



CHELAN

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

CLOSED

1 Meatloaf Mashed Potatoes & Gravy Green Beans Strawberries & Bananas Garlic Bread Oatmeal Cookies	2 Hot Dog Potato Salad Three Bean Salad Fruit Salad Dessert	3 Chicken Parmesan Pasta Marinara Peas & Carrots Cuke & Tomato Salad Apricots Dessert	4 Ham Sandwich Deluxe Loaded Potato Soup Spiced Salad Grapes Dessert	5
8 Mac & Cheese with Bacon Peas & Carrots Tossed Green Salad Mixed Berries	9 Chef's Salad Fresh Fruit WW Roll Dessert	10 Chicken Enchiladas Cilantro/Lime Rice Sautee'd Veggies Mexi Slaw Cinnamon Pears	11 Roast Beef Mashed Potatoes / Gravy Normandy Veggies WW Roll Berry Shortcake	12
15 Country Fried Steak Mashed Potatoes & Gravy Green Beans Apple Slices WW Roll	16 French Dip Pea Salad Garden Salad Watermelon Dessert	17 BBQ Chicken Macaroni Salad Peas & Carrots Veggie Tray Fresh Fruit WW Roll Dessert	18 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	19
22 Hungarian Goulash Green Beans Caesar Salad Pears Garlic Bread Dessert	23 Chicken Strips Jo Jo's Broccoli Salad Strawberry Shortcake	24 Salisbury Steak Mashed Potatoes/Gravy Green Beans Fruit Cocktail WW roll Oatmeal Cookie	25 Sweet & Sour Chicken Steamed Rice Asian Style Veggies Pineapple Egg Roll Dessert	26
29 Baked Ham Au Gratin Potatoes Mixed Greens Salad Pineapple & Cherries WW Roll Dessert	30 Cheeseburger Deluxe Sweet Potato Waffle Fries Apple Celery Salad 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





ENTIAT

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 Green Beans Strawberries & Bananas Garlic Bread Oatmeal Cookies	2	3	4 Ham Sandwich Deluxe Loaded Potato Soup Spiced Salad Grapes Dessert	5
8 Mac & Cheese with Bacon Peas & Carrots Tossed Green Salad Mixed Berries	9	10	11 Roast Beef Mashed Potatoes / Gravy Normandy Veggies WW Roll Berry Shortcake	12
15 Country Fried Steak Mashed Potatoes & Gravy Green Beans Apple Slices WW Roll	16	17	18 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	19
22 Hungarian Goulash Green Beans Caesar Salad Pears Garlic Bread Dessert	23	24	25 Sweet & Sour Chicken Steamed Rice Asian Style Veggies Pineapple Egg Roll Dessert	26
29 Baked Ham Au Gratin Potatoes Mixed Greens Salad Pineapple & Cherries WW Roll Dessert	30	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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CASHMERE/LEAVENWORTH

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 Green Beans Strawberries & Bananas Garlic Bread Oatmeal Cookies	2	3 Chicken Parmesan Pasta Marinara Peas & Carrots Cuke & Tomato Salad Apricots Dessert	4	5
8 Mac & Cheese with Bacon Peas & Carrots Tossed Green Salad Mixed Berries	9	10 Chicken Enchiladas Cilantro/Lime Rice Sautee'd Veggies Mexi Slaw Cinnamon Pears	11	12
15 Country Fried Steak Mashed Potatoes & Gravy Green Beans Apple Slices WW Roll	16	17 BBQ Chicken Macaroni Salad Peas & Carrots Veggie Tray Fresh Fruit WW Roll Dessert	18	19
22 Hungarian Goulash Green Beans Caesar Salad Pears Garlic Bread Dessert	23	24 Salisbury Steak Mashed Potatoes/Gravy Green Beans Fruit Cocktail WW roll Oatmeal Cookie	25	26
29 Baked Ham Au Gratin Potatoes Mixed Greens Salad Pineapple & Cherries WW Roll Dessert	30	<div style="border: 2px solid black; padding: 10px; margin: 10px auto; width: fit-content;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>		

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