



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 Bacon, Broccoli and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin
4 Tuna Noodle Casserole Peas & Carrots Tossed Salad Waldorf Salad Dessert	5 French Dip Sandwich Jo Jo's Pickled Beets Banana Dessert	6 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexican Style Slaw Mandarin Oranges Dessert	7 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	8 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats
11 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Dessert	12 Scrambled Eggs Sausage Patty Potatoes O'Brien Juice Peaches Muffin	13 Country Fried Steak Mashed Potatoes/Gravy Chuck Wagon Corn Tossed Green Salad WW Roll Apple Crisp	14 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies	15 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert
18 Cheeseburger Pie Pea Salad Fruit Tray Dessert	19 Baked Fish Rice Pilaf Normandy Veggies Tossed Salad Apple Celery Salad Garlic Bread Dessert	20 Veggie Lasagna Caesar Salad Orange Quarters Dessert	21 Salisbury Steak with Mushroom Gravy Mashed Potatoes Buttered Carrots Pears WW Roll Cereal Bar	22 Chicken Florentine over Egg Noodles Spring Salad Peaches Dessert
25 Sweet & Sour Chicken Rice Spinach Salad Mandarin Oranges Garlic Bread Dessert	26 Salmon with Dill Sauce Pesto Pasta Chalet Vegetables Spring Salad Waldorf Salad Dessert	27 Chili with Cheese 1/2 Baked Potato Corn Chips Green Salad Chilled Pears Cornbread Dessert	28 Baked Chicken Rosemary Potatoes Three Bean Salad Peaches Bread Pudding	29 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert

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

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

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





ENTIAT

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Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00				1
4 Tuna Noodle Casserole Peas & Carrots Tossed Salad Waldorf Salad Dessert	5	6	7 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	8
11 California Chicken Casse- role Lettuce & Tomato Salad Orange Quarters Dessert	12	13	14 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies	15
18 Cheeseburger Pie Pea Salad Fruit Tray Dessert	19	20	21 Salisbury Steak with Mushroom Gravy Mashed Potatoes Buttered Carrots Pears WW Roll Cereal Bar	22
25 Sweet & Sour Chicken Rice Spinach Salad Mandarin Oranges Garlic Bread Dessert	26	27	28 Baked Chicken Rosemary Potatoes Three Bean Salad Peaches Bread Pudding	29

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CASHMERE/LEAVENWORTH

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Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00				1 Bacon, Broccoli and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin
4 Tuna Noodle Casserole Peas & Carrots Tossed Salad Waldorf Salad Dessert	5	6 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexican Style Slaw Mandarin Oranges Dessert	7	8 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats
11 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Dessert	12	13 Country Fried Steak Mashed Potatoes/Gravy Chuck Wagon Corn Tossed Green Salad WW Roll Apple Crisp	14	15 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert
18 Cheeseburger Pie Pea Salad Fruit Tray Dessert	19	20 Veggie Lasagna Caesar Salad Orange Quarters Dessert	21	22 Chicken Florentine over Egg Noodles Spring Salad Peaches Dessert
25 Sweet & Sour Chicken Rice Spinach Salad Mandarin Oranges Garlic Bread Dessert	26	27 Chili with Cheese 1/2 Baked Potato Corn Chips Green Salad Chilled Pears Cornbread Dessert	28	29 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert

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