

# BREWSTER - BRIDGEPORT—PATEROS HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

Ν	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		ation for seniors over age 60 is s under age 60 is \$12.00	s \$5.00		OCTN MISSION NUTRITION!
3		4 Chicken Tortellini Soup 7 Layer Salad Pears Cheese Quick Bread Dessert	5 Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Garlic Bread Dessert	6	7 Chicken Salad on Croissant Vegetable Soup Grapes Dessert
10		11 Orange Chicken Steamed Rice Oriental Vegetables Asian Coleslaw Fruit Cocktail Egg Roll Dessert	12 Beef Stew Spinach Salad Banana Biscuits Dessert	13	14 Chicken Florentine Garden Salad Fresh Fruit Dessert
Presi	osed dents day!	18 Supreme Style Pizza Caesar Salad Fruit Salad Dessert	19 Chicken Burger Deluxe Jo Jo's Broccoli Slaw Orange Quarters Dessert	20	21 Beef Stroganoff Green Beans Tossed Salad Apricots Dessert
24		25 Tuna Noodle Casserole Buttered Peas Spring Salad Frit Salad Dessert	26 Beef Taco Pie Baja Veggie Blend Garden Salad Spiced Applesauce Dessert	27	28 Spaghetti & Meat Sauce Caesar Salad Tropical Fruit Garlic Bread Dessert

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

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







## OKANOGAN / OMAK HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

OKANOGAN	ОМАК	OKANOGAN	OKANOGAN 9am	ОМАК
Suggested donation for FEE for persons under	r seniors over age 60 is \$5.00 age 60 is \$12.00		There are no Home Delivered Meals on Thursdays.	OCTN MISSION NUTRITION! Established 1975
3 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Cranberry Salad Dessert	4 Pork Stir Fry Steamed Rice Coleslaw Mandarin Oranges Egg Roll Dessert	5 Beef Stew Spinach Salad Banana Biscuits Dessert	6 Farmer's Casserole Juice Fresh Fruit French Toast Sticks <i>No Home Delivery</i>	7 Fish & Chips Cabbage/Apple Slaw Fruit Cocktail Rice Krispies Treats
10 Beef Stroganoff Green Beans Tossed Salad Apricots Dessert	11 Chicken Tortellini Soup 7 Layer Salad Pears Focaccia Bread Dessert	12 Pork Chops Mashed Potatoes / Gravy Peas Applesauce Bread Pudding	13 Biscuits & Gravy Hash Browns Juice Fresh Fruit <i>No Home Delivery</i>	14 Cabbage Rolls Green Salad Strawberries & Bananas WW Roll Dessert
17 CLOSED Presidents day!	18 Chicken Salad Croissant Vegetable Soup Grapes Dessert	19 Teriyaki Beef Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	20 Scrambled Eggs Sausage Links Potatoes O'Brien Juice Fresh Fruit Waffle <i>No Home Delivery</i>	21 Tuna Noodle Casserole Buttered Peas Spring Salad Fruit Salad Dessert
24 Roast Beef 1/2 Baked Potato Broccoli Normandy Tossed Salad WW Roll Fruit Ambrosia	25 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	26 Ham Steak Scalloped Potatoes Green Beans Pineapple WW Roll Tapioca Pudding	27 Scrambled Eggs Bacon Country Potatoes Juice Fresh Fruit Muffin <i>No Home Delivery</i>	28 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert

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## OROVILLE HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

2024 MEMBER

MONDAY	TUESDAY	CLOSED	THURSDAY	FRIDAY
Suggested donation for seni FEE for persons under age 6				OCTN MISSION NUTRITION!
3 BBQ Chicken Scalloped Potatoes Spiced Salad Tropical Fruit WW Roll Rice Krispies Treats	4 Teriyaki Beef on Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	5	6 Chicken Burger Deluxe Jo Jo's Coleslaw Banana Dessert	7 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Pineapple Dessert
10 Pork Chops Mashed Potatoes / Gravy Peas Applesauce Bread Pudding	11 Bacon & Egg Salad Sandwich Vegetable Soup Cucumber Slices Orange Quarters Dessert	12	13 Honey Dijon Chicken Garden Rice Beets Mixed Greens Salad Banana WW Roll Dessert	14 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Cranberry Salad Special Dessert
17 CLOSED Presidents day!	18 Beef Stew Spinach Salad Spinach Salad Strawberries & Bananas Biscuits Dessert	19	20 Split Pea & Ham Soup Turkey Sandwich Apple Wedges Peaches Dessert	21 Orange Chicken Steamed Rice Asian Coleslaw Fruit Cocktail Egg Roll Dessert
24 Italian Rice & Beef Caesar Salad Apple Slices Dessert	25 White Bean Chicken Chili Spinach Salad Peaches Cornbread Dessert	26	27 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	28 Fish & Chips Cabbage Apple Slaw Fruit Cocktail Rice Krispies Treats

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# TONASKET HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY—CLOSED
Suggested donation for se FEE for persons under age	eniors over age 60 is \$5.00 e 60 is \$12.00			OCTN MISSION NUTRITION! Established 1975
3 Chicken Salad Croissant Vegetable Soup Grapes Dessert	4 Biscuits & Gravy Oven Brown Potatoes Juice Fresh Fruit Muffin	5 Roast Beef 1/2 Baked Potato Buttered Corn Spinach Salad WW Roll Fruit Ambrosia	6 Ham & Cheese Sandwich Tomato Rice Soup Three Bean Salad Orange Quarters Dessert	7
10 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Orange Quarters Dessert	11 Cabbage Roll Casserole Cucumber Slices Strawberries & Bananas WW Roll Dessert	12 White Bean Chicken Chili Spinach Salad Peaches Cornbread Dessert	13 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	14
17 CLOSED Presidents day!	18 Beef Stroganoff Green Beans Tossed Green Salad Apricots Dessert	19 Split Pea & Ham Soup Turkey Sandwich Apple Wedges Peaches Dessert	20 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Cranberry Salad Pumpkin Pie	21
24 Bacon & Egg Salad Sandwich on Croissant Cucumber Slices Orange Quarters Dessert	25 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	26 Beef Stew Tossed Salad Banana Biscuits Dessert	27 Ham Steak Scalloped Potatoes Spinach Salad Pineapple WW Roll Tapioca Pudding	28

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#### TWISP HOME DELIVERED CLIENTS: 509-826-7979 TO CHANGE OR CANCEL MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for is \$5.00 FEE for persons under a	_			OCTN MISSION NUTRITION! Established 1975
3 Sweet & Sour Pork Steamed Rice Asian Vegetables Spiced Salad Mandarin Oranges Egg Roll Dessert	4	5	6 Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy Buttered Corn Garden Salad Berry Crisp	7 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Orange Quarters Dessert
10 Split Pea & Ham Soup Turkey Sandwich Deluxe Apple Wedges Peaches Dessert	11	12	13 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	14 Roast Beef 1/2 Baked Potato Green Beans Spinach Salad Chilled Pears WW Roll Dessert
17 CLOSED Presidents day!	18	19	20 Teriyaki Beef on Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	21 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats
24 BBQ Chicken Jo Jo's Spiced Salad Tropical Fruit WW Roll Oatmeal Cookie	25	26	27 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Apple Crisp	28 Biscuits & Gravy Oven Brown Potatoes Fresh Fruit Juice Muffin

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