



CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00				1 Fish & Chips Coleslaw Apricots Garlic Bread Dessert
4 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Dessert	5 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert	6 Spaghetti w/ Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	7 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Asparagus Pears WW Bread Dessert	8 Cabbage Patch Stew Potato Salad Waldorf Salad Mozzarella Breadsticks Dessert
11 Chicken Cordon Bleu Garlic Pasta Peas Garden Salad Peaches Dessert	12 Taco Salad Tortilla Chips Mixed Fruit Dessert	13 Pork Rib Sandwich Sweet Potato Waffle Fries Coleslaw Cornbread Dessert	14 Chicken Enchiladas Casserole Seasoned Rice Mixed Vegetables Green Salad w/ Tomatoes Peaches Dessert	15 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons WW Roll Dessert
18 Cheese Stuffed Shells w/ Marinara Sauce Venetian Veggies Tossed Salad Apricots Dessert	19 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail Dessert	20 Beef Stroganoff Carrots Garden Salad Fruit Salad Dessert	21 Deluxe Cheeseburger Three Bean Salad Coleslaw Peaches Dessert	22 White Bean Chicken Chili Tortilla Chips Tossed Salad Melon Slices Dessert
25 Sweet & Sour Chicken Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Salad Egg Roll Dessert	26 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes Fresh Fruit V8 Juice Dessert	27 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar	28 Pot Roast Roasted Carrots & Potatoes Garden Salad Watermelon WW Roll Oatmeal Cookies	29 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert

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
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00				1
4 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Dessert	5	6	7 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Asparagus Pears WW Bread Dessert	8
11 Chicken Cordon Bleu Garlic Pasta Peas Garden Salad Peaches Dessert	12	13	14 Chicken Enchiladas Casserole Seasoned Rice Mixed Vegetables Green Salad w/ Tomatoes Peaches Dessert	15
18 Cheese Stuffed Shells w/ Marinara Sauce Venetian Veggies Tossed Salad Apricots Dessert	19	20	21 Deluxe Cheeseburger Three Bean Salad Coleslaw Peaches Dessert	22
25 Sweet & Sour Chicken Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Salad Egg Roll Dessert	26	27	28 Pot Roast Roasted Carrots & Potatoes Garden Salad Watermelon WW Roll Oatmeal Cookies	29

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CASHMERE/LEAVENWORTH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Fish & Chips Coleslaw Apricots Garlic Bread Dessert
4 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Dessert	5	6 Spaghetti w/ Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	7	8 Cabbage Patch Stew Potato Salad Waldorf Salad Mozzarella Breadsticks Dessert
11 Chicken Cordon Bleu Garlic Pasta Peas Garden Salad Peaches Dessert	12	13 Pork Rib Sandwich Sweet Potato Waffle Fries Coleslaw Cornbread Dessert	14	15 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons WW Roll Dessert
18 Cheese Stuffed Shells w/ Marinara Sauce Venetian Veggies Tossed Salad Apricots Dessert	19	20 Beef Stroganoff Carrots Garden Salad Fruit Salad Dessert	21	22 White Bean Chicken Chili Tortilla Chips Tossed Salad Melon Slices Dessert
25 Sweet & Sour Chicken Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Salad Egg Roll Dessert	26 Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	27 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar	28	29 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert

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Established 1975