




# CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 Chicken Taco Soup Veggie Tray Watermelon Corn Chips Dessert</p>	<p>2 Chicken Cordon Bleu Casserole w/Noodles Garlic Green Beans Tossed Green Salad Fresh Fruit Focaccia Bread Dessert</p>	<p>3 Pepper Steak on Rice Spinach Salad Cinnamon Pears] Garlic Bread Dessert</p>
<p>6 Vegetable Lasagna Caesar Salad Apricots Garlic Bread Dessert</p>	<p>7 Taco Salad Spanish Rice Fresh Salsa Fruit Cup Tortilla Chips Dessert</p>	<p>8 Sloppy Joe Sandwich Jo Jo's Coleslaw Peaches Dessert</p>	<p>9 Salmon with Dill Sauce Rice Pilaf Venetian Blend Veggies Spinach Salad Citrus Salad French Bread Dessert</p>	<p>10 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>
<p>13 Stuffed Shells w/Marinara Key West Veggies Spinach Salad Orange Quarters Dessert</p>	<p>14 Tuna Salad on Croissant Three Bean Salad Watermelon Grapes Dessert</p>	<p>15 Hamburger Steak with Grilled Onions Mashed Potatoes Green Beans Garden Salad WW Roll Fruit Ambrosia</p>	<p>16 Chicken Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Ross Dessert</p>	<p>17 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Apple Slices Cornbread Cereal Bar</p>
<p>20 Swedish Meatballs Egg Noodles Steamed Carrots Spiced Salad Cherries &amp; Pineapple Dessert</p>	<p>21 Biscuits &amp; Gravy Potatoes O'Brien V-8 Juice Grapes Dessert</p>	<p>22 Baked Ham Au Gratin Potatoes Chuck Wagon Corn Tossed Salad Applesauce WW Roll Dessert</p>	<p>23 Chicken Burger Deluxe with Bacon &amp; Swiss Jo Jo's Coleslaw Watermelon Dessert</p>	<p>24 Spaghetti &amp; Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert</p>
<p>27 CLOSED </p>	<p>28 Bacon &amp; Egg Salad Sand- wich on a Croissant Spinach Salad Orange Quarters Dessert</p>	<p>29 Meatloaf &amp; Gravy Mashed Potatoes Broccoli Normandy Garden Salad WW Roll Fruited Jell-O</p>	<p>30 BBQ Chicken Macaroni Salad Carrot Coins Spring Salad Strawberry Shortcake</p>	<p>31 Supreme Style Pizza Garden Salad Waldorf Salad Dessert</p>

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




Established 1975



# ENTIAT

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509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 Chicken Cordon Bleu Casserole w/Noodles Garlic Green Beans Tossed Green Salad Fresh Fruit Focaccia Bread Dessert	3
<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>				
6 Vegetable Lasagna Caesar Salad Apricots Garlic Bread Dessert	7	8	9 Salmon with Dill Sauce Rice Pilaf Venetian Blend Veggies Spinach Salad Citrus Salad French Bread Dessert	10
13 Stuffed Shells w/Marinara Key West Veggies Spinach Salad Orange Quarters Dessert	14	15	16 Chicken Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Ross Dessert	17
20 Swedish Meatballs Egg Noodles Steamed Carrots Spiced Salad Cherries & Pineapple Dessert	21	22	23 Chicken Burger Deluxe with Bacon & Swiss Jo Jo's Coleslaw Watermelon Dessert	24
27 CLOSED 	28	29	30 BBQ Chicken Macaroni Salad Carrot Coins Spring Salad Strawberry Shortcake	31

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# CASHMERE / LEAVENWORTH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>		<p>1 Chicken Taco Soup Veggie Tray Watermelon Corn Chips Dessert</p>	<p>2</p>	<p>3 Pepper Steak on Rice Spinach Salad Cinnamon Pears] Garlic Bread Dessert</p>
<p>6 Vegetable Lasagna Caesar Salad Apricots Garlic Bread Dessert</p>	<p>7</p>	<p>8 Sloppy Joe Sandwich Jo Jo's Coleslaw Peaches Dessert</p>	<p>9</p>	<p>10 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>
<p>13 Stuffed Shells w/Marinara Key West Veggies Spinach Salad Orange Quarters Dessert</p>	<p>14</p>	<p>15 Hamburger Steak with Grilled Onions Mashed Potatoes Green Beans Garden Salad WW Roll Fruit Ambrosia</p>	<p>16</p>	<p>17 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Apple Slices Cornbread Cereal Bar</p>
<p>20 Swedish Meatballs Egg Noodles Steamed Carrots Spiced Salad Cherries &amp; Pineapple Dessert</p>	<p>21</p>	<p>22 Baked Ham Au Gratin Potatoes Chuck Wagon Corn Tossed Salad Applesauce WW Roll Dessert</p>	<p>23</p>	<p>24 Spaghetti &amp; Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert</p>
<p>27    CLOSED</p> 	<p>28</p>	<p>29 Meatloaf &amp; Gravy Mashed Potatoes Broccoli Normandy Garden Salad WW Roll Fruited Jell-O</p>	<p>30</p>	<p>31 Supreme Style Pizza Garden Salad Waldorf Salad Dessert</p>

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