



CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf & Gravy Mashed Potatoes Broccoli Normandy Orange Quarters WW Roll Rice Krispies Treats	3 Pulled Pork Sandwich Sweet Potato Waffle Fries Three Bean Salad Mixed Fruit Dessert	4 Chicken Florentine with Spinach over Pasta Tossed Salad Tropical Fruit Dessert	5 Cheeseburger Deluxe Jo Jo's Coleslaw Banana Dessert	6
9 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Dessert	10 Baked Fish Wild Rice Normandy Vegetables Tossed Salad Apple Celery Salad Garlic Bread Dessert	11 Chicken Fettuccine Steamed Carrots Broccoli Salad Tropical Fruit Dessert	12 Beef Tacos Spanish Rice Fresh Salsa Mandarin Oranges Dessert	13
16 Lasagna with Meat Sauce Green Beans Caesar Salad Pears Bread Stick Dessert	17 Rueben Sandwich Potato Salad Spiced Salad Mandarin Oranges Dessert 	18 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad Dessert	19 Salmon w/ Dill Sauce Garlic & Parmesan Pasta Chalet Veggie Blend Garden Salad Waldorf Salad Dessert	20
23 Chicken Enchiladas Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert	24 Quiche Broccoli, Bacon & Swiss Crunchy Pea Salad Grapes Blueberry Muffin	25 Roast Beef & Gravy Mashed Potatoes Trio Veggies Broccoli Salad Mixed Berries WW Roll Dessert	26 Scalloped Potato & Ham Casserole Buttered Peas Tropical Fruit WW Roll Oatmeal Cookies	27
30 Chili Stuffed Potato Green Salad Peaches Corn Chips Dessert	31 SALAD BAR Chef's Salad Veggie Tray Fresh Fruit Cornbread Dessert	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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 & Gravy Mashed Potatoes Broccoli Normandy Orange Quarters WW Roll Rice Krispies Treats	3	4	5 Cheeseburger Deluxe Jo Jo's Coleslaw Banana Dessert	6
9 California Chicken Casse- role Lettuce & Tomato Salad Orange Quarters Dessert	10	11	12 Beef Tacos Spanish Rice Fresh Salsa Mandarin Oranges Dessert	13
16 Lasagna with Meat Sauce Green Beans Caesar Salad Pears Bread Stick Dessert	17 	18	19 Salmon w/ Dill Sauce Garlic & Parmesan Pasta Chalet Veggie Blend Garden Salad Waldorf Salad Dessert	20
23 Chicken Enchiladas Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert	24	25	26 Scalloped Potato & Ham Casserole Buttered Peas Tropical Fruit WW Roll Oatmeal Cookies	27
30 Chili Stuffed Potato Green Salad Peaches Corn Chips Dessert	31	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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CASHMERE/LEAVENWORTH

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509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf & Gravy Mashed Potatoes Broccoli Normandy Orange Quarters WW Roll Rice Krispies Treats	3	4 Chicken Florentine with Spinach over Pasta Tossed Salad Tropical Fruit Dessert	5	6
9 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Dessert	10	11 Chicken Fettuccine Steamed Carrots Broccoli Salad Tropical Fruit Dessert	12	13
16 Lasagna with Meat Sauce Green Beans Caesar Salad Pears Bread Stick Dessert	17	18 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad Dessert	19	20
23 Chicken Enchiladas Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert	24	25 Roast Beef & Gravy Mashed Potatoes Trio Veggies Broccoli Salad Mixed Berries WW Roll Dessert	26	27
30 Chili Stuffed Potato Green Salad Peaches Corn Chips Dessert	31	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <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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