



# BREWSTER - BRIDGEPORT—PATEROS

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

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



Suggested donation for seniors over age 60 is \$5.00

FEE for persons under age 60 is \$12.00



# CASHMERE / LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |  |   |           |   |
|--|--|---|-----------|---|
| <p>2<br/>Stuffed Cabbage Rolls<br/>7 Layer Salad<br/>Tropical Fruit<br/>Oatmeal Cookies</p>  | <p>3</p>   | <p>4<br/>Chicken Enchiladas<br/>Spanish Rice<br/>Baja Vegetable Blend<br/>Fresh Salsa<br/>Mandarin Oranges<br/>Dessert</p>        | <p>5</p>  | <p>6<br/>Meatloaf<br/>Mashed Potatoes / Gravy<br/>Trio Veggies<br/>Garden Salad<br/>WW Roll<br/>Fruited Jell-O</p>                          |
| <p>9<br/>Mac &amp; Cheese w/Bacon<br/>Peas &amp; Carrots<br/>Tossed Green Salad<br/>Mixed Berries<br/>Dessert</p>                            | <p>10</p>  | <p>11<br/>Salisbury Steak<br/>Mashed Potatoes/Gravy<br/>Trio Vegetables<br/>Carrot Raisin Salad<br/>WW Roll<br/>Fruit Cobbler</p> | <p>12</p> | <p>13<br/>Lemon Pepper Fish<br/>Roasted Red Potatoes<br/>Chuck Wagon Corn<br/>Coleslaw<br/>Chilled Peaches<br/>Garlic Bread<br/>Dessert</p> |
| <p>16<br/>Lasagna<br/>Key West Veggies<br/>Caesar Salad<br/>Pears<br/>Garlic Bread<br/>Dessert</p>   | <p>17</p>  | <p>18<br/>BBQ Meatballs<br/>Macaroni Salad<br/>Italian Vegetables<br/>Tossed Salad<br/>Fruit Cocktail<br/>Dessert</p>             | <p>19</p> | <p>20<br/>Beef Stroganoff<br/>Green Beans<br/>Mixed Greens Salad<br/>Chilled Peaches<br/>Dessert</p>  |
| <p>23<br/>Chicken Lo Mein<br/>Asian Style Slaw<br/>Mandarin Oranges<br/>Egg Roll<br/>Fortune Cookies</p>                                     | <p>24 CLOSED</p>  |   | <p>26</p> | <p>27<br/>Turkey Noodle Soup<br/>Tossed Salad<br/>Fresh Fruit Tray<br/>Mozzarella Bread Stick<br/>Dessert</p>                               |
| <p>30<br/>Sweet &amp; Sour Chicken<br/>Steamed Rice<br/>Stir Fry Vegetables<br/>Asian Slaw<br/>Mandarin Oranges<br/>Egg Roll<br/>Dessert</p> | <p>31</p>  |   |           |    |

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

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



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FEE for persons under age 60 is \$12.00



# CHELAN

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

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| <p>2<br/>Stuffed Cabbage Rolls<br/>7 Layer Salad<br/>Tropical Fruit<br/>Oatmeal Cookies</p>  | <p>3<br/>Bacon Cheeseburger<br/>Sweet Potato Fries<br/>Three Bean Salad<br/>Sliced Pears<br/>Dessert</p>                                | <p>4<br/>Chicken Enchiladas<br/>Spanish Rice<br/>Baja Vegetable Blend<br/>Fresh Salsa<br/>Mandarin Oranges<br/>Dessert</p>        | <p>5<br/>Harvest Stew<br/>Coleslaw<br/>Peaches<br/>Cornbread<br/>Monster Cookies</p>   | <p>6<br/>Meatloaf<br/>Mashed Potatoes / Gravy<br/>Trio Veggies<br/>Garden Salad<br/>WW Roll<br/>Fruited Jell-O</p>                          |
| <p>9<br/>Mac &amp; Cheese w/Bacon<br/>Peas &amp; Carrots<br/>Tossed Green Salad<br/>Mixed Berries<br/>Dessert</p>                            | <p>10<br/>7 Can Taco Soup<br/>Tortilla Chips<br/>Mexi Style Slaw<br/>Peaches<br/>Mozzarella Breadtlick<br/>Dessert</p>                  | <p>11<br/>Salisbury Steak<br/>Mashed Potatoes/Gravy<br/>Trio Vegetables<br/>Carrot Raisin Salad<br/>WW Roll<br/>Fruit Cobbler</p> | <p>12<br/>Ham &amp; Cheese Quiche<br/>Steamed Broccoli<br/>Garden Salad<br/>Orange Quarters<br/>Blueberry Muffin</p>               | <p>13<br/>Lemon Pepper Fish<br/>Roasted Red Potatoes<br/>Chuck Wagon Corn<br/>Coleslaw<br/>Chilled Peaches<br/>Garlic Bread<br/>Dessert</p> |
| <p>16<br/>Lasagna<br/>Key West Veggies<br/>Caesar Salad<br/>Pears<br/>Garlic Bread<br/>Dessert</p>   | <p>17<br/>Turkey &amp; Cheese Sandwich<br/>Corn Chowder<br/>Fresh Fruit Tray<br/>Dessert</p>  | <p>18<br/>BBQ Meatballs<br/>Macaroni Salad<br/>Italian Vegetables<br/>Tossed Salad<br/>Fruit Cocktail<br/>Dessert</p>             | <p>19<br/>Chicken &amp; Rice Bake<br/>California Blend Veggies<br/>Greek Salad<br/>Applesauce<br/>Garlic Bread<br/>Dessert</p>     | <p>20<br/>Beef Stroganoff<br/>Green Beans<br/>Mixed Greens Salad<br/>Chilled Peaches<br/>Dessert</p>  |
| <p>23<br/>Chicken Lo Mein<br/>Asian Style Slaw<br/>Mandarin Oranges<br/>Egg Roll<br/>Fortune Cookies</p>                                     | <p>24 CLOSED</p>                                     |   | <p>26<br/>Baked Ham<br/>Scalloped Potatoes<br/>Chopped Salad<br/>Pineapple &amp; Cherries<br/>WW Roll<br/>Rice Krispies Treats</p> | <p>27<br/>Turkey Noodle Soup<br/>Tossed Salad<br/>Fresh Fruit Tray<br/>Mozzarella Bread Stick<br/>Dessert</p>                               |
| <p>30<br/>Sweet &amp; Sour Chicken<br/>Steamed Rice<br/>Stir Fry Vegetables<br/>Asian Slaw<br/>Mandarin Oranges<br/>Egg Roll<br/>Dessert</p> | <p>31<br/>Roast Beef<br/>Baked Potato<br/>Green Bean Casserole<br/>7 Layer Salad<br/>Fruit Ambrosia<br/>WW Roll<br/>Special Dessert</p> |   |  |    |

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



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FEE for persons under age 60 is \$12.00



# COULEE CITY

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

| MONDAY | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--------|---|---|--|--|
| 2      | 3<br>Turkey & Cheese Sandwich<br>Corn Chowder<br>Fresh Fruit Tray<br>Dessert  | 4<br>Lasagna w/Meat Sauce<br>Key West Veggies<br>Caesar Salad<br>Pears<br>Garlic Bread<br>Dessert | 5<br>Pork Chops<br>Mashed Potatoes<br>Roast Carrots<br>Garden Salad<br>Applesauce<br>WW Roll<br>Dessert              | 6<br>Tuna Casserole<br>Peas & Carrots<br>Garden Salad<br>Tropical Fruit<br>Dessert   |
| 9      | 10<br>Swiss Steak & Gravy<br>Mashed Potatoes<br>California Vegetables<br>Chopped Salad<br>Fruit Salad<br>Biscuit<br>Dessert | 11<br>Chicken Cacciatore<br>Shell Pasta<br>Italian Vegetables<br>Grapes<br>Bread Stick<br>Dessert | 12<br>Ham & Cheese Quiche<br>Steamed Broccoli<br>Garden Salad<br>Orange Quarters<br>Blueberry Muffin                 | 13<br>Chicken Burger Deluxe<br>Potato Salad<br>Chilled Peaches<br>Dessert  |
| 16     | 17<br>Pork Roast<br>Stuffing & Gravy<br>Steamed Carrots<br>Garden Salad<br>Waldorf Salad<br>Dessert                         | 18<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Sliced Peaches<br>Garlic Bread<br>Dessert         | 19<br>7 Can Taco Soup<br>Tortilla Chips<br>Tossed Green Salad<br>Orange Quarters<br>Mozzarella Breadstick<br>Dessert | 20<br>Lemon Pepper Fish<br>Roasted Red Potatoes<br>Trio Vegetables<br>Coleslaw<br>Chilled Pears<br>Garlic Bread<br>Dessert |
| 23     | 24 CLOSED   | 25 CLOSED   | 26<br>Baked Ham<br>Scalloped Potatoes<br>Chopped Salad<br>Pineapple & Cherries<br>WW Roll<br>Rice Krispies Treats    | 27<br>Chef's Salad<br>Potato Soup<br>Cinnamon Applesauce<br>WW Roll<br>Oatmeal Cookies                                     |
| 30     | 31<br>Roast Beef<br>Baked Potato & Fixings<br>Green Bean Casserole<br>7 Layer Salad<br>Fruit Ambrosia<br>Special Dessert    |   |  |                                       |

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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 \$9.00



# DAVENPORT

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

| MONDAY | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY |
|--------|--|--|---|--------|
| 2      | 3<br>Roast Beef<br>Baked Potato<br>Green Bean Casserole<br>7 Layer Salad<br>Fruit Ambrosia<br>WW Roll<br>Special Dessert           | 4<br>Clam Chowder<br>Turkey Sandwich Deluxe<br>Cucumber Salad<br>Tropical Fruit<br>Dessert | 5<br>Lemon Pepper Fish<br>Roasted Red Potatoes<br>Trio Vegetables<br>Coleslaw<br>Chilled Peaches<br>Garlic Bread<br>Dessert | 6      |
| 9      | 10<br>Chicken Cacciatore<br>Shell Pasta<br>Italian Vegetables<br>Grapes<br>Breadstick<br>Dessert                                   | 11<br>Turkey & Cheese Sandwich<br>Corn Chowder<br>Fresh Fruit Tray<br>Dessert              | 12<br>Sweet & Sour Pork<br>Steamed Rice<br>Stir Fry Vegetables<br>Asian Slaw<br>Mandarin Oranges<br>Egg Roll<br>Dessert     | 13     |
| 16     | 17<br>Country Fried Steak<br>Mashed Potatoes / Gravy<br>Green Beans<br>Tossed Veggie Salad<br>Fruit Cocktail<br>WW Roll<br>Dessert | 18<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Sliced Peaches<br>Garlic Bread<br>Dessert  | 19<br>Hearty Turkey Noodle Soup<br>Tossed Salad<br>Fresh Fruit Tray<br>Mozzarella Bread Stick<br>Dessert                    | 20     |
| 23     | 24 CLOSED  | 25 CLOSED  | 26<br>Beef Stroganoff<br>Green Beans<br>Mixed Greens Salad<br>Chilled Peaches<br>Dessert                                    | 27     |
| 30     | 31<br>Biscuits & Gravy<br>Oven Brown Potatoes<br>V-8 or Fruit Juice<br>Fresh Fruit<br>Muffin                                       |  |                                        |        |



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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<br>Stuffed Cabbage Rolls<br>7 Layer Salad<br>Tropical Fruit<br>Oatmeal Cookies   | 3         | 4         | 5<br>Harvest Stew<br>Coleslaw<br>Peaches<br>Cornbread<br>Monster Cookies  | 6   |
| 9<br>Mac & Cheese w/Bacon<br>Peas & Carrots<br>Tossed Green Salad<br>Mixed Berries<br>Dessert                              | 10        | 11        | 12<br>Ham & Cheese Quiche<br>Steamed Broccoli<br>Garden Salad<br>Orange Quarters<br>Blueberry Muffin              | 13  |
| 16<br>Lasagna<br>Key West Veggies<br>Caesar Salad<br>Pears<br>Garlic Bread<br>Dessert                                      | 17        | 18        | 19<br>Chicken & Rice Bake<br>California Blend Veggies<br>Greek Salad<br>Applesauce<br>Garlic Bread<br>Dessert     | 20  |
| 23<br>Chicken Lo Mein<br>Asian Style Slaw<br>Mandarin Oranges<br>Egg Roll<br>Fortune Cookies                               | 24 CLOSED | 25 CLOSED | 26<br>Baked Ham<br>Scalloped Potatoes<br>Chopped Salad<br>Pineapple & Cherries<br>WW Roll<br>Rice Krispies Treats | 27  |
| 30<br>Sweet & Sour Chicken<br>Steamed Rice<br>Stir Fry Vegetables<br>Asian Slaw<br>Mandarin Oranges<br>Egg Roll<br>Dessert | 31        |           |   |  |



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

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



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FEE for persons under age 60 is \$12.00



# GRAND COULEE DAM

PLEASE CALL 509-633-2321 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| 2<br>Sliced Ham & Eggs<br>French Toast<br>Juice<br>Fruit Bowl                       | 3<br>Swedish Meatballs<br>Rice<br>Mixed Vegetables<br>Mixed Greens Salad<br>Sliced Oranges<br>Dessert                                 | 4<br>Crispy Chicken Caesar<br>Salad with Pasta<br>Sliced Apples with Dip<br>WW Roll<br>Berry Crisp                        | 5<br>Meatloaf<br>Mashed Potatoes & Gravy<br>Garden Salad<br>Mixed Fruit<br>WW Roll<br>Dessert                  | 6<br>Bacon & Eggs<br>Hash Browns<br>Juice<br>Fruit Bowl<br>Toast                           |
| 9<br>Sausage Patty<br>Eggs<br>Pancakes<br>Juice<br>Fruit Bowl                       | 10<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Sliced Peaches<br>Garlic Bread<br>Dessert   | 11<br>Country Fried Steak<br>Mashed Potatoes/Gravy<br>Green Beans<br>Tossed Salad<br>Fruit Cocktail<br>WW Roll<br>Dessert | 12<br>Chicken Fettuccine Alfredo<br>Italian Vegetables<br>Caesar Salad<br>Mixed Fruit<br>Breadstick<br>Dessert | 13<br>Biscuits & Gravy<br>Eggs<br>Oven Brown Potatoes<br>V-8 or Fruit Juice<br>Fresh Fruit |
| 16<br>Breakfast Sandwich<br>Hash Browns<br>Juice<br>Fruit Bowl<br>Dessert           | 17<br>Hamburger Steak with<br>Grilled Onions<br>Mashed Potatoes<br>Cheesy Cauliflower<br>Chopped Salad<br>Applesauce<br>Birthday Cake | 18<br>Sweet & Sour Pork<br>Steamed Rice<br>Stir Fry Vegetables<br>Asian Slaw<br>Mandarin Oranges<br>Egg Roll<br>Dessert   | 19<br>Hawaiian Chicken Burger<br>Salad Bar<br>Fruit Bar<br>Dessert   | 20<br>Ham Scramble with<br>Cheese<br>Hash Browns<br>Juice<br>Fruit Bowl<br>Toast           |
| 23<br>Cheese Omelet<br>Sausage Links<br>Hash Browns<br>Juice<br>Fruit Bowl<br>Toast | 24 CLOSED   | 25 CLOSED   | 26<br>Chicken Enchiladas<br>Spanish Rice<br>Fresh Salsa<br>Baja Veggies<br>Mandarin Oranges<br>Dessert         | 27<br>Bacon & Eggs<br>Potato Cakes<br>Juice<br>Fruit Bowl<br>Toast                         |
| 30<br>Biscuits & Gravy<br>Eggs<br>Juice<br>Fruit Bowl                               | 31<br>Roast Beef<br>Baked Potato<br>Green Bean Casserole<br>7 Layer Salad<br>Fruit Ambrosia<br>WW Roll<br>Special Dessert             |   |  |       |

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# ODESSA

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

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|-----------|---|---|---|
| 2<br>Pork Chops<br>Mashed Potatoes & Gravy<br>Roasted Carrots<br>Garden Salad<br>Applesauce<br>WW Roll<br>Dessert | 3         | 4<br>Beef Stew<br>Tossed Salad<br>Fresh Fruit<br>WW Roll<br>Cook's Choice Dessert                       | 5<br>Chef's Salad<br>Potato Soup<br>Cinnamon Applesauce<br>WW Roll<br>Cereal Bars   | 6   |
| 9<br>Mac & Cheese with Ham<br>Peas & Carrots<br>Tossed Green Salad<br>Mixed Berries<br>Angel Food Cake            | 10        | 11<br>Taco Soup<br>Tortilla Chips<br>Tossed Green Salad<br>Peaches<br>Mozzarella Breadsticks<br>Dessert | 12<br>Orange Glazed Chicken<br>Steamed Rice<br>Stir Fry Veggies<br>Asian Style Slaw<br>Chilled Pineapple<br>Egg Roll<br>Dessert | 13  |
| 16<br>Clam Chowder<br>Turkey Sandwich<br>Cucumber Salad<br>Tropical Fruit Blend<br>Dessert                        | 17        | 18<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Sliced Peaches<br>Garlic Bread<br>Dessert               | 19<br>Baked Ham<br>Scalloped Potatoes<br>Chopped Salad<br>Pineapple & Cherries<br>WW Roll<br>Rice Krispies Treats               | 20  |
| 23<br>Hearty Turkey Noodle Soup<br>Tossed Salad<br>Fresh Fruit Tray<br>Mozzarella Bread Stick<br>Dessert          | 24 CLOSED | 25 CLOSED   | 26<br>Bacon Cheeseburger<br>Sweet Potato Waffle Fries<br>Three Bean Salad<br>Sliced Pears<br>Dessert                            | 27  |
| 30<br>French Dip Sandwich<br>Jo Jo's<br>Garden Salad<br>Peaches<br>Dessert  | 31        |                      |   |  |

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# OKANOGAN / OMAK

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

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



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# OROVILLE

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

| MONDAY   | TUESDAY   | CLOSED  | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| <p>2</p> <p>Shrimp Fettuccine<br/>Zucchini Tomato Bake<br/>Caesar Salad<br/>Fruit Salad<br/>Dessert</p>                        | <p>3</p> <p>Chicken Enchiladas<br/>Spanish Rice<br/>Baja Vegetables<br/>Fresh Salsa<br/>Mandarin Oranges<br/>Dessert</p>                            | <p>4</p>  <p>OCTN MISSION<br/>NUTRITION<br/>Established 1975</p> | <p>5</p> <p>Harvest Stew<br/>Coleslaw<br/>Peaches<br/>Cornbread<br/>Monster Cookies</p>  | <p>6</p> <p>Tuna Casserole<br/>Peas &amp; Carrots<br/>Garden Salad<br/>Tropical Fruit<br/>Dessert</p>                              |
| <p>9</p> <p>Pork Chops<br/>Mashed Potatoes<br/>Roasted Carrots<br/>Garden Salad<br/>Applesauce<br/>WW Roll<br/>Dessert</p>     | <p>10</p> <p>Mac &amp; Cheese with Ham<br/>Peas Carrots<br/>Tossed Green Salad<br/>Mixed Berries<br/>Dessert</p>                                    | <p>11</p>   | <p>12</p> <p>Sweet &amp; Sour Pork<br/>Steamed Rice<br/>Stir Fry Vegetables<br/>Asian Slaw<br/>Mandarin Oranges<br/>Egg Roll<br/>Dessert</p> | <p>13</p> <p>Clam Chowder<br/>Turkey Sandwich<br/>Cucumber Salad<br/>Tropical Fruit Blend<br/>Dessert</p>                          |
| <p>16</p> <p>Salisbury Steak<br/>Mashed Potatoes<br/>Trio Vegetables<br/>Carrot Raisin Salad<br/>WW Roll<br/>Fruit Cobbler</p> | <p>17</p> <p>Turkey &amp; Cheese Sandwich<br/>Corn Chowder<br/>Fresh Fruit Tray<br/>Dessert</p>   | <p>18</p>   | <p>19</p> <p>Spaghetti &amp; Meat Sauce<br/>Caesar Salad<br/>Sliced Peaches<br/>Garlic Bread<br/>Dessert</p>                                 | <p>20</p> <p>Baked Fish<br/>Roasted Red Potatoes<br/>Trio Vegetables<br/>Coleslaw<br/>Orange Quarters<br/>Focaccia<br/>Dessert</p> |
| <p>23</p> <p>Roast Beef<br/>Baked Potato<br/>Green Bean Casserole<br/>7 Layer Salad<br/>Fruit Ambrosia<br/>Special dessert</p> | <p>24</p> <p>CLOSED</p>   | <p>25</p> <p>CLOSED</p>   | <p>26</p> <p>Chicken Florentine over<br/>Pasta<br/>Tossed Green Salad<br/>Cherries &amp; Pineapple<br/>Dessert</p>                           | <p>27</p> <p>French Dip Sandwich<br/>Jo Jo's<br/>Garden Salad<br/>Peaches<br/>Dessert</p>  |
| <p>30</p> <p>BBQ Meatballs<br/>Macaroni Salad<br/>Italian Vegetables<br/>Caesar Salad<br/>Fruit Cocktail<br/>Dessert</p>       | <p>31</p> <p>Country Fried Steak<br/>Mashed Potatoes / Gravy<br/>Green Beans<br/>Tossed Veggie Salad<br/>Fruit Cocktail<br/>WW Roll<br/>Dessert</p> |   |  |   |

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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



# TONASKET

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

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

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FEE for persons under age 60 is \$12.00



# TWISP

HOME DELIVERED CLIENTS: 509-826-7979

TO CHANGE OR CANCEL MEALS

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

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FEE for persons under age 60 is \$12.00



# WILBUR

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

| MONDAY | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--------|--|--|--|--|
| 2      | 3<br>Stuffed Cabbage Rolls<br>7 Layer Salad<br>Apricots<br>Oatmeal Cookie  | 4<br>Chicken Enchiladas<br>Spanish Rice<br>Baja Veggie Blend<br>Fresh Salsa<br>Mandarin Oranges<br>Dessert                   | 5<br>Pork Chops<br>Mashed Potatoes / Gravy<br>Roasted Carrots<br>Garden Salad<br>Applesauce<br>WW Roll<br>Dessert          | 6<br>Clam Chowder<br>Turkey Sandwich<br>Cucumber Salad<br>Tropical Fruit<br>Dessert                  |
| 9      | 10<br>Salisbury Steak<br>Mashed Potatoes / Gravy<br>Trio Vegetables<br>Carrot Raisin Salad<br>WW Roll<br>Fruit Cobbler         | 11<br>Lemon Pepper Fish<br>Roasted Red Potatoes<br>Trio Vegetables<br>Coleslaw<br>Chilled Peaches<br>Garlic Bread<br>Dessert | 12<br>Chicken Cordon Bleu<br>Rice Pilaf<br>Venetian Veggies<br>Spinach Salad<br>Cherries & Pineapple<br>WW Roll<br>Dessert | 13<br>Spaghetti & Meat Sauce<br>Caesar Salad<br>Sliced Peaches<br>Garlic Bread<br>Dessert            |
| 16     | 17<br>Country Fried Steak<br>Mashed Potatoes / Gravy<br>Tossed Veggie Salad<br>Fruit Cocktail<br>WW Roll<br>Dessert            | 18<br>Chicken Burger Deluxe<br>Potato Salad<br>Apple Wedges<br>Dessert   | 19<br>Beef Stroganoff<br>Green Beans<br>Mixed Greens Salad<br>Chilled Peaches<br>Dessert                                   | 20<br>Baked Ham<br>Scalloped Potatoes<br>Chopped Salad<br>Pineapple<br>WW Roll<br>Rice Krispy Treats |
| 23     | 24 CLOSED<br>                               | 25 CLOSED  | 26<br>BBQ Meatballs<br>Macaroni Salad<br>Italian Vegetables<br>Caesar Salad<br>Fruit Cocktail<br>WW Roll<br>Dessert        | 27<br>Biscuits & Gravy<br>Oven Brown Potatoes<br>V-8 or Fruit Juice<br>Fresh Fruit<br>Muffin         |
| 30     | 31<br>Swiss Steak<br>Mashed Potatoes / Gravy<br>California Blend Veggies<br>Chopped Salad<br>Fruit Salad<br>Biscuit<br>Dessert |  |  |                 |

For information about Home Delivered Meals call 509-826-7979.

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