



CHELAN

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

CLOSED

	1 Fish Sandwich Deluxe Three Bean Salad Fruit Tray Dessert	2 Chicken Fried Steak Mashed Potatoes/Gravy Tossed Salad Peaches WW Roll	3 Chicken Quesadillas Garden Salad Grapes Dessert	4
7 CLOSED FOR LABOR DAY HOLIDAY	8 Chef's Salad Fresh Fruit WW Roll Cereal Bar	9 Fish & Chips Coleslaw Mixed Berries Ice Cream	10 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	11
14 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Berries on Angel Food Cake	15 Tortellini Soup Cucumber Salad Orange Quarters Focaccia Bread Dessert	16 Pizza Casserole Caesar Salad Apple Wedges	17 Salmon with Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Lemon Bar	18
21 Sweet & Sour Meatballs Wild Rice Oriental Veggies Pineapple Fortune Cookies	22 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Baked Apples	23 Mac & Cheese with Bacon Peas & Carrots Tropical Fruit Dessert	24 Sloppy Joes Cuke & Watermelon Salad Waldorf Salad Dessert	25
28 Chili Green Salad Pears Cornbread	29 French Dip Cuke & Tomato Salad Peaches Dessert	30 Chicken Parmesan Garlic Pasta Italian Blend Veggies Caesar Salad	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



OCTN MISSION
NUTRITION!





ENTIAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Chicken Quesadillas Garden Salad Grapes Dessert	4
7 CLOSED FOR LABOR DAY HOLIDAY	8	9	10 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	11
14 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Berries on Angel Food Cake	15	16	17 Salmon with Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Lemon Bar	18
21 Sweet & Sour Meatballs Wild Rice Oriental Veggies Pineapple Fortune Cookies	22	23	24 Sloppy Joes Cuke & Watermelon Salad Waldorf Salad Dessert	25
28 Chili Green Salad Pears Cornbread	29	30	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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509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Chicken Fried Steak Mashed Potatoes/Gravy Tossed Salad Peaches WW Roll	3	4
7 CLOSED FOR LABOR DAY HOLIDAY	8	9 Fish & Chips Coleslaw Mixed Berries Ice Cream	10	11
14 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Berries on Angel Food Cake	15	16 Pizza Casserole Caesar Salad Apple Wedges	17	18
21 Sweet & Sour Meatballs Wild Rice Oriental Veggies Pineapple Fortune Cookies	22	23 Mac & Cheese with Bacon Peas & Carrots Tropical Fruit Dessert	24	25
28 Chili Green Salad Pears Cornbread	29	30 Chicken Parmesan Garlic Pasta Italian Blend Veggies Caesar Salad		

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Established 1975