



BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|----------|--|
| 2 CLOSED  | 3 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Peaches WW Bread or Roll Oatmeal Cookies | 4 Eggs Scrambled with Ham and Cheese Hash Brown Potatoes Juice Fresh Fruit Tray Biscuit | 5 | 6 Hawaiian Chicken Steamed Rice Venetian Veggies Tossed Salad Mandarin Oranges Garlic Bread Dessert |
| 9 | 10 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert | 11 Sloppy Joes Jo Jo's Cuke & Watermelon Salad Waldorf Salad Dessert | 12 | 13 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar |
| 16 | 17 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert | 18 Chicken Cordon Bleu Wild Rice Key West Veggies Greek Salad Mixed Melons Dessert | 19 | 20 Clam Chowder Ham Sandwich Pea Salad Waldorf Salad Dessert |
| 23 | 24 Crunchy Chicken Salad Served on Salad Greens Mixed Melons Pasta Salad WW Roll Dessert | 25 Tuna Casserole Peas & Carrots Tossed Salad Watermelon Dessert | 26 | 27 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert |
| 30 | <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>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

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CASHMERE / LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------|--|----------|---|
| 2 CLOSED  | 3 | 4 Fish Sandwich Deluxe Three Bean Salad Coleslaw Fruit Tray Dessert | 5 | 6 Chicken Fried Steak Mashed Potatoes & Gravy Buttered Corn Garden Salad Peaches Dessert |
| 9 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert | 10 | 11 Chicken Florentine over Pasta Tossed Green Salad Fresh Fruit Dessert | 12 | 13 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert |
| 16 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert | 17 | 18 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert | 19 | 20 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar |
| 23 Chili Green Salad Corn & Tomato Salad Pears Cornbread Dessert | 24 | 25 Pizza Casserole Caesar Salad Apple Wedges Dessert | 26 | 27 Hot Turkey Sandwich Mashed Potatoes & Gravy Buttered Peas Peaches Oatmeal Cookies |
| 30 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert | | <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





CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 2 CLOSED  | 3 Roast Beef Mashed Potatoes & Gravy Mixed Vegetables Caesar Salad Apple Crisp | 4 Fish Sandwich Deluxe Three Bean Salad Coleslaw Fruit Tray Dessert | 5 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert | 6 Chicken Fried Steak Mashed Potatoes & Gravy Buttered Corn Garden Salad Peaches Dessert |
| 9 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert | 10 French Dip Potato Salad Pea Salad Peaches Dessert | 11 Chicken Florentine over Pasta Tossed Green Salad Fresh Fruit Dessert | 12 Sloppy Joe's Jo Jo's Cuke / Watermelon Salad Waldorf Salad Dessert | 13 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert |
| 16 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert | 17 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar | 18 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert | 19 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad Fruit Ambrosia | 20 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar |
| 23 Chili Green Salad Corn & Tomato Salad Pears Cornbread Dessert | 24 Scrambled Eggs with Ham and Cheese Hash Brown Potatoes Juice Fresh Fruit Biscuit | 25 Pizza Casserole Caesar Salad Apple Wedges Dessert | 26 BBQ Chicken Green Beans Spinach Salad Pineapple Rings French Bread Dessert | 27 Hot Turkey Sandwich Mashed Potatoes & Gravy Buttered Peas Peaches Oatmeal Cookies |
| 30 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert | <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <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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DAVENPORT

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--------|
| 2 CLOSED  | 3 Chicken Cordon Bleu Wild Rice Key West Veggies Greek Salad Mixed Melons WW Roll Dessert | 4 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert | 5 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar | 6 |
| 9 | 10 Sloppy Joe's Jo Jo's Cuke/Watermelon Salad Waldorf Salad Dessert | 11 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert | 12 Clam Chowder Turkey Sandwich Deluxe Garden Salad V-8 Juice Dessert | 13 |
| 16 | 17 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Peaces Dessert | 18 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert | 19 Chef's Salad Watermelon WW Roll Cereal Bar | 20 |
| 23 | 24 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert | 25 Teriyaki Beef over Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert | 26 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Peaches WW Roll Oatmeal Cookies | 27 |
| 30 | <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> | | | |

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ENTIAT

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|-----------|--|--------|
| 2 CLOSED  | 3 | 4 | 5 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert | 6 |
| 9 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert | 10 | 11 | 12 Sloppy Joe's Jo Jo's Cuke / Watermelon Salad Waldorf Salad Dessert | 13 |
| 16 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert | 17 | 18 | 19 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad Fruit Ambrosia | 20 |
| 23 Chili Green Salad Corn & Tomato Salad Pears Cornbread Dessert | 24 | 25 | 26 BBQ Chicken Green Beans Spinach Salad Pineapple Rings French Bread Dessert | 27 |
| 30 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert | <div style="border: 2px solid black; padding: 5px;"> <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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ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---------|---|---|--------|
| 2 CLOSED  | 3 | 4 Crunchy Chicken Salad Pasta Salad Mixed Melons WW Roll Dessert | 5 Sweet & Sour Meatballs Wild Rice Oriental Vegetables Asian Slaw Pineapple Roll Dessert | 6 |
| 9 Fish Sandwich Deluxe Potato Salad Three Bean Salad Fruit Tray Dessert | 10 | 11 Chili Corn & Tomato Salad Pears Cornbread Dessert | 12 Chicken Pot Pie Cottage Cheese Garden Salad Fresh Fruit WW Roll Dessert | 13 |
| 16 Mac & Cheese with Ham Peas & Carrots Tossed Salad Tropical Fruit Dessert | 17 | 18 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Peaches Oatmeal Cookies | 19 Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert | 20 |
| 23 Clam Chowder Turkey Sandwich Deluxe Green Salad V-8 Juice Fresh Fruit Dessert | 24 | 25 Chicken Parmesan Garlic Pasta Italian Blend Veggies Caesar Salad Fruit Ambrosia | 26 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar | 27 |
| 30 Fall Veggie Medley Soup Sliced Tomatoes Assorted Melons Mozzarella Breadstick Dessert | | | | |

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OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

| OKANOGAN | OMAK | OKANOGAN | OKANOGAN 9am | OMAK |
|---|---|---|---|--|
| 2 CLOSED  | 3 Roast Beef Mashed Potatoes / Gravy Trio Vegetables Caesar Salad Apple Crisp | 4 Chicken Cordon Bleu Wild Rice Key West Veggies Greek Salad Mixed Melons WW Roll Dessert | 5 Farmer's Casserole French Toast Sticks Orange Quarters Juice | 6 Fish Sandwich Deluxe Three Bean Salad Coleslaw Fruit Tray Dessert |
| 9 Chili Corn & Tomato Salad Pears Cornbread Dessert | 10 Hawaiian Chicken Rice Pilaf Venetian Veggies Asian Slaw Mandarin Oranges Garlic Bread Dessert | 11 Tuna Noodle Casserole Peas & Carrots Tossed Salad Watermelon Dessert | 12 Biscuits & Gravy Hash Browns Juice Blueberry Yogurt Parfait | 13 Mac & Cheese with Bacon Green Beans Garden Salad Tropical Fruit Dessert |
| 16 Sweet & Sour Meatballs Wild Rice Oriental Vegetables Asian Slaw Tropical Fruit Egg Roll Dessert | 17 Tortellini Veggie Soup Cucumber Salad Orange Quarters Focaccia Bread Dessert | 18 BBQ Chicken Tomato Zucchini Bake Spinach Salad Pineapple Cornbread Dessert | 19 Scrambled Eggs Sausage Links Breakfast Potatoes Juice Fresh Fruit Muffin | 20 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Garlic Bread Dessert |
| 23 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Peaches Oatmeal Cookie | 24 French Dip Potato Salad Pea Salad Watermelon Dessert | 25 Sweet & Sour Pork Steamed Rice Oriental Vegetables Asian Style Slaw Tropical Fruit Egg Roll Dessert | 26 Veggie Loaded Breakfast Bake Hash Browns Fruit Salad Waffle | 27 Salmon with Dill Sauce Rosemary Potatoes Spinach Salad Orange Quarters Garlic Bread Lemon Bar |
| 30 Crunchy Chicken Salad on a Bed of Greens Pasta Salad Mixed Melons WW Roll 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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OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS


| MONDAY | TUESDAY | CLOSED | THURSDAY | FRIDAY |
|--|--|--------|--|---|
| 2 CLOSED  | 3 Chili Green Salad Corn & Tomato Salad Pears Cornbread Dessert | 4 | 5 Beef Stew Spinach Salad Mixed Fruit Biscuit Dessert | 6 Fish Sandwich Deluxe Three Bean Salad Coleslaw Fruit Tray Dessert |
| 9 Corn Chowder Ham Sandwich Pea Salad Waldorf Salad Dessert | 10 Seafood Fettuccine Zucchini / Tomato Bake Tossed Green Salad Fresh Fruit Dessert | 11 | 12 Fiesta Chicken Salad Watermelon Tortilla Chips Dessert | 13 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar |
| 16 Crunchy Chicken Salad on a Bed of Greens Pasta Salad Mixed Melons WW Roll Dessert | 17 Spaghetti & Meatballs Caesar Salad Fresh Fruit Tray Garlic Bread Dessert | 18 | 19 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Peaches WW Roll Dessert | 20 Clam Chowder Turkey Sandwich V-8 Juice Fresh Fruit Dessert |
| 23 Sloppy Joe's Jo Jo's Cucumber Salad Waldorf Salad Dessert | 24 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar | 25 | 26 Roast Beef Mashed Potatoes / Gravy Trio Vegetables Caesar Salad Apple Crisp | 27 Baked Fish Fillet Pesto Pasta Green Beans Spinach Salad Tropical Fruit Dessert |
| 30 Chicken Parmesan Garlic Pasta Italian Blend Veggies Caesar Salad Fruit Ambrosia | | | | |

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TONASKET

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TO CHANGE OR CANCEL MEALS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 2 CLOSED  | 3 BBQ Chicken Macaroni Salad Tomato / Zucchini Bake Spinach Salad Pineapple Cornbread Dessert | 4 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar | 5 Sloppy Joe's Jo Jo's Cuke/Watermelon Salad Waldorf Salad Dessert | 6 Scrambled Eggs Sausage Links Hash Brown Potatoes Juice Fresh Fruit Pancakes |
| 9 Fiesta Chicken Salad Tortilla Chips Watermelon Dessert | 10 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert | 11 French Dip Sandwich Potato Salad Pea Salad Peaches Dessert | 12 Chili Green Salad Corn & Tomato Salad Pears Cornbread Dessert | 13 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert |
| 16 Fish Sandwich Deluxe Potato Salad Three Bean Salad Fruit Tray Dessert | 17 Teriyaki Beef Steamed Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert | 18 Hot Turkey Sandwich Mashed Potatoes /Gravy Green Beans Peaches Oatmeal Cookies | 19 Tortellini Veggie Soup Cucumber Salad Orange Quarters Focaccia Bread Dessert | 20 Baked Fish Pesto Pasta Green Beans Spinach Salad Tropical Fruit Dessert |
| 23 Hamburger Steak with Grilled Onions Mashed Potatoes/Gravy Buttered Corn Mixed Greens Salad Mandarin Oranges Dessert | 24 Clam Chowder Turkey Sandwich Green Salad V-8 Juice Fresh Fruit Dessert | 25 Teriyaki Beef on Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert | 26 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar | 27 Eggs Florentine Casserole V-8 or Fruit Juice Fresh Fruit Pastry |
| 30 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Peaches Dessert | <div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <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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TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|-----------|--|--|
| 2 CLOSED  | 3 | 4 | 5 Chicken Parmesan Garlic Pasta Caesar Salad Fruit Ambrosia | 6 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar |
| 9 Hamburger Steak with Grilled Onions & Gravy Mashed Potatoes Buttered Corn Mixed Greens Salad WW Roll Dessert | 10 | 11 | 12 Mac & Cheese w/Bacon Peas & Carrots Spinach Salad Tropical Fruit Dessert | 13 Crunchy Chicken Salad On Mixed Greens Pasta Salad Mixed Melons WW Roll Dessert |
| 16 Roast Beef Mashed Potatoes / Gravy Trio Veggies Caesar Salad Apple Crisp | 17 | 18 | 19 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar | 20 Baked Fish Fillet Pesto Pasta Green Beans Spinach Salad Tropical Fruit Dessert |
| 23 Chicken Cordon Bleu Wild Rice Key West Veggies Greek Salad Mixed Melons WW Roll Dessert | 24 | 25 | 26 Sloppy Joe's Jo Jo's Cuke/Watermelon Salad Waldorf Salad Dessert | 27 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Peaches Oatmeal Cookies |
| 30 Teriyaki Beef on Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert | <div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <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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WILBUR

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 2 CLOSED  | 3 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert | 4 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar | 5 Chicken Cordon Bleu Wild Rice Key West Veggies Greek Salad Mixed Melons WW Roll Dessert | 6 Chili Corn & Tomato Salad Green Salad Pears Cornbread Dessert |
| 9 | 10 Teriyaki Beef on Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert | 11 Baked Fish Pesto Pasta Green Beans Spinach Salad Tropical Fruit Dessert | 12 French Dip Potato Salad Pea Salad Peaches Dessert | 13 Chicken Fried Steak Mashed Potatoes & Gravy Buttered Corn Garden Salad Pears Dessert |
| 16 | 17 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Peaches Oatmeal Cookies | 18 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert | 19 Corn Chowder Ham Sandwich Pea Salad Waldorf Salad Dessert | 20 Roast Beef Mashed Potatoes / Gravy Trio Vegetables Tossed Salad Apple Crisp |
| 23 | 24 Sloppy Joes Jo Jo's Cuke / Watermelon Salad Waldorf Salad Dessert | 25 BBQ Chicken Macaroni Salad Tomato / Zucchini Bake Spinach Salad Pineapple Cornbread Dessert | 26 Clam Chowder Turkey Sandwich Green Salad V-8 Juice Fresh Fruit Dessert | 27 Hamburger Steak with Grilled Onions & Gravy Mashed Potatoes Buttered Corn Mixed Greens Salad Mandarin Oranges WW Roll Dessert |
| 30 | <div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <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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