



CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

CLOSED

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 Beef Taco's Mexican Slaw Cinnamon Pears Dessert</p>	<p>2 Baked Fish Fillet Herbed Fettuccine Peas Cabbage/Apple Slaw Mixed Berries Angel Food Cake</p>	<p>3 CLOSED FOR 4TH OF JULY HOLIDAY</p>
<p>6 Meatloaf Mashed Potatoes Broccoli Normandy Apple Crisp</p>	<p>7 Scrambled Eggs Bacon Oven Brown Potatoes Fresh Fruit Blueberry Muffin</p>	<p>8 Teriyaki Beef on Rice Oriental Vegetables Cucumber Salad Tropical Fruit Sherbet</p>	<p>9 Chicken Parmesan Pasta Marinara Italian Vegetables Garden Salad Fresh Fruit Jell-O w/Topping</p>	<p>10</p>
<p>13 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie</p>	<p>14 BLT Sandwich Pea Salad Watermelon Cookie</p>	<p>15 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes Dessert</p>	<p>16 Fish & Chips Coleslaw Pears Granola Bar</p>	<p>17</p>
<p>20 Pork Roast Stuffing & Gravy Green Beans Tossed Salad Apple Crisp</p>	<p>21 French Dip Sandwich Au Jus Pea Salad Jo Jo's Apple Slices</p>	<p>22 Chef's Salad Mixed Melons WW Roll Rice Krispies Treats</p>	<p>23 Country Fried Steak Mashed Potatoes / Gravy Trio Vegetables Peaches WW Roll Jell-O</p>	<p>24</p>
<p>27 Baked Ham Scalloped Potatoes Greek Salad Pineapple WW Roll Frosted Cake</p>	<p>28 Pizza Supreme—2 slices Pears Cookie</p>	<p>29 Sweet & Sour Chicken Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Oatmeal Cookie</p>	<p>30 Chicken Enchilada Casserole Coleslaw Cucumber/Watermelon Salad Mandarin Oranges Sherbet</p>	<p>31</p>

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

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1</p>	<p>2 Baked Fish Fillet Herbed Fettuccine Peas Cabbage/Apple Slaw Mixed Berries Angel Food Cake</p>	<p>3 CLOSED FOR 4TH OF JULY HOLIDAY</p>
<p>6 Meatloaf Mashed Potatoes Broccoli Normandy Apple Crisp</p>	<p>7</p>	<p>8</p>	<p>9 Chicken Parmesan Pasta Marinara Italian Vegetables Garden Salad Fresh Fruit Jell-O w/Topping</p>	<p>10</p>
<p>13 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie</p>	<p>14</p>	<p>15</p>	<p>16 Fish & Chips Coleslaw Pears Granola Bar</p>	<p>17</p>
<p>20 Pork Roast Stuffing & Gravy Green Beans Tossed Salad Apple Crisp</p>	<p>21</p>	<p>22</p>	<p>23 Country Fried Steak Mashed Potatoes / Gravy Trio Vegetables Peaches WW Roll Jell-O</p>	<p>24</p>
<p>27 Baked Ham Scalloped Potatoes Greek Salad Pineapple WW Roll Frosted Cake</p>	<p>28</p>	<p>29</p>	<p>30 Chicken Enchilada Casse- role Coleslaw Cucumber/Watermelon Salad Mandarin Oranges Sherbet</p>	<p>31</p>

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CASHMERE/LEAVENWORTH

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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<p>6 Meatloaf Mashed Potatoes Broccoli Normandy Apple Crisp</p>	<p>7</p>	<p>8 Teriyaki Beef on Rice Oriental Vegetables Cucumber Salad Tropical Fruit Sherbet</p>	<p>9</p>	<p>10</p>
<p>13 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie</p>	<p>14</p>	<p>15 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes Dessert</p>	<p>16</p>	<p>17</p>
<p>20 Pork Roast Stuffing & Gravy Green Beans Tossed Salad Apple Crisp</p>	<p>21</p>	<p>22 Chef's Salad Mixed Melons WW Roll Rice Krispies Treats</p>	<p>23</p>	<p>24</p>
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