



CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Country Fried Steak Potatoes & Gravy Buttered Corn Caesar Salad Apricot Crisp	2 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert	3
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>				
6 Meatloaf Mashed Potatoes & Gravy Buttered Corn Tossed Salad Applesauce Biscuit Dessert	7 Egg Salad Sandwich Minestrone Soup Pea Salad Oregon Berries Angel Food Cake	8 Pasta Primavera w/Ham Caesar Salad Fresh Fruit Tray Dessert	9 Teriyaki Chicken on Rice Oriental Veggies Asian Style Slaw Pineapple Egg Roll Dessert	10
13 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	14 Broccoli Chicken Bake Wild Rice Garden Salad Waldorf Salad Focaccia Bread Dessert	15 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien V-8 or Fruit Juice Fruit Muffin	16 Oven Fried Chicken Stuffing & Gravy Green Beans Cuke & Tomato Salad Grapes Dessert	17
20 Fish & Chips Coleslaw Fruit Tray Garlic Bread Dessert	21 Pizza Casserole Caesar Salad Spiced Pears Dessert	22 Tater Tot Casserole Tossed Salad Apricots WW Roll Monster Cookie Bars	23 Pork Roast Mashed Potatoes / Gravy Roasted Carrots Applesauce WW Roll Oatmeal Cookie	24
27 BBQ Meatballs Rice Pilaf Peas & Carrots Broccoli Salad Orange Quarters Cornbread Dessert	28 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert	29 Baked Ham Scalloped Potatoes Carrot / Raisin Salad Chilled Pears WW Roll Rice Krispies Treats	30 Cheeseburger Deluxe Garlic Fries Pea Salad Apricots 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





ENTIAT

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<p>6 Meatloaf Mashed Potatoes & Gravy Buttered Corn Tossed Salad Applesauce Biscuit Dessert</p>	<p>7</p>	<p>8</p>	<p>9 Teriyaki Chicken on Rice Oriental Veggies Asian Style Slaw Pineapple Egg Roll Dessert</p>	<p>10</p>
<p>13 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>14</p>	<p>15</p>	<p>16 Oven Fried Chicken Stuffing & Gravy Green Beans Cuke & Tomato Salad Grapes Dessert</p>	<p>17</p>
<p>20 Fish & Chips Coleslaw Fruit Tray Garlic Bread Dessert</p>	<p>21</p>	<p>22</p>	<p>23 Pork Roast Mashed Potatoes / Gravy Roasted Carrots Applesauce WW Roll Oatmeal Cookie</p>	<p>24</p>
<p>27 BBQ Meatballs Rice Pilaf Peas & Carrots Broccoli Salad Orange Quarters Cornbread Dessert</p>	<p>28</p>	<p>29</p>	<p>30 Cheeseburger Deluxe Garlic Fries Pea Salad Apricots Dessert</p>	

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Established 1975



CASHMERE/LEAVENWORTH

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<p>13 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>14</p>	<p>15 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien V-8 or Fruit Juice Fruit Muffin</p>	<p>16</p>	<p>17</p>
<p>20 Fish & Chips Coleslaw Fruit Tray Garlic Bread Dessert</p>	<p>21</p>	<p>22 Tater Tot Casserole Tossed Salad Apricots WW Roll Monster Cookie Bars</p>	<p>23</p>	<p>24</p>
<p>27 BBQ Meatballs Rice Pilaf Peas & Carrots Broccoli Salad Orange Quarters Cornbread Dessert</p>	<p>28</p>	<p>29 Baked Ham Scalloped Potatoes Carrot / Raisin Salad Chilled Pears WW Roll Rice Krispies Treats</p>	<p>30</p>	

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