



2026

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 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	2
5 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	6 Crunchy Chicken Salad Served on Greens Cucumber Salad Grapes WW Roll Dessert	7 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert	8 Chicken Fried Steak Mashed Potatoes / Gravy Trio Veggies Lettuce & Tomato Salad Cherry Crisp	9
12 Cheese Omelet Potatoes O'Brien V-8 or Fruit Juice Banana Waffle	13 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW roll Cereal Bar	14 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	15 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots	16
19 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	20 Garden Chili Tossed Salad Peaches Mozzarella Breadstick Dessert	21 Chicken Fettuccine Broccoli Caesar Salad Apple Slices	22 Wild Rice & Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert	23
26 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert	27 Sweet & Sour Chicken Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Dessert	28 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Cookie	29 Fish & Chips Coleslaw Grapes Rice Krispy Treats	30

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





2026

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 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	2
5 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	6	7	8 Chicken Fried Steak Mashed Potatoes / Gravy Trio Veggies Lettuce & Tomato Salad Cherry Crisp	9
12 Cheese Omelet Potatoes O'Brien V-8 or Fruit Juice Banana Waffle	13	14	15 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots	16
19 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	20	21	22 Wild Rice & Ham Casse- role Green Beans Spinach Salad Orange Quarters WW Roll Dessert	23
26 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick \Dessert	27	28	29 Fish & Chips Coleslaw Grapes Rice Krispy Treats	30

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CASHMERE / LEAVENWORTH

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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	2
5 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	6	7 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert	8	9
12 Cheese Omelet Potatoes O'Brien V-8 or Fruit Juice Banana Waffle	13	14 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	15	16
19 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	20	21 Chicken Fettuccine Broccoli Caesar Salad Apple Slices	22	23
26 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert	27	28 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Cookie	29	30

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