



CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS
24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	2 Tuna Noodle Casserole Peas & Carrots Spinach Salad Orange Quarters Dessert	3 Cheeseburger Deluxe Three Bean Salad Coleslaw Watermelon Dessert	4 Yakisoba (Beef) Stir Fry Vegetables Asian Style Slaw Cinnamon Pears Egg Roll Dessert	5 BBQ Chicken Macaroni Salad Mixed Greens Salad WW Roll Berry Shortcake
8 Cheese Stuffed Shells Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	9 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert	10 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	11 Fish & Chips Coleslaw Pears Garlic Bread Dessert	12 Turkey Ala King Biscuits Normandy Vegetables Tossed Green Salad Spicy Apples Dessert
15 Meatloaf Mashed Potatoes & Gravy Broccoli Caesar Salad WW Roll Cereal Bars	16 Lemony Tortellini Salad With Bacon & Veggies Mixed Berries Dessert	17 Western Omelette Oven Brown Potatoes Stewed Tomatoes Mixed Melons Muffin	18 Paprika Chicken Egg Noodles Peas Garden Salad WW Bread Dessert	19 Ham Scalloped Potatoes Carrot Raisin Salad Pineapple WW Roll Bread Pudding
22 BBQ Rib Sandwich Baked Beans Crunchy Pea Salad Coleslaw Strawberry Shortcake	23 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert	24 Beef Stroganoff Green Beans Garden Salad Fruit Salad Dessert	25 Chicken Cacciatore Wild Rice Carrot Raisin Salad Garlic Bread Fruited Jell-O	26 Salisbury Steak Potatoes & Gravy Broccoli WW Bread Apricot Crisp
29 Chicken Chop Suey Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	30 Pot Roast Roast Carrots & Potatoes Garden Salad Watermelon WW Roll Oatmeal Cookies	31 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>	



Established 1975

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

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



ENTIAT

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	2	3	4 Yakisoba (Beef) Stir Fry Vegetables Asian Style Slaw Cinnamon Pears Egg Roll Dessert	5
8 Cheese Stuffed Shells Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	9	10	11 Fish & Chips Coleslaw Pears Garlic Bread Dessert	12
15 Meatloaf Mashed Potatoes & Gravy Broccoli Caesar Salad WW Roll Cereal Bars	16	17	18 Paprika Chicken Egg Noodles Peas Garden Salad WW Bread Dessert	19
22 BBQ Rib Sandwich Baked Beans Crunchy Pea Salad Coleslaw Strawberry Shortcake	23	24	25 Chicken Cacciatore Wild Rice Carrot Raisin Salad Garlic Bread Fruited Jell-O	26
29 Chicken Chop Suey Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	30	31	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div>	



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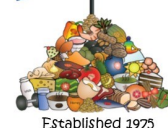


LEAVENWORTH/CASHMERE HOME DELIVERY

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24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert	2	3 Cheeseburger Deluxe Three Bean Salad Coleslaw Watermelon Dessert	4	5 BBQ Chicken Macaroni Salad Mixed Greens Salad WW Roll Berry Shortcake
8 Cheese Stuffed Shells Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	9	10 White Bean Chicken Chili Pasta Veggie Salad Melon Slices WW Roll Dessert	11	12 Turkey Ala King Biscuits Normandy Vegetables Tossed Green Salad Spicy Apples Dessert
15 Meatloaf Mashed Potatoes & Gravy Broccoli Caesar Salad WW Roll Cereal Bars	16	17 Western Omelette Oven Brown Potatoes Stewed Tomatoes Mixed Melons Muffin	18	19 Ham Scalloped Potatoes Carrot Raisin Salad Pineapple WW Roll Bread Pudding
22 BBQ Rib Sandwich Baked Beans Crunchy Pea Salad Coleslaw Strawberry Shortcake	23	24 Beef Stroganoff Green Beans Garden Salad Fruit Salad Dessert	25	26 Salisbury Steak Potatoes & Gravy Broccoli WW Bread Apricot Crisp
29 Chicken Chop Suey Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	30	31 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	<p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p>	



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