



# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED 	2	3
6	7 BBQ Country Ribs Mac & Cheese Green Beans Carrot Raisin Salad Mandarin Oranges Dessert	8 Chicken Paprika Caribbean Veggies Spring Salad Tropical Fruit Dessert	9	10 Pot Roast Roast Potatoes & Carrots Tossed Green Salad Peaches WW Roll Oatmeal Cookies
13	14 Oven Fried Chicken Twice Bake Style Potatoes Buttered Corn Coleslaw Orange Quarters WW Roll Dessert	15 Ham Sandwich Deluxe Minestrone Soup Cucumber Slices Pears Dessert	16	17 Meatloaf Mashed Potatoes Green Beans Green Salad Peaches WW Roll Dessert
20 CLOSED  <small>shutterstock · 356091257</small>	21 Philly Steak Sandwich Jo Jo's Cucumber Slices Waldorf Salad Dessert	22 Cabbage Patch Stew Whole Grain Crackers Tossed Salad Chilled Pears WW Roll Dessert	23	24 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert
27	28 Beef Tacos Mexican Rice Fresh Salsa Cinnamon Pears Dessert	29 Chicken Fettuccine Alfredo Steamed Broccoli Caesar Salad Mixed Berries Pound Cake	30	31 Scrambled Eggs with Ham & Cheese Oven Brown Potatoes Juice Fresh Fruit Muffin

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



# 2025 January

## CASHMERE / LEAVENWORTH

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

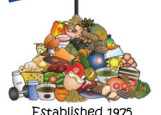
FRIDAY

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 CLOSED</p> 	<p>2</p>	<p>3 Crispy Fish Fillet Rosemary Potatoes Pea Salad Apple Slices WW Bread Dessert</p>
<p>6 Meatloaf Mashed Potatoes / Gravy Buttered Corn Green Salad Peaches WW Roll Dessert</p>	<p>7</p>	<p>8 Pizza Casserole Tossed Salad Waldorf Salad Dessert</p>	<p>9</p>	<p>10 Swedish Meatballs Steamed Carrots Caesar Salad Fruit Cocktail Dessert</p>
<p>13 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Apple Wedges Biscuit Cereal Bars</p>	<p>14</p>	<p>15 Chili with Cheese 1/2 Baked Potato Tossed Salad Apricots Cornbread Dessert</p>	<p>16</p>	<p>17 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Mixed Greens Salad Fruit Salad Biscuit Dessert</p>
<p>20 CLOSED</p>  <p>shutterstock - 356091257</p>	<p>21</p>	<p>22 Salisbury Steak Mashed Potatoes/Gravy Steamed Carrots Mixed Greens Salad WW Roll Peach Cobbler</p>	<p>23</p>	<p>24 Pork Loin Roast Stuffing &amp; Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert</p>
<p>27 Lasagna w/Meat Sauce Caesar Salad Fruit Cocktail Dessert</p>	<p>28</p>	<p>29 Cordon Bleu Casserole Rice Pilaf Steamed Carrots Broccoli Salad Grapes WW Roll Dessert</p>	<p>30</p>	<p>31 Fish Sandwich Jo Jo's Coleslaw Banana Dessert</p>

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



Established 1975



# CHELAN

PLEASE CALL 509-888-4440 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>		<p>1 CLOSED</p> 	<p>2 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>3 Crispy Fish Fillet Rosemary Potatoes Pea Salad Apple Slices WW Bread Dessert</p>
<p>6 Meatloaf Mashed Potatoes / Gravy Buttered Corn Green Salad Peaches WW Roll Dessert</p>	<p>7 Corn Chowder BLT Sandwich 3 Bean Salad Tropical Fruit Dessert</p>	<p>8 Pizza Casserole Tossed Salad Waldorf Salad Dessert</p>	<p>9 Cheeseburger Deluxe Sweet Potato Waffle Fries Coleslaw Orange Quarters Dessert</p>	<p>10 Swedish Meatballs Steamed Carrots Caesar Salad Fruit Cocktail Dessert</p>
<p>13 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Apple Wedges Biscuit Cereal Bars</p>	<p>14 BBQ Rib Sandwich Mac &amp; Cheese Green Beans Carrot Raisin Salad Mandarin Oranges Dessert</p>	<p>15 Chili with Cheese 1/2 Baked Potato Tossed Salad Apricots Cornbread Dessert</p>	<p>16 Chicken &amp; Wild Rice Bake Asparagus Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>17 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Mixed Greens Salad Fruit Salad Biscuit Dessert</p>
<p>20 CLOSED</p>  <p>shutterstock - 356091257</p>	<p>21 Oven Fried Chicken Potato Casserole Trio Vegetables Spiced Salad Chilled Pears WW Roll Dessert</p>	<p>22 Salisbury Steak Mashed Potatoes/Gravy Steamed Carrots Mixed Greens Salad WW Roll Peach Cobbler</p>	<p>23 French Dip Sandwich Jo Jo's Pickled Beets Fruit Cocktail Dessert</p>	<p>24 Pork Loin Roast Stuffing &amp; Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert</p>
<p>27 Lasagna w/Meat Sauce Caesar Salad Fruit Cocktail Dessert</p>	<p>28 Cabbage Patch Stew Whole Grain Crackers Tossed Salad Pineapple WW Roll Dessert</p>	<p>29 Cordon Bleu Casserole Rice Pilaf Steamed Carrots Broccoli Salad Grapes WW Roll Dessert</p>	<p>30 Beef Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert</p>	<p>31 Fish Sandwich Jo Jo's Coleslaw Banana Dessert</p>

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# 2025 January

## COULEE CITY

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$9</p>		<p>1 CLOSED</p> 	<p>2 Chicken Burger Deluxe Potato Salad Steamed Veggies Mandarin Oranges Dessert</p>	<p>3 Crispy Fish Fillet Rosemary Potatoes Pea Salad Apple Slices WW Bread or Roll Dessert</p>
<p>6</p>	<p>7 Pot Roast Roast Potatoes &amp; Carrots Tossed Green Salad Peaches WW Roll Oatmeal Cookie</p>	<p>8 Shrimp Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Pound Cake</p>	<p>9 Cabbage Patch Stew Whole Grain Crackers Tossed Salad WW Roll Fruited Jell-O</p>	<p>10 Twice Browned Chicken Garden Salad Chilled Pears WW Roll Dessert</p>
<p>13</p>	<p>14 Cheeseburger Deluxe with Onions and Mushrooms Steamed Broccoli Fruit Salad Dessert</p>	<p>15 Chicken &amp; Wild Rice Bake Asparagus Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>16 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>17 Baked Fish Fillet Rice Pilaf Key West Veggies Spinach Salad Orange Quarters WW Roll Dessert</p>
<p>20 CLOSED</p>  <p>shutterstock · 356091257</p>	<p>21 Salisbury Steak Herbed Potato Slices Steamed Carrots Mixed Greens Salad WW roll Peach Crisp</p>	<p>22 Baked Ham Potatoes Au Gratin Trio Vegetables Garden Salad Chilled Pears WW Roll Dessert</p>	<p>23 Cordon Bleu Casserole Rice Pilaf Steamed Carrots Broccoli Salad Banana WW Roll Dessert</p>	<p>24 Pizza Casserole Tossed Salad Waldorf Salad Dessert</p>
<p>27</p>	<p>28 Lasagna with Meat Sauce Tossed Salad Grapes Dessert</p>	<p>29 Oven Fried Chicken Herbed Wild Rice Brussels Sprouts Spiced Salad Orange Quarters WW Roll Dessert</p>	<p>30 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Mixed Greens Salad Fresh Fruit Salad Biscuit Dessert</p>	<p>31 Clam Chowder Tuna Salad Sandwich Tossed Green Salad Tropical Fruit Dessert</p>

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





# 2025 January

## DAVENPORT

PLEASE CALL 509-725-7055 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>		<p>1 CLOSED</p> 	<p>2 Clam Chowder Tuna Salad Sandwich Tossed Green Salad Tropical Fruit Dessert</p>	<p>3</p>
<p>6</p>	<p>7 Meatloaf Mashed Potatoes / Gravy Trio Veggies Green Salad Peaches WW Roll Dessert</p>	<p>8 Oven Fried Chicken Potato Casserole Buttered Corn Spiced Salad Orange Quarters WW Roll Dessert</p>	<p>9 Pork Chops Stuffing &amp; Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert</p>	<p>10</p>
<p>13</p>	<p>14 Chicken Cordon Bleu Casserole over Rice Pilaf Steamed Carrots Broccoli Salad Banana WW Roll Dessert</p>	<p>15 Salisbury Steak Mashed Potatoes / Gravy Green Beans Mixed Greens Salad WW Roll Peach Cobbler</p>	<p>16 Beef Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert</p>	<p>17</p>
<p>20 CLOSED</p>  <p>shutterstock - 356091257</p>	<p>21 Baked Ham Potatoes Au Gratin Trio Veggies Garden Salad Apple Wedges WW Roll Dessert</p>	<p>22 BBQ Country Ribs Mac &amp; Cheese Green Beans Carrot Raisin Salad Mandarin Oranges Dessert</p>	<p>23 Ham Sandwich Deluxe Minestrone Soup Potato Salad Pears Dessert</p>	<p>24</p>
<p>27</p>	<p>28 Pot Roast Potatoes &amp; Carrots Tossed Green Salad Peaches WW Roll Oatmeal Cookies</p>	<p>29 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Mixed Greens Salad Orange Quarters Biscuit Dessert</p>	<p>30 Swedish Meatballs Egg Noodles Steamed Carrots Caesar Sala Fruit Cocktail Dessert</p>	<p>31</p>

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# 2025 January

## ENTIAT

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509-826-7979 FOR HOME DELIVERED MEALS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

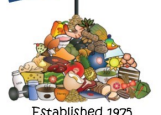
FRIDAY

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 CLOSED</p> 	<p>2 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>3</p>
<p>6 Meatloaf Mashed Potatoes / Gravy Buttered Corn Green Salad Peaches WW Roll Dessert</p>	<p>7</p>	<p>8</p>	<p>9 Cheeseburger Deluxe Sweet Potato Waffle Fries Coleslaw Orange Quarters Dessert</p>	<p>10</p>
<p>13 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Apple Wedges Biscuit Cereal Bars</p>	<p>14</p>	<p>15</p>	<p>16 Chicken &amp; Wild Rice Bake Asparagus Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>17</p>
<p>20 CLOSED</p>  <p>shutterstock · 356091257</p>	<p>21</p>	<p>22</p>	<p>23 French Dip Sandwich Jo Jo's Pickled Beets Fruit Cocktail Dessert</p>	<p>24</p>
<p>27 Lasagna w/Meat Sauce Caesar Salad Fruit Cocktail Dessert</p>	<p>28</p>	<p>29</p>	<p>30 Beef Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert</p>	<p>31</p>

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# 2025 January

## GRAND COULEE

PLEASE CALL 509-633-2321 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 \$9.00</p>		<p>1 CLOSED</p> 	<p>2 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Mixed Greens Salad Biscuit Dessert</p>	<p>3 Bacon &amp; Eggs Hash Brown Potatoes Juice Fruit Toast</p>
<p>6 Country Mess with Eggs, Bacon &amp; Cheese Hash Browns Juice Fruit Toast</p>	<p>7 Chicken Strips French Fries Carrots &amp; Corn Peaches Bread Dessert</p>	<p>8 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>9 Pork Roast Mashed Potatoes/Gravy Mixed Veggies Applesauce WW Roll Oatmeal Cookies</p>	<p>10 Biscuits &amp; Gravy Hash Brown Potatoes Juice Fresh Fruit Muffin</p>
<p>13 Sausage Patty &amp; Eggs Potato Cakes Juice Fruit Toast</p>	<p>14 Meatloaf Mashed Potatoes / Gravy Mixed Veggies Pears WW Roll Dessert</p>	<p>15 Hawaiian Chicken Burger Jo Jo's Green Salad Pineapple Dessert</p>	<p>16 Shrimp Scampi on Noodles Steamed Carrots Caesar Salad Mixed Berries Dessert</p>	<p>17 Sausage Links &amp; Eggs Dollar Pancakes Juice Fruit</p>
<p>20 CLOSED</p>  <p>shutterstock - 356091257</p>	<p>21 Swiss Steak with Mush- rooms, Onions &amp; Peppers Baked Potato Cucumber Slices Fruit Crisp</p>	<p>22 Homemade Turkey Noo- dle Soup Tossed Salad Biscuit Fruited Jell-O</p>	<p>23 Mac &amp; Cheese w/Bacon Green Beans Tossed Salad Fruit Salad Dessert</p>	<p>24 Ham &amp; Eggs Hash Browns Juice Fruit Toast</p>
<p>27 Scrambled Eggs with Ham &amp; Cheese Oven Brown Potatoes Juice Fresh Fruit Muffin</p>	<p>28 Chicken Fettuccine Alfredo Green Beans Tossed Salad Fruit Cocktail Dessert</p>	<p>29 Salisbury Steak with Grilled Onions Mashed Potatoes/Gravy Corn &amp; Carrots WW Roll Peach Cobbler</p>	<p>30 Kielbasa with Peppers and Onions Buttered Cauliflower Cucumber Salad Waldorf Salad Biscuit Coolwich</p>	<p>31 Bacon and Egg Breakfast Sandwich Hash Browns Juice Fruit</p>

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# 2025 January

## ODESSA

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

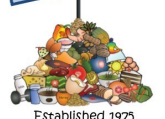
FRIDAY

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 CLOSED</p> 	<p>2 Meatloaf Mashed Potatoes / Gravy Buttered Corn Green Salad Peaches WW Roll Dessert</p>	<p>3</p>
<p>6 Clam Chowder Tuna Salad Sandwich Tossed Green Salad Fruit Cocktail Dessert</p>	<p>7</p>	<p>8 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Apple Slices Biscuit Dessert</p>	<p>9 Chili Stuffed Baked Potato Tossed Green Salad Apricots Cornbread Dessert</p>	<p>10</p>
<p>13 Corn Chowder BLT Sandwich Spinach Salad Orange Quarters Dessert</p>	<p>14</p>	<p>15 Lasagna Tossed Salad Pears Dessert</p>	<p>16 Pot Roast Roast Potatoes &amp; Carrots Tossed Green Salad Peaches WW Roll Oatmeal Cookies</p>	<p>17</p>
<p>20 CLOSED</p>  <p>shutterstock · 356091257</p>	<p>21</p>	<p>22 BBQ Country Ribs Mac &amp; Cheese Green Beans Carrot Raisin Salad Mandarin Oranges Dessert</p>	<p>23 Chicken Burger Deluxe Jo Jo's Coleslaw Fruit Cocktail Dessert</p>	<p>24</p>
<p>27 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Mixed Greens Salad Orange Quarters Dessert</p>	<p>28</p>	<p>29 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>30 Baked Ham Potatoes Au Gratin Trio Veggies Garden Salad Apple Wedges Dessert</p>	<p>31</p>

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# 2025 January

## OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

OKANOGAN

OMAK

OKANOGAN

OKANOGAN 9am

OMAK

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

1 CLOSED



2  
Scrambled Eggs  
Sausage Links  
Hash Brown Potatoes  
Juice  
Fresh Fruit  
Muffin

3  
Shrimp Fettuccine Alfredo  
Zucchini / Tomato Bake  
Caesar Salad  
Mixed Berries  
Pound Cake

6  
Chili & Cheese  
French Fries  
Tossed Green Salad  
Apricots  
Cornbread  
Dessert

7  
Country Fried Steak  
Mashed Potatoes/Gravy  
Buttered Corn  
Mixed Greens Salad  
Mandarin Oranges  
Biscuit  
Dessert

8  
BBQ Country Ribs  
Mac & Cheese  
Green Beans  
Cucumber Salad  
Pineapple  
Dessert

9  
Biscuits & Gravy  
Hash Brown Potatoes  
Juice  
Fruit

10  
Clam Chowder  
Tuna Sandwich  
Three Bean Salad  
Tropical Fruit  
Dessert

13  
French Dip  
Sweet Potato Tots  
Pickled Beets  
Grapes  
Dessert

14  
Kielbasa with Peppers and Onions  
Roasted Potatoes  
Cucumber Salad  
Waldorf Salad  
Biscuit  
Cereal Bar

15  
Oven Fried Chicken  
Mashed Potatoes/Gravy  
Buttered Corn  
Tossed Salad  
Mandarin Oranges  
WW Roll  
Dessert

16  
Breakfast Burrito  
Juice  
Fruit  
Pastry

17  
Spaghetti & Meat Sauce  
Caesar Salad  
Garlic Bread  
Peaches  
Dessert

20 CLOSED



shutterstock - 356091257

21  
Pork Chops  
Stuffing & Gravy  
Green Beans  
Garden Salad  
Applesauce  
Dessert

22  
Philly Steak Sandwich  
Sweet Potato Waffle  
Fries  
Cucumber Slices  
Fruit Tray  
Dessert

23  
Scrambled Eggs  
Bacon  
Hash Brown Potatoes  
Juice  
Fresh Fruit  
Waffle

24  
Crispy Fish Fillet  
Rice Pilaf  
Chalet Vegetables  
Pea Salad  
Tropical Fruit  
Dessert

27  
Meatloaf  
Mashed Potatoes/Gravy  
Buttered Corn  
Green Salad  
Peaches  
WW Roll  
Dessert

28  
Chicken Burger Deluxe  
Jo Jo's  
Coleslaw  
Mandarin Oranges  
Dessert

29  
Biscuits & Gravy  
Hash Brown Potatoes  
Stewed Tomatoes  
Fresh Fruit  
Muffin

30  
Ham & Cheese  
Scrambler  
Country Potatoes  
Juice  
Fruit  
Pancake

31  
Baked Ham  
Potatoes Au Gratin  
Trio Veggies  
Garden Salad  
Apple Wedges  
WW Roll  
Dessert

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



Established 1975



# OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS



MONDAY

TUESDAY

CLOSED

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 CLOSED</p> 	<p>2 Clam Chowder Tuna Salad Sandwich Cucumber Salad Tropical Fruit Dessert</p>	<p>3 Chili Stuffed Potato Chuck Wagon Corn Mixed Greens Salad Apricots Cornbread Dessert</p>
<p>6 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Slices Waldorf Salad Biscuit Cereal Bar</p>	<p>7 Shrimp Fettuccine Alfredo Zucchini / Tomato Bake Caesar Salad Mixed Berries Pound Cake</p>	<p>8</p>	<p>9 Pork Chops Stuffing &amp; Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert</p>	<p>10 Fish Sandwich Jo Jo's Coleslaw Banana Dessert</p>
<p>13 Chili Dog w/Cheese Green Beans Cucumber Salad Pineapple &amp; Cherries Dessert</p>	<p>14 Beef Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert</p>	<p>15</p>	<p>16 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>17 Pot Roast Potatoes &amp; Carrots Tossed Green Salad Orange Quarters WW Roll Oatmeal Cookies</p>
<p>20 CLOSED</p>  <p>shutterstock - 356091257</p>	<p>21 Cheeseburger Deluxe Sweet Potato Waffle Fries Coleslaw Apple Wedges Dessert</p>	<p>22</p>	<p>23 Swedish Meatballs Egg Noodles Steamed Carrots Caesar Salad Fruit Cocktail Dessert</p>	<p>24 BBQ Country Ribs Mac &amp; Cheese Green Beans Carrot Raisin Salad Mandarin Oranges Dessert</p>
<p>27 Chicken Paprika Egg Noodles Caribbean Veggies Spring Salad Tropical Fruit Dessert</p>	<p>28 Philly Steak Sandwich Jo Jo's Cucumber Slices Waldorf Salad Dessert</p>	<p>29</p>	<p>30 Biscuits &amp; Gravy Hash Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin</p>	<p>31 Crispy Fish Fillet Rosemary Potatoes Pea Salad Apple Slices WW Roll Dessert</p>

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# 2025 January

## TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY—CLOSED
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 CLOSED</p> 	<p>2 Meatloaf Mashed Potatoes/Gravy Buttered Corn Green Salad Peaches WW Roll Dessert</p>	<p>3</p>
<p>6 Lasagna Tossed Salad Fruit Cocktail Dessert</p>	<p>7 Baked Ham Potatoes Au Gratin Trio Veggies Garden Salad Apple Wedges WW Roll Dessert</p>	<p>8 Biscuits &amp; Gravy Hash Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin</p>	<p>9 Fish Sandwich Jo Jo's Coleslaw Banana Dessert</p>	<p>10</p>
<p>13 Corn Chowder BLT Sandwich Spinach Salad Orange Quarters Dessert</p>	<p>14 Scrambled Eggs with Ham and Cheese Oven Brown Potatoes Juice Fresh Fruit Muffin</p>	<p>15 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>16 Sweet &amp; Sour Pork Steamed Rice Asian Vegetables Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>17</p>
<p>20 CLOSED</p>  <p>shutterstock - 356091257</p>	<p>21 Chicken &amp; Wild Rice Bake Asparagus Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>22 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Mixed Greens Salad Orange Quarters Biscuit Dessert</p>	<p>23 Cabbage Patch Stew Whole Grain Crackers Tossed Salad Chilled Pears WW Roll Dessert</p>	<p>24</p>
<p>27 Salisbury Steak Mashed Potatoes/Gravy Steamed Carrots Mixed Greens Salad WW Roll Peach Cobbler</p>	<p>28 Oven Fried Chicken Twice Bake Style Potatoes Buttered Corn Spiced Salad Orange Quarters WW Roll Dessert</p>	<p>29 Shrimp Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Pound Cake</p>	<p>30 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Grapes Dessert</p>	<p>31</p>

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



Established 1975



# 2025 January

## TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED 	2 Chili Stuffed Baked Potato Chuck Wagon Corn Tossed Green Salad Apricots Cornbread Dessert	3 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>				
6 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	7	8	9 Salisbury Steak Mashed Potatoes / Gravy Steamed Carrots Mixed Greens Salad WW Roll Peach Cobbler	10 Clam Chowder Tuna Salad Sandwich Tossed Green Salad Tropical Fruit Dessert
13 BBQ Country Ribs Mac & Cheese Green Beans Carrot Raisin Salad Mandarin Oranges Dessert	14	15	16 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	17 Chicken Burger Deluxe Jo Jo's Coleslaw Apple Slices Dessert
20 CLOSED  shutterstock · 356091257	21	22	23 Meatloaf Mashed Potatoes / Gravy Buttered Corn Green Salad Peaches WW Roll Dessert	24 Baked Fish Fillet Wild Rice Key West Veggies Coleslaw Orange Quarters WW Roll Dessert
27 Pot Roast Potatoes & Carrots Tossed Green Salad Peaches WW Roll Oatmeal Cookies	28	29	30 Biscuits & Gravy Hash Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin	31 Chicken & Wild Rice Bake Asparagus Coleslaw Tropical Fruit 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

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# 2025 January

## WILBUR

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

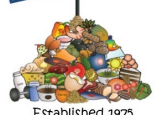
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 CLOSED</p> 	<p>2 Meatloaf Mashed Potatoes / Gravy Buttered Corn Green Salad Peaches WW Roll Dessert</p>	<p>3 Clam Chowder Tuna Salad Sandwich Tossed Salad Tropical Fruit Dessert</p>
<p>6</p>	<p>7 Chili Stuffed Potato Chuck Wagon Corn Tossed Salad Apricots Cornbread Dessert</p>	<p>8 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Waldorf Salad Biscuit Cereal Bars</p>	<p>9 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>10 Baked Ham Potatoes Au Gratin Trio Veggies Garden Salad Pineapple WW Roll Dessert</p>
<p>13</p>	<p>14 Shrimp Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Pound Cake</p>	<p>15 Cabbage Patch Stew Whole Grain Crackers Tossed Salad Chilled Pears Dessert</p>	<p>16 Biscuits &amp; Gravy Hash Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin</p>	<p>17 Fish Sandwich Jo Jo's Coleslaw Banana Dessert</p>
<p>20 CLOSED</p>  <p>shutterstock · 356091257</p>	<p>21 Cheeseburger Deluxe Sweet Potato Waffle Fries Three Bean Salad Pineapple Dessert</p>	<p>22 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Mixed Greens Salad Orange Quarters Dessert</p>	<p>23 Crispy Fish Fillet Rosemary Potatoes Pea Salad Apple Slices Oatmeal Cookie</p>	<p>24 Beef Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert</p>
<p>27</p>	<p>28 Ham Sandwich Minestrone Soup Cucumber Slices Pears Dessert</p>	<p>29 Swedish Meatballs Egg Noodles Steamed Carrots Caesar Salad Fruit Cocktail Dessert</p>	<p>30 Chicken Burger Deluxe Jo Jo's Coleslaw Mandarin Oranges Dessert</p>	<p>31 Lemon Pepper Baked Fish Wild Rice Key West Veggies Spinach Salad Tropical Fruit WW Roll Dessert</p>

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