

CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY TUESDAY WEDNESDAY **THURSDAY** FRIDAY Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00 Hawaiian Chicken Cabbage Patch Stew Pork Roast Broccoli Chicken Bake Whole Grain Crackers Rice Pilaf Rice Stuffing & Gravy **Roasted Fall Veggies** Asian Vegetables Spiced Salad Garden Salad Coleslaw **Apricots** Pea Salad Waldorf Salad OCTN MISSION **Tropical Fruit** WW Roll Applesauce WW Roll NUTRITION! WW Roll Dessert Dessert Dessert Dessert 15 11 CLOSED 12 13 14 Spaghetti & Meat Sauce **Baked Ham** Tater Tot Casserole Caesar Salad Mac & Cheese **Cottage Cheese** Carrot Raisin Salad Apricots Peas & Carrots **Chilled Peaches** Garlic Bread Tossed Green Salad WW Roll Dessert **Pineapple Tidbits** WW Roll Dessert Dessert 21 22 Chicken Fettuccine Alfredo Stuffed Pepper Casserole Baked Fish Fillet Cheese Ravioli with Meat Zucchini / Tomato Bake 49'er Chopped Salad Garlic Parmesan Pasta Sauce Caesar Salad **Pears Italian Vegetables** WW Roll **Spiced Pears** Mixed Berries Garden Salad Dessert Dessert Grapes **Bread Stick** Dessert Dessert 25 26 29 **Pulled Pork Sandwich** Breakfast Burrito with Tuna Noodle Casserole Cheeseburger Deluxe **Baked Beans** Peas & Carrots Jo Jo's Eggs, Sausage, Cheese & Pea Salad Potatoes in a Tortilla Spiced Salad Spiced Salad Coleslaw **Stewed Tomatoes Oregon Berries Orange Quarters Tropical Fruit** WW Bread or Roll Dessert Spinach Salad Dessert Berry / Pudding Parfait Dessert

For information about Home Delivered Meals call 509-470-0522.

You can visit our website at www.octn.org and follow us on Facebook!





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



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4 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	5	6	7 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert	8
11 CLOSED Columbia HAPPY HAPPY 138888	12	13	14 Baked Ham Mac & Cheese Peas & Carrots Tossed Green Salad Pineapple Tidbits WW Roll Dessert	15
18 Chicken Fettuccine Alfredo Zucchini / Tomato Bake Caesar Salad Mixed Berries Dessert	19	20	21 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert	22
25 Pulled Pork Sandwich Baked Beans Pea Salad Coleslaw Tropical Fruit Dessert	OCTN MISS NUTRITI		28 Cheeseburger Deluxe Jo Jo's Spiced Salad Orange Quarters Dessert	29

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LEAVENWORTH/CASHMERE HOME DELIVERED

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MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** Meatloaf Mashed Potatoes/Gravy OCTN MISSION Green Beans NUTRITION! Muffin Pear Crisp 7 5 Hawaiian Chicken Pork Roast **Beef Stroganoff** Rice Stuffing & Gravy Zucchini / Tomato Bake Asian Vegetables **Roasted Fall Veggies Tossed Green Salad** Coleslaw Pea Salad **Mixed Berries** Dessert **Tropical Fruit** Applesauce WW Roll Dessert Dessert 11 CLOSED 12 13 14 15 Spaghetti & Meat Sauce Cheeseburger Deluxe Caesar Salad Jo Jo's Apricots Spiced Salad Garlic Bread Sliced Pears Dessert Dessert 19 21 22 Chicken Fettuccine Alfredo Baked Fish Fillet Garden Chili Zucchini / Tomato Bake Garlic Parmesan Pasta **Tortilla Chips** Caesar Salad Peas **Cottage Cheese Mixed Berries** Garden Salad Spinach Salad Dessert Peaches Grapes Cornbread Dessert Dessert 25 26 28 **Pulled Pork Sandwich** Tuna Noodle Casserole Chicken Florentine **Baked Beans** Peas & Carrots Wild Rice Pea Salad Spiced Salad Caesar Salad Coleslaw Cherries & Pineapple **Oregon Berries Tropical Fruit** WW Bread or Roll WW Roll Dessert Dessert Dessert

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