

CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf Mashed Potatoes & Gravy Trio Vegetables Spiced Salad Chilled Pears WW Roll Dessert	3 Breakfast Sandwich with Bacon, Egg & Cheese Country Potatoes Fruit or V-8 Juice Fresh Fruit Tray	4 Parmesan Chicken Pasta Marinara California Veggies Green Salad Fruit Cocktail Dessert	5 Veggie Lasagna Caesar Salad Apricots Dessert	6
9 Hamburger Steak Mashed Potatoes Buttered Corn Garden Salad Apple Crisp	10 French Dip Sandwich Jo Jo's Tossed Salad Banana Dessert	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Beef Tacos Fresh Salsa Mandarin Oranges Dessert	13
16 Shepherd's Pie Caesar Salad Cinnamon Pears WW Roll Dessert	17 Baked Fish Fillet Wild Rice Caribbean Veggies Spinach Salad Yogurt/Berry Parfait	18 Pepper Steak on Rice Tossed Veggie Salad Mandarin Oranges Egg Roll Dessert	19 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	20
23 Beef & Broccoli Stir Fry Steamed Rice Asian Coleslaw Tropical Fruit Egg Roll Dessert	24 Chili Stuffed Baked Potato Mixed Greens Salad Chilled Pears Tortilla Chips Dessert	25 Roast Turkey Green Beans Carrots Cranberry Salad Stuffing & Gravy Pumpkin Pie	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 Country Fried Steak Mashed Potatoes Buttered Corn Garden Salad Chilled Peaches WW Roll 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 Meatloaf Mashed Potatoes & Gravy Trio Vegetables Spiced Salad Chilled Pears WW Roll Dessert	3	4	5 Veggie Lasagna Caesar Salad Apricots Dessert	6
9 Hamburger Steak Mashed Potatoes Buttered Corn Garden Salad Apple Crisp	10	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Beef Tacos Fresh Salsa Mandarin Oranges Dessert	13
16 Shepherd's Pie Caesar Salad Cinnamon Pears WW Roll Dessert	17	18	19 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	20
23 Beef & Broccoli Stir Fry Steamed Rice Asian Coleslaw Tropical Fruit Egg Roll Dessert	24	25	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 Country Fried Steak Mashed Potatoes Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert				

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CASHMERE / LEAVENWORTH

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509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf Mashed Potatoes & Gravy Trio Vegetables Spiced Salad Chilled Pears WW Roll Dessert	3	4 Parmesan Chicken Pasta Marinara California Veggies Green Salad Fruit Cocktail Dessert	5	6
9 Hamburger Steak Mashed Potatoes Buttered Corn Garden Salad Apple Crisp	10	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12	13
16 Shepherd's Pie Caesar Salad Cinnamon Pears WW Roll Dessert	17	18 Pepper Steak on Rice Tossed Veggie Salad Mandarin Oranges Egg Roll Dessert	19	20
23 Beef & Broccoli Stir Fry Steamed Rice Asian Coleslaw Tropical Fruit Egg Roll Dessert	24	25 Roast Turkey Green Beans Carrots Cranberry Salad Stuffing & Gravy Pumpkin Pie	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 Country Fried Steak Mashed Potatoes Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert				

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