



2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

24 HOURS IN ADVANCE



Suggested donation for seniors
over age 60 is \$4.00

FEE for persons under age 60 is \$10.00



<p>3</p> <p>Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert</p>	<p>4</p> <p>Oven Fried Chicken Twice Bake Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes WW Roll Dessert</p>	<p>5</p> <p>Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert</p>	<p>6</p> <p>Beef Stew Green Salad Peaches Biscuit Cereal Bars</p>	<p>7</p> <p>Honey Mustard Chicken Rice Pilaf Key West Veggies Coleslaw Tropical Fruit WW Roll Dessert</p>
<p>10</p> <p>Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>11</p> <p>Chicken, Bacon & Swiss Cheese Sandwich Potato Salad Apricots Corn Chips Dessert</p>	<p>12</p> <p>Meatloaf Mashed Potatoes/Gravy Green Beans Spinach Salad Chilled Pears Biscuit Dessert</p>	<p>13</p> <p>Pork Roast Stuffing & Gravy Glazed Carrots Greek Salad Applesauce Dessert</p>	<p>14</p> <p>Pizza Casserole Tossed Salad Spiced Pears Dessert</p>
<p>17</p> <p>Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>18</p> <p>Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Angel Food Cake</p>	<p>19</p> <p>CLOSED FOR ALL STAFF TRAINING</p>	<p>20</p> <p>Yankee Pot Roast with Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies</p>	<p>21</p> <p>White Bean Chicken Chili Spinach Salad Peaches Tortilla Chips Dessert</p>
<p>24</p> <p>Chicken Fettuccine Peas Spinach Salad Mixed Berries Dessert</p>	<p>25</p> <p>Split Pea & Ham Soup Turkey Sandwich Garden Salad Peaches Dessert</p>	<p>26</p> <p>Baked Ham Scalloped Potatoes Buttered Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert</p>	<p>27</p> <p>Italian Rice & Beef Caesar Salad Apple Wedges WW Roll Dessert</p>	<p>28</p> <p>Lemon Baked Fish Rice Pilaf Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert</p>

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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<p>10 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>11</p>	<p>12</p>	<p>13 Pork Roast Stuffing & Gravy Glazed Carrots Greek Salad Applesauce Dessert</p>	<p>14</p>
<p>17 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>18</p>	<p>19</p>	<p>20 Yankee Pot Roast with Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies</p>	<p>21</p>
<p>24 Chicken Fettuccine Peas Spinach Salad Mixed Berries Dessert</p>	<p>25</p>	<p>26</p>	<p>27 Italian Rice & Beef Caesar Salad Apple Wedges WW Roll Dessert</p>	<p>28</p>

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

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LEAVENWORTH/CASHMERE HOME DELIVERED

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24 HOURS IN ADVANCE

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10 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	11	12 Meatloaf Mashed Potatoes/Gravy Green Beans Spinach Salad Chilled Pears Biscuit Dessert	13	14 Pizza Casserole Tossed Salad Spiced Pears Dessert
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