



CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatballs Mashed Potatoes / Gravy Greek Salad Banana WW Roll Apple Oatmeal Bars	3 Chef's Salad Fresh Fruit WW Roll Dessert	4 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert	5 Chicken Parmesan Pasta & Sauce Green Beans Cuke / Tomato Salad Apricots Dessert	6 Roast Beef Mashed Potatoes & Gravy Normandy Vegetables WW Roll Berry Shortcake
9 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke / Tomato Salad Pears Dessert	10 Philly Steak Sandwich Jo Jo's Chopped Salad Fresh Fruit Dessert	11 Stuffed Pepper Casserole Tossed Salad Chilled Pears Dessert	12 Chicken Strips Jo Jo's Broccoli Salad Strawberry Shortcake	13 Lemon Pepper Fish Fettuccine Chalet Veggies Spiced Salad Chilled Peaches Dessert
16 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Dessert	17 Hot Dog Coleslaw Three Bean Salad Fruit Salad Dessert	18 Salisbury Steak Mashed Potatoes/Gravy Green Beans Fruit Cocktail WW Roll Cereal Bar	19 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien Juice Tropical Fruit Pastry	20 Rueben Sandwich Potato Salad Cucumber Slices Pears Dessert
23 Hungarian Goulash Green Beans Caesar Salad Pears Dessert	24 Sweet & Sour Chicken Steamed Rice Asian Style Veggies Asian Salad Pineapple Egg Roll Dessert	25 Cheeseburger Deluxe Sweet Potato Fries Apple Celery Salad Dessert	26 Baked Ham Au Gratin Potatoes Mixed Greens Salad Applesauce WW Roll Bread Pudding	27 Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy 49'er Chopped Salad Bananas & Strawberries Garlic Bread Oatmeal Cookies
30 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert		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





ENTIAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatballs Mashed Potatoes / Gravy Greek Salad Banana WW Roll Apple Oatmeal Bars	3	4	5 Chicken Parmesan Pasta & Sauce Green Beans Cuke / Tomato Salad Apricots Dessert	6
9 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke / Tomato Salad Pears Dessert	10	11	12 Chicken Strips Jo Jo's Broccoli Salad Strawberry Shortcake	13
16 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Dessert	17	18	19 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien Juice Tropical Fruit Pastry	20
23 Hungarian Goulash Green Beans Caesar Salad Pears Dessert	24	25	26 Baked Ham Au Gratin Potatoes Mixed Greens Salad Applesauce WW Roll Bread Pudding	27
30 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	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
2 Meatballs Mashed Potatoes / Gravy Greek Salad Banana WW Roll Apple Oatmeal Bars	3	4 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert	5	6 Roast Beef Mashed Potatoes & Gravy Normandy Vegetables WW Roll Berry Shortcake
9 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke / Tomato Salad Pears Dessert	10	11 Stuffed Pepper Casserole Tossed Salad Chilled Pears Dessert	12	13 Lemon Pepper Fish Fettuccine Chalet Veggies Spiced Salad Chilled Peaches Dessert
16 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Dessert	17	18 Salisbury Steak Mashed Potatoes/Gravy Green Beans Fruit Cocktail WW Roll Cereal Bar	19	20 Rueben Sandwich Potato Salad Cucumber Slices Pears Dessert
23 Hungarian Goulash Green Beans Caesar Salad Pears Dessert	24	25 Cheeseburger Deluxe Sweet Potato Fries Apple Celery Salad Dessert	26	27 Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy 49'er Chopped Salad Bananas & Strawberries Garlic Bread Oatmeal Cookies
30 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00			

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