

# March 2023

## CHELAN

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div>	<p>1 Bacon, Broccoli and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>2 Hawaiian Chicken Wild Rice Herbed Cauliflower Garden Salad Pineapple WW Roll Dessert</p>	<p>3 Beef Tacos Spanish Rice Sliced Cucumbers Mandarin Orange Dessert</p>
<p>6 Tater Tot Casserole Cottage Cheese Cuke &amp; Tomato Salad Apricots WW Roll Dessert</p>	<p>7 Salmon with Dill Sauce Pesto Pasta Mediterranean Veggies Garden Salad Waldorf Salad Dessert</p>	<p>8 Chicken Fettuccine Key West Vegetables Caesar Salad Tropical Fruit Dessert</p>	<p>9 Pork Rib Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert</p>	<p>10 Biscuits &amp; Gravy Hash Brown Potatoes V-8 Juice Fresh Fruit Blueberry Muffin</p>
<p>13 Sweet &amp; Sour Chicken Steamed Rice Spinach Salad Pineapple Tidbits Egg Roll Dessert</p>	<p>14 Roast Beef Mashed Potatoes/Gravy Broccoli Cuts Tossed Salad Mixed Berries WW Roll Dessert</p>	<p>15 Tuna Noodle Casserole Peas &amp; Carrots Spiced Salad Waldorf Salad Garlic Bread Dessert</p>	<p>16 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert</p>	<p>17 Corned Beef &amp; Cabbage Boiled Potatoes Carrots Tropical Fruit Pistachio Pudding</p>
<p>20 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert</p>	<p>21 Ham Sandwich Split Pea Soup Potato Salad Tropical Fruit Dessert</p>	<p>22 Country Fried Steak Mashed Potatoes Chuck Wagon Corn Tossed Green Salad WW Roll Apple Crisp</p>	<p>23 Lasagna w/Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert</p>	<p>24 Baked Fish Fillet Rice Pilaf Chalet Veggie Blend Tossed Salad Apple Celery Salad Garlic Bread Dessert</p>
<p>27 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding</p>	<p>28 French Dip Jo Jo's Pea Salad Banana Dessert</p>	<p>29 California Chicken Casserole Lettuce &amp; Tomato Salad Orange Quarters Cheesy Biscuit Dessert</p>	<p>30 Salisbury Steak with Mushroom Gravy Egg Noodles Mixed Vegetables Spiced Salad Pears Dessert</p>	<p>31 Chicken Cordon Bleu Rosemary Potatoes Venetian Veggies Greek Salad Fruit Salad WW Roll Dessert</p>



For information about Home Delivered Meals call 844-826-7979.

You can visit our website at [www.octn.org](http://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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## ENTIAT

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6 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert	7	8	9 Pork Rib Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	10
13 Sweet & Sour Chicken Steamed Rice Spinach Salad Pineapple Tidbits Egg Roll Dessert	14	15	16 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	17 
20 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert	21	22	23 Lasagna w/Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert	24
27 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding	28	29	30 Salisbury Steak with Mushroom Gravy Egg Noodles Mixed Vegetables Spiced Salad Pears Dessert	31

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## LEAVENWORTH/CASHMERE HOME DELIVERED

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	<div> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div>	<p>1 Bacon, Broccoli and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>2</p>	<p>3 Beef Tacos Spanish Rice Sliced Cucumbers Mandarin Orange Dessert</p>
<p>6 Tater Tot Casserole Cottage Cheese Cuke &amp; Tomato Salad Apricots WW Roll Dessert</p>	<p>7</p>	<p>8 Chicken Fettuccine Key West Vegetables Caesar Salad Tropical Fruit Dessert</p>	<p>9</p>	<p>10 Biscuits &amp; Gravy Hash Brown Potatoes V-8 Juice Fresh Fruit Blueberry Muffin</p>
<p>13 Sweet &amp; Sour Chicken Steamed Rice Spinach Salad Pineapple Tidbits Egg Roll Dessert</p>	<p>14</p>	<p>15 Tuna Noodle Casserole Peas &amp; Carrots Spiced Salad Waldorf Salad Garlic Bread Dessert</p>	<p>16</p>	<p>17 Corned Beef &amp; Cabbage Boiled Potatoes Carrots Tropical Fruit Pistachio Pudding</p>
<p>20 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert</p>	<p>21</p> 	<p>22 Country Fried Steak Mashed Potatoes Chuck Wagon Corn Tossed Green Salad WW Roll Apple Crisp</p>	<p>23</p>	<p>24 Baked Fish Fillet Rice Pilaf Chalet Veggie Blend Tossed Salad Apple Celery Salad Garlic Bread Dessert</p> 
<p>27 Scalloped Potato and Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding</p>	<p>28</p>	<p>29 California Chicken Casserole Lettuce &amp; Tomato Salad Orange Quarters Cheesy Biscuit Dessert</p>	<p>30</p>	<p>31 Chicken Cordon Bleu Rosemary Potatoes Venetian Veggies Greek Salad Fruit Salad WW Roll Dessert</p>

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