



CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	CLOSED
3 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Mixed Berries Angel Food Cake	4 BBQ Riblet Sandwich Red Potatoes Broccoli Salad Fruited Jell-O	5 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	6 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	7
10 Chicken Cordon Bleu Wild Rice Green Beans Peaches Dessert	11 Bacon & Egg Salad Sandwich Pea Salad Mixed Berries Dessert	12 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Dessert	13 Taco Salad Tortilla Chips Mixed Fruit Dessert	14
17 Cheese Stuffed Pasta Shells with Marinara Sauce Venetian Veggies Tossed Salad Garlic Bread Dessert	18 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast	19 Pork Roast Stuffing & Gravy Mixed Veggies Spinach Salad Applesauce	20 Fish & Chips Coleslaw Apple Slices Dessert	21
24 Pulled Pork Sandwich Potato Salad Apple Slices Dessert	25 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes Fresh Fruit	26 Chicken Enchilada Casserole Green Salad with Tomatoes Tropical Fruit	27 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	28
31 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar				

Suggested donation for seniors over age 60 is \$5.00
FEE for persons under age 60 is \$12.00

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

PLEASE CALL 509-888-4440 TO RESERVE MEALS
509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Mixed Berries Angel Food Cake	4	5	6 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	7
10 Chicken Cordon Bleu Wild Rice Green Beans Peaches Dessert	11	12	13 Taco Salad Tortilla Chips Mixed Fruit Dessert	14
17 Cheese Stuffed Pasta Shells with Marinara Sauce Venetian Veggies Tossed Salad Garlic Bread Dessert	18	19	20 Fish & Chips Coleslaw Apple Slices Dessert	21
24 Pulled Pork Sandwich Potato Salad Apple Slices Dessert	25	26	27 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	28
31 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar				

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CASHMERE/LEAVENWORTH

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509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Mixed Berries Angel Food Cake	4	5 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	6	7
10 Chicken Cordon Bleu Wild Rice Green Beans Peaches Dessert	11	12 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Dessert	13	14
17 Cheese Stuffed Pasta Shells with Marinara Sauce Venetian Veggies Tossed Salad Garlic Bread Dessert	18	19 Pork Roast Stuffing & Gravy Mixed Veggies Spinach Salad Applesauce	20	21
24 Pulled Pork Sandwich Potato Salad Apple Slices Dessert	25	26 Chicken Enchilada Casse- role Green Salad with Toma- toes Tropical Fruit	27	28
31 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00		

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