



CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Dessert	2 Yankee Pot Roast Carrots & Potatoes Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookie	3 Honey Mustard Chicken Rice Pilaf Key West Veggies Spinach Salad Tropical Fruit WW Roll Dessert	4 Pizza Casserole Tossed Salad Spiced Pears Dessert	5 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert
8 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	9 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert	10 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	11 Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes WW Roll Dessert	12 Beef Gyro's (Yee-Roh's) Garlic Fries Greek Romaine Salad Apricots Dessert
15 Baked Ham Scalloped Potatoes Carrot Raisin Salad Pineapple WW Roll Cereal Bar	16 Egg Salad Sandwich Minestrone Soup Pea Salad Oregon Berries Angel Food Cake	17 Meatloaf Mashed Potatoes/Gravy Green Beans Tossed Salad Apple Wedges Biscuit Dessert	18 Teriyaki Chicken on Rice Asian Style Slaw Tropical Fruit Egg Roll Dessert	19 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert
22 Seafood Fettuccine Key West Veggies Spinach Salad Oregon Berries Dessert	23 Broccoli Chicken Bake Herbed Noodles Garden Salad Waldorf Salad Dessert	24 Country Fried Steak Mashed Potatoes Corn Tossed Green Salad Apricot Crisp	25 Tex Mex Beef Stew Cucumber Salad Mandarin Oranges Cornbread Dessert	26 Pork Roast Mac & Cheese Roasted Carrots Greek Salad Applesauce Dessert
29 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert	30 Calif. Chicken Casserole Spinach Salad Mandarin Oranges Cheesy Biscuit Dessert	<div style="border: 2px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Dessert	2	3	4 Pizza Casserole Tossed Salad Spiced Pears Dessert	5
8 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	9	10	11 Oven Fried Chicken Twice Bake Style Potatoes Chuck Wagon Corn Cuke & Tomato Salad Grapes WW Roll Dessert	12
15 Baked Ham Scalloped Potatoes Carrot Raisin Salad Pineapple WW Roll Cereal Bar	16	17	18 Teriyaki Chicken on Rice Asian Style Slaw Tropical Fruit Egg Roll Dessert	19
22 Seafood Fettuccine Key West Veggies Spinach Salad Oregon Berries Dessert	23	24	25 Tex Mex Beef Stew Cucumber Salad Mandarin Oranges Cornbread Dessert	26
29 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert	30	<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>		

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CASHMERE / LEAVENWORTH

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1 Pasta Primavera with Ham Caesar Salad Fresh Fruit Tray Dessert	2	3 Honey Mustard Chicken Rice Pilaf Key West Veggies Spinach Salad Tropical Fruit WW Roll Dessert	4	5 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert
8 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	9	10 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	11	12 Beef Gyro's (Yee-Roh) Garlic Fries Greek Romaine Salad Apricots Dessert
15 Baked Ham Scalloped Potatoes Carrot Raisin Salad Pineapple WW Roll Cereal Bar	16	17 Meatloaf Mashed Potatoes/Gravy Green Beans Tossed Salad Apple Wedges Biscuit Dessert	18	19 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Peaches Garlic Bread Dessert
22 Seafood Fettuccine Key West Veggies Spinach Salad Oregon Berries Dessert	23	24 Country Fried Steak Mashed Potatoes Corn Tossed Green Salad Apricot Crisp	25	26 Pork Roast Mac & Cheese Roasted Carrots Greek Salad Applesauce Dessert
29 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert	30	<div style="border: 2px solid black; padding: 5px; 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>		

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