



CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatloaf Mashed Potatoes & Gravy Trio Veggies Garden Salad Roll Dessert	2 7 Can Taco Soup Mexi Slaw Peaches Tortilla Chips Dessert	3 Pork Loin Chops & Gravy Roast Potatoes & Carrots Spring Salad Applesauce Roll Dessert	4 Stuffed Cabbage Rolls w/ Rice Cucumber Salad Pear Crisp	5 Chicken Burger Deluxe Potato Salad Chilled Peaches Dessert
8 Orange Glazed Chicken w/ Rice Stir Fry Vegetables Asian Style Slaw Chilled Pineapple Egg Roll Dessert	9 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes V-8 or Fruit Juice Fresh Fruit Muffin	10 Hearty Turkey Noodle Soup Tossed Salad Fresh Fruit Tray Mozzarella Breadsticks Dessert	11 Chicken Enchiladas Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert	12 Beef Stroganoff W/ Egg Noodles Green Beans Mixed Greens Salad Chilled Peaches Dessert
15 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail Dessert	16 Breakfast Casserole: (Eggs, Ham, Cheese, Potatoes, Green Onions) Fruit or V-8 Juice Fresh Fruit Biscuit Dessert	17 Harvest Stew Coleslaw Peaches Cornbread Dessert	18 Country Fried Steak Mashed Potatoes & Gravy Green Beans Mixed Greens Salad Roll Dessert	19 Mac & Cheese w/ Bacon Peas & Carrots Tossed Green Salad Mixed Berries Dessert
22 Baked Ham Scalloped Potatoes Green Beans Pineapple & Cherries Roll Oatmeal Cookies	23 Chicken Fettuccini Alfredo Italian Vegetables Caesar Salad Mandarin Oranges Dessert	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS DAY	26 CLOSED
29 Beef Taco Pie Spanish Rice Garden Salad Spiced Apples Dessert	30 Half Chef's Salad Potato Soup Cinnamon Applesauce Roll Dessert	31 Roast beef Baked Potato & Fixings Green Bean Casserole 7 layer Salad Fruit Ambrosia Roll Special Dessert	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





ENTIAAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatloaf Mashed Potatoes & Gravy Trio Veggies Garden Salad Roll Dessert	2	3	4 Stuffed Cabbage Rolls w/ Rice Cucumber Salad Pear Crisp	5
8 Orange Glazed Chicken w/ Rice Stir Fry Vegetables Asian Style Slaw Chilled Pineapple Egg Roll Dessert	9	10	11 Chicken Enchiladas Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert	12
15 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail Dessert	16	17	18 Country Fried Steak Mashed Potatoes & Gravy Green Beans Mixed Greens Salad Roll Dessert	19
22 Baked Ham Scalloped Potatoes Green Beans Pineapple & Cherries Roll Oatmeal Cookies	23	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS DAY	26
29 Beef Taco Pie Spanish Rice Garden Salad Spiced Apples Dessert	30	31	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	

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CASHMERE / LEAVENWORTH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatloaf Mashed Potatoes & Gravy Trio Veggies Garden Salad Roll Dessert	2	3 Pork Loin Chops & Gravy Roast Potatoes & Carrots Spring Salad Applesauce Roll Dessert	4	5 Chicken Burger Deluxe Potato Salad Chilled Peaches Dessert
8 Orange Glazed Chicken w/ Rice Stir Fry Vegetables Asian Style Slaw Chilled Pineapple Egg Roll Dessert	9	10 Hearty Turkey Noodle Soup Tossed Salad Fresh Fruit Tray Mozzarella Breadsticks Dessert	11	12 Beef Stroganoff W/ Egg Noodles Green Beans Mixed Greens Salad Chilled Peaches Dessert
15 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail Dessert	16	17 Harvest Stew Coleslaw Peaches Cornbread Dessert	18	19 Mac & Cheese w/ Bacon Peas & Carrots Tossed Green Salad Mixed Berries Dessert
22 Baked Ham Scalloped Potatoes Green Beans Pineapple & Cherries Roll Oatmeal Cookies	23	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS DAY	26 CLOSED
29 Beef Taco Pie Spanish Rice Garden Salad Spiced Apples Dessert	30	31 Roast beef Baked Potato & Fixings Green Bean Casserole 7 layer Salad Fruit Ambrosia Roll Special Dessert	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	

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