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# CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED  	2 French Dip w/ Swiss Cheese Potato Salad Tossed Salad Peaches Dessert	3 Teriyaki Beef w/ Rice Oriental Vegetables Broccoli Slaw Mandarin Oranges Garlic Bread Dessert	4 Deluxe Fish Sandwich Three Bean Salad Coleslaw Fruit Tray Dessert	5 Chicken Parmesan Garlic Pasta Italian Blend Veggies Fruit Ambrosia
8 Meatloaf Potatoes Au Gratin Spring Salad Buttered Corn Apple Crisp	9 Pizza Casserole Caesar Salad Apple Wedges Dessert	10 Chicken Fried Steak Mashed Potatoes & Country Gravy Garden Salad Buttered Corn Peaches Dessert	11 Hamburger Steak w/ Grilled Onions Mashed Potatoes & Gravy Mixed Greens Salad Buttered Corn WW Roll Dessert	12 Salmon w/ Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Garlic Bread Dessert
15 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert	16 Crunchy Chicken Salad Veggie Pasta Salad Mixed Greens Mixed Melons WW Roll Dessert	17 Sloppy Jo's Jo Jo's Cuke/ Watermelon Salad Waldorf Salad Dessert	18 BBQ Chicken Tomato & Zucchini Bake Macaroni Salad Pea Salad Pineapple Rings Dessert	19 Baked Fish Pesto Pasta Green Beans Spinach Salad Tropical Fruit Dessert
22 Spaghetti w/ Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	23 Chili Green Salad Corn & Tomato Salad Pears Cornbread Dessert	24 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Peaches Oatmeal Cookies	25 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert	26 Mac & Cheese w/ Bacon Peas & Carrots Green Salad Tropical Fruit Dessert
29 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert	30 Corn Chowder Ham Sandwich V-8 Juice Waldorf Salad Dessert	<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>		

Visit our website at [www.octn.org](http://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





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# ENTIAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED  	2	3	4 Deluxe Fish Sandwich Three Bean Salad Coleslaw Fruit Tray Dessert	5
8 Meatloaf Potatoes Au Gratin Spring Salad Buttered Corn Apple Crisp	9	10	11 Hamburger Steak w/ Grilled Onions Mashed Potatoes & Gravy Mixed Greens Salad Buttered Corn WW Roll Dessert	12
15 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert	16	17	18 BBQ Chicken Tomato & Zucchini Bake Macaroni Salad Pea Salad Pineapple Rings Dessert	19
22 Spaghetti w/ Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	23	24	25 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert	26
29 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert	30	<div>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</div>		

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# CASHMERE / LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED  	2	3 Teriyaki Beef w/ Rice Oriental Vegetables Broccoli Slaw Mandarin Oranges Garlic Bread Dessert	4	5 Chicken Parmesan Garlic Pasta Italian Blend Veggies Fruit Ambrosia
8 Meatloaf Potatoes Au Gratin Spring Salad Buttered Corn Apple Crisp	9	10 Chicken Fried Steak Mashed Potatoes & Country Gravy Garden Salad Buttered Corn Peaches Dessert	11	12 Salmon w/ Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Garlic Bread Dessert
15 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert	16	17 Sloppy Jo's Jo Jo's Cuke/ Watermelon Salad Waldorf Salad Dessert	18	19 Baked Fish Pesto Pasta Green Beans Spinach Salad Tropical Fruit Dessert
22 Spaghetti w/ Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	23	24 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Peaches Oatmeal Cookies	25	26 Mac & Cheese w/ Bacon Peas & Carrots Green Salad Tropical Fruit Dessert
29 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert	30	<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>		

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