



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Chicken Pot Pie Spinach Salad Chilled Peaches WW Roll Dessert	4 Stuffed Cabbage Rolls 7 Layer Salad Chilled Pears Oatmeal Cookies	5	6 Tuna Salad on Croissant Garden Salad Tropical Fruit Salad Dessert
9	10 Ham & Cheese Quiche Steamed Broccoli Garden Salad Orange Quarters Blueberry Muffin	11 Salisbury Steak Mashed Potatoes / Gravy Trio Vegetables Carrot Raisin Salad WW Roll Fruit Cobbler	12	13 7 Can Taco Soup Tortilla Chips Tossed Green Salad Peaches Mozzarella Breadstick Dessert
16	17 Baked Fish w/Lemon Pepper Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	18 Hearty Turkey Noodle Soup Tossed Salad Fresh Fruit Tray Mozzarella Breadsticks Dessert	19	20 Roast Beef Baked Potato & Fixings Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert
23	24 CLOSED	25 CLOSED	26	27 Clam Chowder Turkey Sandwich Cucumber Salad Tropical Fruit Dessert
30	31 Chicken Burger Deluxe Potato 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

Suggested donation for seniors over age 60 is \$5.00

FEE for persons under age 60 is \$12.00



OKANOGAN / OMAK

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TO CHANGE OR CANCEL MEALS

OKANOGAN	OMAK	OKANOGAN	OKANOGAN 9am	OMAK
2 Stuffed Cabbage Rolls 7 Layer Salad Apricots Oatmeal Cookies	3 BBQ Meatballs Macaroni Salad Italian Vegetables Tossed Salad Fruit Cocktail WW Roll Dessert	4 Shrimp Fettuccine Zucchini Tomato Bake Caesar Salad Tropical Fruit Dessert	5 Scrambled Eggs Sausage Links Breakfast Potatoes Juice Fresh Fruit Muffin	6 Sweet & Sour Pork Steamed Rice Stir Fry Veggies Asian Slaw Mandarin Oranges Egg Roll Dessert
9 Baked Chicken Wild Rice Glazed Carrots Broccoli Salad Grapes WW Roll Dessert	10 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	11 Country Fried Steak Mashed Potatoes / Gravy Green Beans Tossed Veggie Salad Fruit Cocktail WW Roll Dessert	12 Biscuits & Gravy Oven Brown Potatoes V-8 or Fruit Juice Fresh Fruit Muffin	13 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
16 Chicken Cacciatore Shell Pasta Italian Vegetables Grapes Bread Stick Dessert	17 Salisbury Steak Mashed Potatoes / Gravy Chuck Wagon Corn Carrot Raisin Salad WW Roll Fruit Cobbler	18 Pork Chops Mashed Potatoes / Gravy Roasted Carrots Garden Salad Applesauce WW Roll Dessert	19 Breakfast Burrito Fresh Salsa Fresh Fruit Pastry	20 Clam Chowder Turkey Sandwich Cucumber Salad Tropical Fruit Dessert
23 Baked Ham Scalloped Potatoes Chopped Salad Pineapple WW Roll Cherry Pie	24 CLOSED	25 CLOSED	26 Scrambled Eggs Bacon Hash Browns Juice Fresh Fruit Bread Pudding	27 Harvest Stew Coleslaw Peaches Cornbread Monster Cookies
30 Chicken Cordon Bleu Rice Pilaf Venetian Veggies Spinach Salad Cherries & Pineapple WW Roll Lemon Bars	31 Chef's Salad Potato Soup Cinnamon Applesauce WW Roll Cereal Bars			



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OROVILLE

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
<p>2</p> <p>Shrimp Fettuccine Zucchini Tomato Bake Caesar Salad Fruit Salad Dessert</p>	<p>3</p> <p>Chicken Enchiladas Spanish Rice Baja Vegetables Fresh Salsa Mandarin Oranges Dessert</p>	<p>4</p> 	<p>5</p> <p>Harvest Stew Coleslaw Peaches Cornbread Monster Cookies</p>	<p>6</p> <p>Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit Dessert</p>
<p>9</p> <p>Pork Chops Mashed Potatoes Roasted Carrots Garden Salad Applesauce WW Roll Dessert</p>	<p>10</p> <p>Mac & Cheese with Ham Peas Carrots Tossed Green Salad Mixed Berries Dessert</p>	<p>11</p>	<p>12</p> <p>Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Asian Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>13</p> <p>Clam Chowder Turkey Sandwich Cucumber Salad Tropical Fruit Blend Dessert</p>
<p>16</p> <p>Salisbury Steak Mashed Potatoes Trio Vegetables Carrot Raisin Salad WW Roll Fruit Cobbler</p>	<p>17</p> <p>Turkey & Cheese Sandwich Corn Chowder Fresh Fruit Tray Dessert</p>	<p>18</p>	<p>19</p> <p>Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert</p>	<p>20</p> <p>Baked Fish Roasted Red Potatoes Trio Vegetables Coleslaw Orange Quarters Focaccia Dessert</p>
<p>23</p> <p>Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia Special dessert</p>	<p>24</p> <p>CLOSED</p>	<p>25</p> <p>CLOSED</p>	<p>26</p> <p>Chicken Florentine over Pasta Tossed Green Salad Cherries & Pineapple Dessert</p>	<p>27</p> <p>French Dip Sandwich Jo Jo's Garden Salad Peaches Dessert</p>
<p>30</p> <p>BBQ Meatballs Macaroni Salad Italian Vegetables Caesar Salad Fruit Cocktail Dessert</p>	<p>31</p> <p>Country Fried Steak Mashed Potatoes / Gravy Green Beans Tossed Veggie Salad Fruit Cocktail WW Roll Dessert</p>			

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TONASKET

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TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Dessert</p>	<p>3 Pork Chops & Gravy Mashed Potatoes Roast Carrots Garden Salad Applesauce WW roll Dessert</p>	<p>4 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert</p>	<p>5 Orange Glazed Chicken Rice Stir Fry Vegetables Asian Style Slaw Chilled Pineapple Egg Roll Dessert</p>	<p>6 Breakfast Casserole Pancakes Mixed Greens Salad Fruit or V-8 Juice Dessert</p>
<p>9 7 Can Taco Soup Tortilla Chips Tossed Green Salad Peaches Mozzarella Breadsticks Carrot Cake</p>	<p>10 Ham & Cheese Quiche Steamed Broccoli Garden Salad Orange Quarters Blueberry Muffin</p>	<p>11 Chicken Fettuccine Italian Vegetables Caesar Salad Mandarin Oranges Dessert</p>	<p>12 Stuffed Cabbage Rolls 7 Layer Salad Apricots Oatmeal Cookies</p>	<p>13 Bacon Cheeseburger Sweet Potato Fries Three Bean Salad Sliced Pears Dessert</p>
<p>16 Lasagna Key West Veggies Caesar Salad Pears Garlic Bread Dessert</p>	<p>17 Chicken Burger Deluxe Potato Salad Chilled Peaches Dessert</p>	<p>18 Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Asian Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>19 Baked Ham Scalloped Potatoes Chopped Salad Pineapple & Cherries WW Roll Rice Krispies Treats</p>	<p>20 Clam Chowder Turkey Sandwich Deluxe Cucumber Salad Tropical Fruit Blend Dessert</p>
<p>23 Roast Turkey Stuffing & Gravy Green Bean Casserole Cranberry Salad Waldorf Salad Pumpkin Pie</p>	<p>24 CLOSED</p> 	<p>25 CLOSED</p>	<p>26 Turkey Noodle Soup Tossed Salad Fresh Fruit Tray Mozzarella Bread Stick Dessert</p>	<p>27 Harvest Stew Coleslaw Peaches Cornbread Dessert</p>
<p>30 Chef's Salad Potato Soup Cinnamon Applesauce WW Roll Cereal Bars</p>	<p>31 Shrimp Fettuccine Zucchini Tomato Bake Caesar Salad Fruit Salad Bar Cookies</p>			

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TWISP

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sweet & Sour Pork Steamed Rice Stir Fry Veggies Asian Slaw Mandarin Oranges Egg Roll Dessert	3	4	5 Chicken Enchiladas Spanish Rice Baja Veggie Blend Fresh Salsa Chilled Pears Dessert	6 Sloppy Joe Sandwich Potato Wedges Coleslaw Apricots Dessert
9 Bacon Cheeseburger Sweet Potato Waffle Fries Three Bean Salad Sliced Pears Dessert	10	11	12 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert	13 Clam Chowder Turkey Sandwich Deluxe Cucumber Salad Tropical Fruit Blend Dessert
16 Baked Chicken Wild Rice Glazed Carrots Broccoli Salad Fruit Cocktail WW Roll Dessert	17	18	19 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	20 Chicken Cordon Bleu Rice Pilaf Venetian Veggies Spinach Salad Cherries & Pineapple WW Roll Dessert
23 Baked Ham Scalloped Potatoes Chopped Salad Mandarin Oranges WW Roll Rice Krispies Treat	24 CLOSED 25 CLOSED 		26 Meatloaf Mashed Potatoes / Gravy Trio Veggies Garden Salad WW Roll Fruited Jell-O	27 Lemon Pepper Fish Roasted Red Potatoes Buttered Corn Coleslaw Chilled Peaches Garlic Bread Dessert
30 Pork Roast Stuffing & Gravy Steamed Carrots Garden Salad Waldorf Salad Dessert	31			

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