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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 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert	2 Pork Roast Stuffing & Gravy Roasted Fall Veggies Spinach Salad Applesauce Dessert	3 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert
6 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	7 Personal Size Cheese Frittatas Potatoes O'Brien V-8 or Fruit Juice Banana Waffle with Fruit	8 Tuna Noodle Casserole w/ Cheese Peas & Carrots Caesar Salad Oregon Berries Dessert	9 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	10 Baked Honey Mustard Chicken Wild Rice Key West Veggies Spring Salad Tropical Fruit WW Roll Dessert
13 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	14 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert	15 Chicken Fried Steak Mashed Potatoes & Gravy Corn Lettuce & Tomato Salad Cherry Crisp	16 Pulled Pork Sandwiches Potato Salad Coleslaw Banana Dessert	17 Vegetarian Chili w/ Cheese Tossed Salad Fruit Salad Cornbread Dessert
20 Chicken Fettuccini Alfredo Broccoli Caesar Salad Apple Slices Dessert	21 Ham & Cheese Sandwich Lettuce & Tomato Tomato Basil Soup Peaches Dessert	22 Yankee Pot Roast Roasted Potatoes & Carrots Green Beans Mixed Fruit WW Roll Rice Krispies Treat	23 Chicken Fajitas Peppers & Onions Fresh Salsa Mandarin Oranges Tortillas Dessert	24 Wild Rice & Ham Casserole Green Beans Broccoli Salad Orange Quarters WW Roll Dessert
27 Fish & Chips Potato Wedges Coleslaw Grapes Rice Krispies Treat	28 Hawaiian Chicken Rice Asian Vegetables Tropical Fruit Dessert	29 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	30 Cheeseburger Deluxe Jo Jo's Three Bean Salad Sliced Pears Oatmeal Cookies	31 Pork Chops Scalloped Potatoes Peas & Carrots Applesauce WW Roll 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





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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	2 Pork Roast Stuffing & Gravy Roasted Fall Veggies Spinach Salad Applesauce Dessert	3
6 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	7	8	9 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	10
13 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	14	15	16 Pulled Pork Sandwiches Potato Salad Coleslaw Banana Dessert	17
20 Chicken Fettuccini Alfredo Broccoli Caesar Salad Apple Slices Dessert	21	22	23 Chicken Fajitas Peppers & Onions Fresh Salsa Mandarin Oranges Tortillas Dessert	24
27 Fish & Chips Potato Wedges Coleslaw Grapes Rice Krispies Treat	28	29	30 Cheeseburger Deluxe Jo Jo's Three Bean Salad Sliced Pears Oatmeal Cookies	31

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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

Suggested donation for seniors over age 60 is \$5.00

FEE for persons under age 60 is \$12.00

1
Beef Stroganoff
Steamed Carrots
Tossed Green Salad
Mixed Berries
Dessert

2

3
Lemon Baked Fish
Garlic Pasta
Glazed Carrots
Spring Salad
Peaches
Dessert

6
Meatloaf
Mashed Potatoes & Gravy
Green Beans
WW Roll
Pear Crisp

7

8
Tuna Noodle Casserole
w/ Cheese
Peas & Carrots
Caesar Salad
Oregon Berries
Dessert

9

10
Baked Honey Mustard
Chicken
Wild Rice
Key West Veggies
Spring Salad
Tropical Fruit
WW Roll
Dessert

13
Cabbage Patch Stew
Spiced Salad
Apple Slices
Cornbread
Dessert

14

15
Chicken Fried Steak
Mashed Potatoes &
Gravy
Corn
Lettuce & Tomato Salad
Cherry Crisp

16

17
Vegetarian Chili w/ Cheese
Tossed Salad
Fruit Salad
Cornbread
Dessert

20
Chicken Fettuccini Alfredo
Broccoli
Caesar Salad
Apple Slices
Dessert

21

22
Yankee Pot Roast
Roasted Potatoes & Car-
rots
Green Beans
Mixed Fruit
WW Roll
Rice Krispies Treat

23

24
Wild Rice & Ham Casserole
Green Beans
Broccoli Salad
Orange Quarters
WW Roll
Dessert

27
Fish & Chips
Potato Wedges
Coleslaw
Grapes
Rice Krispies Treat

28

29
Spaghetti & Meat Sauce
Caesar Salad
Apricots
Garlic Bread
Dessert

30

31
Pork Chops
Scalloped Potatoes
Peas & Carrots
Applesauce
WW Roll
Dessert

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