



CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ham & Cheese Sandwich V8 Juice Broccoli Slaw Fresh Fruit Tray Dessert	2 Chili w/ Cheese & Onions Sweet Potato Waffle Fries Tossed Salad Mixed Melons Cornbread Dessert	3 Pork Roast w/ Gravy Stuffing Green Beans Mixed Greens Salad Applesauce Dessert	4 CLOSED 
7 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookies	8 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert	9 Kielbasa w/ Peppers & Onions Potato Wedges Spinach Salad Watermelon Cornbread Dessert	10 Chef's Salad Mixed Melons WW Roll Rice Krispies Treats	11 Fish & Chips Coleslaw Peaches French Bread Dessert
14 Country Fried Steak w/ Mashed Potatoes & Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert	15 Pizza Supreme Caesar Salad Pears Dessert	16 Teriyaki Beef over Rice Oriental Vegetables Broccoli Salad Tropical Fruit WW Roll Dessert	17 BLT Sandwich Potato Salad Three Bean Salad Watermelon Dessert	18 Cheese Ravioli w/ Sauce Normandy Veggies Caesar Salad Dessert
21 Chicken, Bacon & Ranch Wrap Sweet Potato Waffle Fries Broccoli Salad Watermelon Dessert	22 Bacon & Swiss Quiche Spinach Salad Pea Salad Grapes Dessert	23 Pepper Steak Steamed Rice Sour Cream & Cukes Pineapple & Cherries Dessert	24 Chicken Fettuccine Alfredo Carrots Spring Salad Fresh Fruit Dessert	25 Hot Dog Potato Salad Three Bean Salad Dessert
28 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	29 Chicken Stir Fry Rice Asian Slaw Mandarin Oranges Egg Roll Dessert	30 Beef Taco's Spanish Rice Mexican Slaw Cinnamon Pears Dessert	31 Breakfast Casserole Hash Browns Juice Strawberries & Bananas 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
1 Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00		2	3 Pork Roast w/ Gravy Stuffing Green Beans Mixed Greens Salad Applesauce Dessert	4 CLOSED
7 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookies	8	9	10 Chef's Salad Mixed Melons WW Roll Rice Krispies Treats	11
14 Country Fried Steak w/ Mashed Potatoes & Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert	15	16	17 BLT Sandwich Potato Salad Three Bean Salad Watermelon Dessert	18
21 Chicken, Bacon & Ranch Wrap Sweet Potato Waffle Fries Broccoli Salad Watermelon Dessert	22	23	24 Chicken Fettuccine Alfredo Carrots Spring Salad Fresh Fruit Dessert	25
28 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	29	30	31 Breakfast Casserole Hash Browns Juice Strawberries & Bananas Dessert	

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CASHMERE/LEAVENWORTH

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509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	2 Chili w/ Cheese & Onions Sweet Potato Waffle Fries Tossed Salad Mixed Melons Cornbread Dessert	3	4 CLOSED 
7 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookies	8	9 Kielbasa w/ Peppers & Onions Potato Wedges Spinach Salad Watermelon Cornbread Dessert	10	11 Fish & Chips Coleslaw Peaches French Bread Dessert
14 Country Fried Steak w/ Mashed Potatoes & Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert	15	16 Teriyaki Beef over Rice Oriental Vegetables Broccoli Salad Tropical Fruit WW Roll Dessert	17	18 Cheese Ravioli w/ Sauce Normandy Veggies Caesar Salad Dessert
21 Chicken, Bacon & Ranch Wrap Sweet Potato Waffle Fries Broccoli Salad Watermelon Dessert	22	23 Pepper Steak Steamed Rice Sour Cream & Cukes Pineapple & Cherries Dessert	24	25 Hot Dog Potato Salad Three Bean Salad Dessert
28 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	29	30 Beef Taco's Spanish Rice Mexican Slaw Cinnamon Pears Dessert	31	

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