

#### **CHELAN**

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

| MONDAY                           | TUESDAY                          | WEDNESDAY                           | THURSDAY                        | FRIDAY                     |
|----------------------------------|----------------------------------|-------------------------------------|---------------------------------|----------------------------|
|                                  |                                  |                                     |                                 |                            |
| Suggested donation for se        | eniors over age 60 is \$5.00     |                                     |                                 |                            |
| FEE for persons under age        | e 60 is \$12.00                  |                                     |                                 |                            |
|                                  |                                  |                                     |                                 |                            |
| 3                                | 4                                | 5                                   | 6                               | 7                          |
| Meatloaf                         | French Dip Sandwich              | BBQ Chicken                         | Pepper Steak w/                 | Chili Stuffed Baked Potato |
| Mashed Potatoes & Gravy          | Jo Jo's                          | Mac & Cheese                        | Peppers & Onions                | Mixed Greens Salad         |
| Trio Vegetables w/ Corn          | Pea Salad                        | Green Beans                         | Rice                            | Chilled Pears              |
| Spiced Salad                     | Banana                           | Sliced Cucumbers                    | Broccoli Salad                  | Tortilla Chips             |
| Chilled Pears<br>WW Roll         | Dessert                          | Mixed Fresh Fruit Dessert           | Egg Roll Mandarin Oranges       | Dessert                    |
| Dessert                          |                                  | Dessert                             | Dessert                         |                            |
|                                  |                                  |                                     |                                 |                            |
| 10                               | 11                               | 12                                  | 13                              | 14                         |
| Chicken Cordon Bleu              | CLOSED FOR                       | Veggie Lasagna                      | Sloppy Joe Sandwich             | Beef & Broccoli Stir Fry   |
| Rosemary Potatoes                | VETERANS'S DAY                   | Caesar Salad                        | Jo Jo's                         | w/ Rice                    |
| Spinach Salad<br>WW Roll         | HOLIDAY                          | Apricots Garlic Bread               | Three Bean Salad<br>Fruit Salad | Asian Coleslaw             |
| Dessert                          |                                  | Dessert                             | Dessert                         | Tropical Fruit Egg Roll    |
| Dessert                          |                                  | Dessert                             | Dessert                         | Dessert                    |
|                                  |                                  |                                     |                                 |                            |
| 17                               | 18                               | 19                                  | 20                              | 21                         |
| Cheese Stuffed Manicotti         | Oven Fried Chicken               | Breakfast Sandwich                  | Swedish Meatballs w/            | Fish Sandwich w/           |
| w/ Marinara Sauce                | Mashed Potatoes & Gravy          | Bacon, Egg, & Cheese                | Egg Noodles & Gravy             | Lettuce & Tomato           |
| Venetian Veggies<br>Caesar Salad | Green Beans<br>Grapes            | Country Potatoes Fruit or V-8 Juice | Glazed Carrots Spinach Salad    | Potato Wedges<br>Coleslaw  |
| Waldorf Salad                    | WW Roll                          | Fresh Fruit Tray                    | Cherries & Pineapple            | Chilled Pears              |
| Breadstick                       | Dessert                          | English Muffin or Crois-            | Dessert                         | Dessert                    |
| Dessert                          | 2000.1                           | sant                                | 2 0000.1                        |                            |
|                                  |                                  | Dessert                             |                                 |                            |
| 24                               | 25                               | 26                                  | 27                              | 28                         |
| Ham<br>A.: Gratin Batatana       | Beef Tacos w/                    | Roast Turkey                        | 0,0055,505                      | CLOSED FOR                 |
| Au Gratin Potatoes               | Lettuce & Tomato                 | Stuffing & Turkey Gravy             | CLOSED FOR                      | FAMILY DAY                 |
| Green Beans                      | Southwest Salad<br>Waldorf Salad | Sweet Potatoes Steamed Carrots      | THANKSGIVING DAY<br>HOLIDAY     | HOLIDAY                    |
| Pineapple<br>WW Roll             | Taco Shell                       | Cranberry Salad                     | HOLIDAY                         |                            |
| Oatmeal Cookies                  | Dessert                          | Pumpkin Pie                         |                                 |                            |
|                                  |                                  | ,p                                  |                                 | OCTN MISSION               |
|                                  |                                  |                                     |                                 | NUTRITION!                 |

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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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| MONDAY  | TUESDAY   | WEDNESDAY | THURSDAY  | FRIDAY                           |
|---|---|-----------|---|----------------------------------|
| Suggested donation for s  | eniors over age 60 is \$5.00<br>e 60 is \$12.00 |           |   |                                  |
| 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<br>Chicken Cordon Bleu<br>Rosemary Potatoes<br>Spinach Salad<br>WW Roll<br>Dessert   | 11<br>CLOSED FOR<br>VETERANS'S DAY<br>HOLIDAY   | 12        | 13<br>Sloppy Joe Sandwich<br>Jo Jo's<br>Three Bean Salad<br>Fruit Salad<br>Dessert                                      | 14                               |
| 17<br>Cheese Stuffed Manicotti<br>w/ Marinara Sauce<br>Venetian Veggies<br>Caesar Salad<br>Waldorf Salad<br>Breadstick<br>Dessert | 18  | 19        | 20<br>Swedish Meatballs w/<br>Egg Noodles & Gravy<br>Glazed Carrots<br>Spinach Salad<br>Cherries & Pineapple<br>Dessert | 21                               |
| 24 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Oatmeal Cookies   | 25  | 26        | 27<br>CLOSED FOR<br>THANKSGIVING DAY<br>HOLIDAY   | 28 CLOSED FOR FAMILY DAY HOLIDAY |

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### CASHMERE / LEAVENWORTH

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| MONDAY   | TUESDAY      | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|--------------|---|---|---|
| Suggested donation for ser<br>FEE for persons under age  |              |   |   |   |
| 3 Meatloaf Mashed Potatoes & Gravy Trio Vegetables w/ Corn Spiced Salad Chilled Pears WW Roll Dessert        | 4            | 5<br>BBQ Chicken<br>Mac & Cheese<br>Green Beans<br>Sliced Cucumbers<br>Mixed Fresh Fruit<br>Dessert                                 | 6   | 7<br>Chili Stuffed Baked Potato<br>Mixed Greens Salad<br>Chilled Pears<br>Tortilla Chips<br>Dessert |
| 10<br>Chicken Cordon Bleu<br>Rosemary Potatoes<br>Spinach Salad<br>WW Roll<br>Dessert                        | 11<br>CLOSED | 12<br>Veggie Lasagna<br>Caesar Salad<br>Apricots<br>Garlic Bread<br>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<br>CLOSED FOR<br>THANKSGIVING DAY<br>HOLIDAY | 28 CLOSED FOR FAMILY DAY HOLIDAY  |

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