



# 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

## 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

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



Established 1975



2025

January

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>

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







# 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>

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



Established 1975



# 2025 January

## TWISP

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

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

