



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				
3 Meatloaf Mashed Potatoes & Gravy Trio Vegetables w/ Corn Spiced Salad Chilled Pears WW Roll Dessert	4 French Dip Sandwich Jo Jo's Pea Salad Banana Dessert	5 BBQ Chicken Mac & Cheese Green Beans Sliced Cucumbers Mixed Fresh Fruit Dessert	6 Pepper Steak w/ Peppers & Onions Rice Broccoli Salad Egg Roll Mandarin Oranges Dessert	7 Chili Stuffed Baked Potato Mixed Greens Salad Chilled Pears Tortilla Chips Dessert
10 Chicken Cordon Bleu Rosemary Potatoes Spinach Salad WW Roll Dessert	11 CLOSED FOR VETERANS'S DAY HOLIDAY	12 Veggie Lasagna Caesar Salad Apricots Garlic Bread Dessert	13 Sloppy Joe Sandwich Jo Jo's Three Bean Salad Fruit Salad Dessert	14 Beef & Broccoli Stir Fry w/ Rice Asian Coleslaw Tropical Fruit Egg Roll Dessert
17 Cheese Stuffed Manicotti w/ Marinara Sauce Venetian Veggies Caesar Salad Waldorf Salad Breadstick Dessert	18 Oven Fried Chicken Mashed Potatoes & Gravy Green Beans Grapes WW Roll Dessert	19 Breakfast Sandwich Bacon, Egg, & Cheese Country Potatoes Fruit or V-8 Juice Fresh Fruit Tray English Muffin or Crois- sant Dessert	20 Swedish Meatballs w/ Egg Noodles & Gravy Glazed Carrots Spinach Salad Cherries & Pineapple Dessert	21 Fish Sandwich w/ Lettuce & Tomato Potato Wedges Coleslaw Chilled Pears Dessert
24 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Oatmeal Cookies	25 Beef Tacos w/ Lettuce & Tomato Southwest Salad Waldorf Salad Taco Shell Dessert	26 Roast Turkey Stuffing & Turkey Gravy Sweet Potatoes Steamed Carrots Cranberry Salad Pumpkin Pie	27 CLOSED FOR THANKSGIVING DAY HOLIDAY	28 CLOSED FOR FAMILY DAY HOLIDAY

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

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3 Meatloaf Mashed Potatoes & Gravy Trio Vegetables w/ Corn Spiced Salad Chilled Pears WW Roll Dessert	4	5	6 Pepper Steak w/ Peppers & Onions Rice Broccoli Salad Egg Roll Mandarin Oranges Dessert	7
10 Chicken Cordon Bleu Rosemary Potatoes Spinach Salad WW Roll Dessert	11 CLOSED FOR VETERANS'S DAY HOLIDAY	12	13 Sloppy Joe Sandwich Jo Jo's Three Bean Salad Fruit Salad Dessert	14
17 Cheese Stuffed Manicotti w/ Marinara Sauce Venetian Veggies Caesar Salad Waldorf Salad Breadstick Dessert	18	19	20 Swedish Meatballs w/ Egg Noodles & Gravy Glazed Carrots Spinach Salad Cherries & Pineapple Dessert	21
24 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Oatmeal Cookies	25	26	27 CLOSED FOR THANKSGIVING DAY HOLIDAY	28 CLOSED FOR FAMILY DAY HOLIDAY

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CASHMERE / LEAVENWORTH

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3 Meatloaf Mashed Potatoes & Gravy Trio Vegetables w/ Corn Spiced Salad Chilled Pears WW Roll Dessert	4	5 BBQ Chicken Mac & Cheese Green Beans Sliced Cucumbers Mixed Fresh Fruit Dessert	6	7 Chili Stuffed Baked Potato Mixed Greens Salad Chilled Pears Tortilla Chips Dessert
10 Chicken Cordon Bleu Rosemary Potatoes Spinach Salad WW Roll Dessert	11 CLOSED	12 Veggie Lasagna Caesar Salad Apricots Garlic Bread Dessert	13	14 Beef & Broccoli Stir Fry w/ Rice Asian Coleslaw Tropical Fruit Egg Roll Dessert
17 Cheese Stuffed Manicotti w/ Marinara Sauce Venetian Veggies Caesar Salad Waldorf Salad Breadstick Dessert	18	19 Breakfast Sandwich Bacon, Egg, & Cheese Country Potatoes Fruit or V-8 Juice Fresh Fruit Tray English Muffin or Croissant Dessert	20	21 Fish Sandwich w/ Lettuce & Tomato Potato Wedges Coleslaw Chilled Pears Dessert
24 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Oatmeal Cookies	25	26 Roast Turkey Stuffing & Turkey Gravy Sweet Potatoes Steamed Carrots Cranberry Salad Pumpkin Pie	27 CLOSED FOR THANKSGIVING DAY HOLIDAY	28 CLOSED FOR FAMILY DAY HOLIDAY

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