

CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for s FEE for persons under ag	eniors over age 60 is \$4.00 e 60 is \$10.00	OCTN MISSION NOTRITION! Established 1975		1 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert
4 Chicken Enchiladas Spanish Rice Baja Vegetables Fresh Salsa Mandarin Oranges Dessert	5 Pork Chops Mashed Potatoes Roasted Carrots Garden Salad Applesauce Corn Bread Dessert	6 Country Fried Steak Mashed Potatoes Green Beans Tossed Salad Fruit Cocktail WW Roll Dessert	7 Lasagna Key West Veggies Caesar Salad Pears Garlic Bread Dessert	8 Turkey Sandwich Clam Chowder Cucumber Salad Tropical Fruit Dessert
11 Mac & Cheese w/Bacon Peas & Carrots Tossed Green Salad Mixed Berries Angel Food Cake	12 French Dip Sandwich Jo Jo's Garden Salad Peaches Dessert	13 Stuffed Cabbage Rolls Seven Layer Salad Mozzarella Breadsticks Apricot Crisp	14 Chicken Fettuccine Italian Vegetables Spinach Salad Dessert	15 BBQ Meatballs Mac & Cheese Green Beans Caesar Salad Fruit Cocktail Dessert
18 Baked Ham Scalloped Potatoes Chopped Salad Pineapple & Cherries WW Roll Rice Krispies Treats	19 Chicken Lo Mein Asian Style Slaw Mandarin Oranges Egg Roll Dessert	20 Taco Soup Tossed Green Salad Peaches Corn Chips Mozzarella Breadsticks Dessert	21 Chicken & Rice Bake California Veggies Greek Salad Applesauce Garlic Bread Dessert	22 CLOSED
25 CLOSED Merry Christmas	26 Garden Chili String Cheese Cucumber Salad Tortilla Chips Apple Crisp	27 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	28 Orange Glazed Chicken Rice Stir Fry Veggies Asian Style Slaw Chilled Pineapple Egg Roll Dessert	29 Chicken Burger Deluxe Potato Salad Three Bean Salad Chilled Pears Dessert

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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Suggested donation for se		OCTN MISSION NUTRITION! Established 1975		1
4 Chicken Enchiladas Spanish Rice Baja Vegetables Fresh Salsa Mandarin Oranges Dessert	5	6	7 Lasagna Key West Veggies Caesar Salad Pears Garlic Bread Dessert	8
11 Mac & Cheese w/Bacon Peas & Carrots Tossed Green Salad Mixed Berries Angel Food Cake	12	13	14 Chicken Fettuccine Italian Vegetables Spinach Salad Dessert	15
18 Baked Ham Scalloped Potatoes Chopped Salad Pineapple & Cherries WW Roll Rice Krispies Treats	19	20	21 Chicken & Rice Bake California Veggies Greek Salad Applesauce Garlic Bread Dessert	22 CLOSED
25 CLOSED Merry Christmas	26	27	Orange Glazed Chicken Rice Stir Fry Veggies Asian Style Slaw Chilled Pineapple Egg Roll Dessert	29

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LEAVENWORTH/CASHMERE HOME DELIVERED

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4 Chicken Enchiladas Spanish Rice Baja Vegetables Fresh Salsa Mandarin Oranges Dessert	5	6 Country Fried Steak Mashed Potatoes Green Beans Tossed Salad Fruit Cocktail WW Roll Dessert	7	8 Turkey Sandwich Clam Chowder Cucumber Salad Tropical Fruit Dessert
11 Mac & Cheese w/Bacon Peas & Carrots Tossed Green Salad Mixed Berries Angel Food Cake	12	13 Stuffed Cabbage Rolls Seven Layer Salad Mozzarella Breadsticks Apricot Crisp	14	15 BBQ Meatballs Mac & Cheese Green Beans Caesar Salad Fruit Cocktail Dessert
18 Baked Ham Scalloped Potatoes Chopped Salad Pineapple & Cherries WW Roll Rice Krispies Treats	19	20 Taco Soup Tossed Green Salad Peaches Corn Chips Mozzarella Breadsticks Dessert	21	22 CLOSED
25 CLOSED Merry Christmas	26	27 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	28	29 Chicken Burger Deluxe Potato Salad Three Bean Salad Chilled Pears Dessert

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