



CHELAN

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Suggested donation for seniors over age 60 is \$5.00
FEE for persons under age 60 is \$12.00

1
BBQ Chicken
Mac & Cheese
Broccoli Normandy
Spiced Salad
Apple Crisp

2
Beef Stew
Spinach Salad
Fruit Cocktail
Biscuit
Cereal Bar

5
Teriyaki Beef
Rice
Oriental Vegetables
Asian Style Slaw
Mandarin Oranges
Egg Roll
Dessert

6
Chicken Parmesan
Pasta Marinara
Steamed Broccoli
7 Layer Salad
Berry Crisp

7
Swedish Meatballs
Egg Noodles
Buttered Carrots
Spiced Salad
Peaches
Dessert

8
White Bean Chicken Chili
Corn Chips
Spinach Salad
Chilled Pears
Cornbread
Dessert

9
Lemon Baked Fish
Wild Rice
Asparagus
Green Salad
Orange Quarters
Focaccia Bread
Dessert

12
Hamburger Steak with
Grilled Onions
Twice Bake Style Potato
Casserole
Trio Veggies
Garden Salad
Apple Crisp

13
Veggie Tortellini Soup
String Cheese
7 Layer Salad
Pears
Bread Stick
Dessert

14
Hot Turkey Sandwich
Mashed Potatoes
Green Beans
Cranberry Salad
WW Roll
Pumpkin Pie

15
Chicken Fajitas
Southwest Salad
Tropical Fruit
Dessert

16
Spaghetti & Meat Sauce
Caesar Salad
Cinnamon Pears
Garlic Bread
Dessert

19 CLOSED



20
Roast Beef
1/2 Baked Potato
Buttered Corn
Spinach Salad
WW Roll
Fruit Ambrosia

21
Biscuits & Gravy
Oven Brown Potatoes
Juice
Fresh Fruit
Dessert

22
Chicken Fettuccine
Zucchini Tomato Bake
Greek Salad
Fruit Salad
Dessert

23
Pepper Steak
Rice
Garden Salad
Cinnamon Pears
WW Roll
Dessert

26
Meatloaf
Mashed Potatoes & Gravy
Green Beans
Tossed Salad
WW Roll
Peach Crisp

27
Chicken Burger Deluxe
Sweet Potato Fries
Coleslaw
Waldorf Salad
Dessert

28
Beef Taco Pie
Baja Veggie Blend
Garden Salad
Spiced Applesauce
Dessert

29
Cheese Ravioli with Meat
Sauce
Venetian Blend Veggies
Caesar Salad
Apricots
Garlic Bread
Dessert



Visit our website at www.octn.org . Follow us on Facebook!

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





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<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			<p>1</p> <p>BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Apple Crisp</p>	<p>2</p>
<p>5</p> <p>Teriyaki Beef Rice Oriental Vegetables Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>6</p>	<p>7</p>	<p>8</p> <p>White Bean Chicken Chili Corn Chips Spinach Salad Chilled Pears Cornbread Dessert</p>	<p>9</p>
<p>12</p> <p>Hamburger Steak with Grilled Onions Twice Bake Style Potato Casserole Trio Veggies Garden Salad Apple Crisp</p>	<p>13</p>	<p>14</p>	<p>15</p> <p>Chicken Fajitas Southwest Salad Tropical Fruit Dessert</p>	<p>16</p>
<p>19 CLOSED</p> 	<p>20</p>	<p>21</p>	<p>22</p> <p>Chicken Fettuccine Zucchini Tomato Bake Greek Salad Fruit Salad Dessert</p>	<p>23</p>
<p>26</p> <p>Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad WW Roll Peach Crisp</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Garlic Bread Dessert</p>	

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CASHMERE / LEAVENWORTH

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<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			1	2 Beef Stew Spinach Salad Fruit Cocktail Biscuit Cereal Bar
5 Teriyaki Beef Rice Oriental Vegetables Asian Style Slaw Mandarin Oranges Egg Roll Dessert	6	7 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Peaches Dessert	8	9 Lemon Baked Fish Wild Rice Asparagus Green Salad Orange Quarters Focaccia Bread Dessert
12 Hamburger Steak with Grilled Onions Twice Bake Style Potato Casserole Trio Veggies Garden Salad Apple Crisp	13	14 Hot Turkey Sandwich Mashed Potatoes Green Beans Cranberry Salad WW Roll Pumpkin Pie	15	16 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert
19 CLOSED 	20	21 Biscuits & Gravy Oven Brown Potatoes Juice Fresh Fruit Dessert	22	23 Pepper Steak Rice Garden Salad Cinnamon Pears WW Roll Dessert
26 Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad WW Roll Peach Crisp	27	28 Beef Taco Pie Baja Veggie Blend Garden Salad Spiced Applesauce Dessert	29	 Established 1975

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