




# CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</div>			1 Chicken Taco Soup Mexican Coleslaw Watermelon Tortilla Chips Dessert	2 Chicken Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Roll Dessert
5 Meatloaf Mashed Potatoes / Gravy Broccoli Normandy Garden Salad WW Roll Fruited Jell-O	6 Supreme Style Pizza Caesar Salad Waldorf Salad Dessert	7 Swiss Steak with a Tomato Sauce Shell Pasta Green Beans Tossed Salad Banana Dessert	8 Kielbasa with Peppers & Onions Roasted Potatoes Cucumber Salad Apple Slices Cornbread Cereal Bar	9 Chili with Cheese Cucumber Slices Green Salad Cornbread Strawberry Shortcake
12 Cordon Bleu Casserole Garlic Green Beans Tossed Green Salad Fresh Fruit Dessert	13 Cheese Omelet Sausage Patty Potatoes O'Brien Juice Grapes English Muffin	14 Sloppy Joe Sandwich Jo Jo's Coleslaw Peaches Dessert	15 Salmon with Dill Sauce Rice Pilaf Venetian Veggie Blend Spinach Salad Fruit Salad Dessert	16 Stuffed Shells & Sauce Key West Veggies Caesar Salad Orange Quarters Dessert
19 Veggie Lasagna Caesar Salad Apricots Garlic Toast Dessert	20 Beef Taco Salad Spanish Rice Fresh Salsa Cinnamon Pears Tortilla Chips Dessert	21 Swedish Meatballs Egg Rolls Steamed Carrots Spiced Salad Fruit Cocktail Dessert	22 Orange Glazed Chicken Steamed Rice Asian Vegetables Coleslaw Chilled Pineapple Egg Roll Dessert	23 Cabbage Patch Stew Macaroni Salad Cucumber Salad Tropical Fruit Focaccia Bread Dessert
26 CLOSED 	27 BBQ Chicken Potato Salad Spring Salad WW Roll Strawberry Shortcake	28 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	29 Chicken Burger Deluxe with Bacon & Swiss Jo Jo's Coleslaw Watermelon Dessert	30 Baked Ham Au Gratin Potatoes Chuck Wagon Corn Tossed Salad Applesauce WW Roll Dessert

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





# ENTIAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> Suggested donation for seniors over age 60 is \$5.00  FEE for persons under age 60 is \$12.00 </div>			1 Chicken Taco Soup Mexican Coleslaw Watermelon Tortilla Chips Dessert	2
5 Meatloaf Mashed Potatoes / Gravy Broccoli Normandy Garden Salad WW Roll Fruited Jell-O	6	7	8 Kielbasa with Peppers & Onions Roasted Potatoes Cucumber Salad Apple Slices Cornbread Cereal Bar	9
12 Cordon Bleu Casserole Garlic Green Beans Tossed Green Salad Fresh Fruit Dessert	13	14	15 Salmon with Dill Sauce Rice Pilaf Venetian Veggie Blend Spinach Salad Fruit Salad Dessert	16
19 Veggie Lasagna Caesar Salad Apricots Garlic Toast Dessert	20	21	22 Orange Glazed Chicken Steamed Rice Asian Vegetables Coleslaw Chilled Pineapple Egg Roll Dessert	23
26 CLOSED 	27	28	29 Chicken Burger Deluxe with Bacon & Swiss Jo Jo's Coleslaw Watermelon Dessert	30

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# CASHMERE/LEAVENWORTH

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509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>			1	2 Chicken Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Roll Dessert
5 Meatloaf Mashed Potatoes / Gravy Broccoli Normandy Garden Salad WW Roll Fruited Jell-O	6	7 Swiss Steak with a Tomato Sauce Shell Pasta Green Beans Tossed Salad Banana Dessert	8	9 Chili with Cheese Cucumber Slices Green Salad Cornbread Strawberry Shortcake
12 Cordon Bleu Casserole Garlic Green Beans Tossed Green Salad Fresh Fruit Dessert	13	14 Sloppy Joe Sandwich Jo Jo's Coleslaw Peaches Dessert	15	16 Stuffed Shells & Sauce Key West Veggies Caesar Salad Orange Quarters Dessert
19 Veggie Lasagna Caesar Salad Apricots Garlic Toast Dessert	20	21 Swedish Meatballs Egg Rolls Steamed Carrots Spiced Salad Fruit Cocktail Dessert	22	23 Cabbage Patch Stew Macaroni Salad Cucumber Salad Tropical Fruit Focaccia Bread Dessert
26 CLOSED 	27	28 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	29	30 Baked Ham Au Gratin Potatoes Chuck Wagon Corn Tossed Salad Applesauce WW Roll Dessert

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