomato Salad Apple Slices Cornbread Dessert</p>	<p>25</p>
<p>27</p>	<p>29 Chili with Cheese Cucumber Slices Tossed Green Salad Sliced Pears Cornbread Dessert</p>	<p>30 Yankee Pot Roast Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies</p>	<div style="border: 2px solid black; padding: 10px;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>	

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2025



ENTIAT

PLEASE CALL 509-888-4440 TO RESERVE MEALS
509-470-0522 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2	3 California Chicken Casserole Spinach Salad Mandarin Oranges Dessert	4
7 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad WW Roll Dessert	8	9	10 Tex Mex Beef Stew Cucumber Salad Chilled Pears Cornbread Dessert	11
14 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	15	16	17 Pork Roast Mashed Potatoes / Gravy Roasted Carrots Applesauce Bread Pudding	18
21 Baked Ham Scalloped Potatoes Carrot / Raisin Salad Chilled Pears WW Roll Rice Krispies Treats	22	23	24 Yankee Pot Roast Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies	25
27 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	29	30	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>	

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2025



GRAND COULEE

RESERVE IN-HOUSE EVENING MEAL BY NOON 509-633-2321

MONDAY 8 - 10 am

TUESDAY 5 pm

WEDNESDAY 5 pm

THURSDAY 5 pm

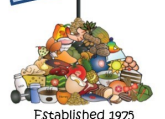
FRIDAY 8 - 10 am

	<p>1 Hamburger Steak with Grilled Onions Mashed Potatoes/Gravy Green Beans Grapes & Oranges WW Roll Dessert</p>	<p>2 Country Fried Steak Mashed Potatoes/Gravy Corn & Carrots Green Salad WW Roll Cook's Choice</p>	<p>3 Oven Fried Chicken Stuffing & Gravy Peas Salad Bar Fruit Bar Dessert</p>	<p>4 Bacon and Eggs Hash Browns Fruit Juice Toast</p>
<p>7 Sausage Links Scrambled Eggs French Toast Juice Fruit Bowl</p>	<p>8 Tater Tot Casserole Tossed Salad Fruit & Dip WW Roll Dessert</p>	<p>9 Stuffed Sausage with Potato & Cheese Brussels Sprouts Mixed Berries Dessert</p>	<p>10 Chicken Strips French Fries Green Salad Peaches WW Roll Dessert</p>	<p>11 Biscuits & Gravy Eggs Potatoes O'Brien Juice Fresh Fruit Muffin</p>
<p>14 Cheese Omelet Bacon Hash Browns Fruit Bowl Juice</p>	<p>15 Meatloaf Mashed Potatoes / Gravy Peas & Carrots Mixed Fruit Blueberry Cobbler</p>	<p>16 Pork Steak Twice Baked Potato Roasted Carrots Pears WW Roll Dessert</p>	<p>17 Orange Chicken on Rice Oriental Veggies Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>18 German Sausage Scrambled Eggs Fruit Bowl Juice Toast</p>
<p>21 Scrambled Mess Hash Browns Juice Fruit Bowl Toast</p>	<p>22 Fish & Chips Coleslaw Fruit Tray Garlic Bread Dessert</p>	<p>23 Country Fried Pork Stk Mashed Potatoes/Gravy Mixed Vegetables Applesauce WW Roll Dessert</p>	<p>24 Hawaiian Chicken Sandwich French Fries Salad Bar Fruit Bar Cook's Choice</p>	<p>25 Breakfast Sandwich Hash Browns Juice Fruit Bowl</p>
<p>27 Sausage Patty Scrambled Eggs Potato Cakes Juice Fruit Bowl Toast</p>	<p>29 Pepper Steak on Rice Asian Slaw Cinnamon Pears Garlic Bread Dessert</p>	<p>30 Mac & Cheese with Bacon Peas & Carrots Tossed Green Salad Fruit Slices & Dip Dessert</p>	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00</p>	

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2025



ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2 Yankee Pot Roast Roasted Carrots & Potatoes Mixed Greens Salad Banana WW Roll] Oatmeal Cookies	3 California Chicken Casserole Spinach Salad Orange Juice Dessert	4
7 Oven Fried Chicken Stuffing & Gravy Green Beans Cuke & Tomato Salad Grapes Dessert	8	9 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien V-8 or Fruit Juice Fresh Fruit Muffin	10 Tater Tot Casserole Tossed Salad Apricots WW Roll Monster Cookie Bars	11
14 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	15	16 Chicken Fettuccine Alfredo Asparagus Spinach Salad Mixed Berries Dessert	17 Cheese Tortellini & Marinara Venetian Vegetables Caesar Salad Apple Wedges Dessert	18
21 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert	22	23 Cheeseburger Deluxe Garlic Fries Apricots Dessert	24 Baked Ham Mashed Potatoes & Gravy Carrot / Raisin Salad Chilled Pears WW Roll Rice Krispies Treats	25
28 Split Pea & Ham Soup Pastrami Sandwich Peaches Dessert	29	30 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Tropical Fruit Garlic Bread Dessert	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>	

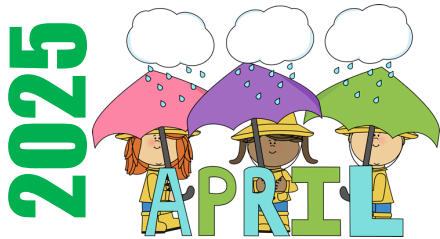
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OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN

OMAK

OKANOGAN

OKANOGAN 9am

OMAK

	<p>1 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>2 Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fresh Fruit Muffin</p>	<p>3 Biscuits & Gravy Scrambled Eggs Country Potatoes Juice Peach Parfait <i>No Home Delivery</i></p>	<p>4 Fish & Chips Coleslaw Fruit Tray Garlic Bread Dessert</p>
<p>7 Teriyaki Chicken on Rice Asian Style Slaw Pineapple Egg Roll Dessert</p>	<p>8 Cheeseburger Deluxe Garlic Fries Apricots Dessert</p>	<p>9 BBQ Meatballs Mac & Cheese Peas & Carrots Coleslaw Orange quarters Dessert</p>	<p>10 Apple French Toast Casserole Bacon Hash Browns Juice Fresh Fruit Blueberry Muffin <i>No Home Delivery</i></p>	<p>11 Shrimp Fettuccine Alfredo Buttered Peas Spinach Salad Oregon Berries Angel Food Cake</p>
<p>14 Tater Tot Casserole Tossed Salad Apricots WW Roll Monster Cookie Bars</p>	<p>15 Spaghetti & Meat Sauce Caesar Salad Chilled Pears Garlic Bread Dessert</p>	<p>16 Broccoli Chicken Bake Wild Rice Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>17 Eggs Saratoga Cube Steak Hash Browns Juice Strawberry Parfait Raspberry Muffin <i>No Home Delivery</i></p>	<p>18 Baked Ham Scalloped Potatoes Carrot / Raisin Salad Chilled Pears WW Roll Rice Krispies Treats</p>
<p>21 Honey Mustard Chicken Rice Pilaf Asparagus Spring Salad Tropical Fruit WW Roll Dessert</p>	<p>22 Shepherd's Pie Tossed Salad Chilled Pears WW Roll Rice Krispies Treats</p>	<p>23 Ham & Bean Soup Cottage Cheese Peaches Cuke & Tomato Salad Orange Quarters Cornbread Dessert</p>	<p>24 Sausage & Spinach Casserole Potatoes O'Brien Waffles Juice Fruit Salad <i>No Home Delivery</i></p>	<p>25 Cheese Tortellini with Marinara Sauce Venetian Veggies Caesar Salad Apple Wedges Dessert</p>
<p>27 Chili with Cheese Cucumber Slices Tossed Green Salad Sliced Pears Cornbread Dessert</p>	<p>29 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Dessert</p>	<p>30 Oven Fried Chicken Stuffing & Gravy Green Beans Cuke / Tomato Salad Grapes Dessert</p>	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>	

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Established 1975

2025



OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY

TUESDAY

CLOSED

THURSDAY

FRIDAY

	<p>1 Yankee Pot Roast Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies</p>	<p>2</p>	<p>3 California Chicken Casserole Spinach Salad Mandarin Oranges Dessert</p>	<p>4 Chili with Cheese Cucumber Slices Tossed Green Salad Cornbread Dessert</p>
<p>7 Cheese Tortellini with Marinara Sauce Venetian Veggies Caesar Salad Apple Wedges Dessert</p>	<p>8 Beef Stew Green Salad Chilled Pears Biscuit Cereal Bar</p>	<p>9</p>	<p>10 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>11 Lemon Baked Fish Wild Rice Chalet Vegetables Tossed Salad Tropical Fruit Garlic Bread Dessert</p>
<p>14 Ham & Cheese Sandwich Corn Chowder Apple Wedges Brownies</p>	<p>15 Cheeseburger Deluxe Garlic Fries Apricots Dessert</p>	<p>16</p>	<p>17 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert</p>	<p>18 Shrimp Fettuccine Alfredo Buttered Peas Spinach Salad Oregon Berries Angel Food Cake</p>
<p>21 Broccoli Chicken Bake Wild Rice Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>22 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>23</p>	<p>24 Pork Roast Mashed Potatoes/Gravy Roasted Carrots Applesauce WW Roll Oatmeal Cookies</p>	<p>25 Fish & Chips Coleslaw Fruit Tray Garlic Bread Dessert</p>
<p>27 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert</p>	<p>29 Ham & Bean Soup Cottage Cheese Peaches Cuke & Tomato Salad Orange Quarters Cornbread Dessert</p>	<p>30</p>	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>	

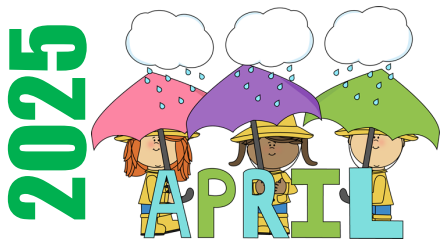
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TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY—CLOSED

	<p>1 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert</p>	<p>2 Shepherd's Pie Tossed Salad Peaches WW roll Rice Krispies Treats</p>	<p>3 Ham & Bean Soup Cottage Cheese Peaches Cuke & Tomato Salad Orange quarters Cornbread Dessert</p>	4
<p>7 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Dessert</p>	<p>8 Yankee Pot Roast Carrots & Potatoes Mixed Greens Salad Strawberries & Bananas WW roll Oatmeal Cookies</p>	<p>9 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien V-8 or Fruit Juice Fresh Fruit Muffin</p>	<p>10 Chili with Cheese Cucumber Slices Tossed Green Salad Sliced Pears Cornbread Dessert</p>	11
<p>14 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>15 Pork Roast Mashed Potatoes & Gravy Roasted Carrots Applesauce WW Roll Oatmeal Cookies</p>	<p>16 Tater Tot Casserole Tossed Salad Apricots WW Roll Monster Cookie Bars</p>	<p>17 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert</p>	18
<p>21 Shrimp Fettuccine Alfredo Buttered Peas Spinach Salad Oregon Berries Angel Food Cake</p>	<p>22 Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad Biscuit Dessert</p>	<p>23 Cheeseburger Deluxe Garlic Fries Apricots Dessert</p>	<p>24 Fish & Chips Coleslaw Fruit Tray Garlic Bread Dessert</p>	25
<p>27 Pizza Casserole Tossed Salad Spiced Pears Dessert</p>	<p>29 Country Fried Steak Mashed Potatoes / Gravy Corn Caesar Salad Apricot Crisp</p>	<p>30 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>	

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2025



TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

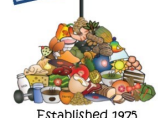
FRIDAY

	1	2	3 Cheeseburger Deluxe Garlic Fries Apricots Dessert	4 Chicken Fettuccine Alfredo Asparagus Spinach Salad Mixed Berries Ice Cream
7 Broccoli Chicken Bake Wild Rice Garden Salad Waldorf Salad Focaccia Bread Dessert	8	9	10 Pork Roast Mashed Potatoes & Gravy Roasted Carrots Applesauce WW Roll Oatmeal Pudding	11 Fish & Chips Coleslaw Fruit Tray Garlic Bread Dessert
14 Split Pea & Ham Soup Turkey Sandwich Peaches Dessert	15	16	17 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	18 Chicken Enchilada Casserole Spanish Rice Baja Veggie Blend Cuke & Tomato Salad Pears Birthday Cake 
21 Honey Mustard Chicken Rice Pilaf Asparagus Spring Salad Tropical Fruit WW Roll Dessert	22	23	24 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad Biscuit Dessert	25 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Mixed Berries Garlic Bread Dessert
27 Yankee Pot Roast Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies	29	30	<p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</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

2025



WILBUR

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 Chili with Cheese Cucumber Slices Tossed Green Salad Sliced Pears Cornbread Dessert</p>	<p>2 Country Fried Steak Mashed Potatoes & Gravy Corn Spring Salad Apple Crisp</p>	<p>3 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>4 Fish & Chips Coleslaw Fruit Tray Garlic Bread Dessert</p>
7	<p>8 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert</p>	<p>9 Chicken Fettuccine Alfredo Asparagus Spinach Salad Mixed Berries Dessert</p>	<p>10 Split Pea & Ham Soup Turkey Sandwich Peaches Dessert</p>	<p>11 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad Biscuit Dessert</p>
14	<p>15 Cheeseburger Deluxe Garlic Fries Apricots Dessert</p>	<p>16 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Tropical Fruit Garlic Brea Dessert</p>	<p>17 Baked Ham Scalloped Potatoes Carrot Raisin Salad Chilled Pears WW Roll Rice Krispies Treats</p>	<p>18 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert</p>
21	<p>22 Sweet & Sour Pork on Rice Oriental Vegetables Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>23 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien V-8 or Fruit Juice Fresh Fruit Muffin</p>	<p>24 Oven Fried Chicken Stuffing & Gravy Green Beans Cuke & Tomato Salad Grapes Dessert</p>	<p>25 Shrimp Fettuccine Alfredo Buttered Peas Spinach Salad Oregon Berries Angel Food Cake</p>
27	<p>29 Cheese Tortellini with Marinara Sauce Venetian Veggies Caesar Salad Apple Wedges Dessert</p>	<p>30 Beef Stew Green Salad Chilled Pears Biscuit Cereal Bar</p>	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>	

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