



CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Bulgogi (Korean Beef) Rice Garlic Green Beans Green Salad Pineapple WW Roll Dessert	4 Western Omelets Potatoes O'Brien V-8 Juice Peaches Cereal Bar Blueberry Muffin	5 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	6 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	7 Lemon Baked Fish Rice Pilaf Buttered Peas Spinach Salad Peaches Focaccia Bread Dessert
10 	11 Vegetable Beef Soup Cottage Cheese Tossed Green Salad Orange Quarters WW Roll Oatmeal Cookies	12 Chees e Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert	13 California Chicken Cass. Lettuce & Tomato Salad Apple Celery Salad Garlic Bread Dessert	14 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Peaches Dessert
17 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	18 Beef Stew 7 Layer Salad Peaches Biscuit Dessert	19 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	20 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert	21 Garden Chili Tortilla Chips Cottage Cheese Spinach Salad Peaches Cornbread Dessert
24 Spaghetti & Meat Sauce Caesar Salad Garlic Bread Apricots Dessert	25 Wild Rice & Ham Casserole Buttered Peas Spinach Salad Orange Quarters WW Roll Dessert	26 Meatloaf Mashed Potatoes/Gravy Green Beans Muffin Pear Crisp	27 Sweet & Sour Chicken Over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit Dessert	28 Minestrone Soup Cottage Cheese Tossed Salad Chilled Pears WW Roll Dessert
31 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries WW Roll Dessert			<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p> </div>	

Happy Halloween



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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24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Bulgogi (Korean Beef) Rice Garlic Green Beans Green Salad Pineapple WW Roll Dessert	4	5	6 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	7
10 	11	12	13 California Chicken Cass. Lettuce & Tomato Salad Apple Celery Salad Garlic Bread Dessert	14
17 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	18	19	20 Broccoli Chicken Bake Rice Pilaf Garden Salad Waldorf Salad WW Roll Dessert	21
24 Spaghetti & Meat Sauce Caesar Salad Garlic Bread Apricots Dessert	25	26	27 Sweet & Sour Chicken Over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit Dessert	28
31 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries WW Roll Dessert			Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00	

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LEAVENWORTH/CASHMERE HOME DELIVERED

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24 HOURS IN ADVANCE

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3 Beef Bulgogi (Korean Beef) Rice Garlic Green Beans Green Salad Pineapple WW Roll Dessert	4	5 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	6	7 Lemon Baked Fish Rice Pilaf Buttered Peas Spinach Salad Peaches Focaccia Bread Dessert
10 	11	12 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert	13	14 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Peaches Dessert
17 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	18	19 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	20	21 Garden Chili Tortilla Chips Cottage Cheese Spinach Salad Peaches Cornbread Dessert
24 Spaghetti & Meat Sauce Caesar Salad Garlic Bread Apricots Dessert	25	26 Meatloaf Mashed Potatoes/Gravy Green Beans Muffin Pear Crisp	27	28 Minestrone Soup Cottage Cheese Tossed Salad Chilled Pears WW Roll Dessert
31 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries WW Roll Dessert		 <p>Established 1975</p>	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p> </div>	

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