



CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-470-0522 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>				
3 Country Fried Steak Mashed Potatoes / Gravy Green Beans Orange Quarters WW Roll Dessert	4 SALAD BAR Crunchy Chicken Salad on a Bed of Greens Pasta Salad Pickled Beets Strawberries on Angel Food Cake	5 Hungarian Goulash Steamed Carrots Caesar Salad Pears Garlic Bread Dessert	6 Ham Sandwich Loaded Potato Soup Waldorf Salad Grapes Dessert	7 Philly Steak Sandwich Jo Jo's 49'er Chopped Salad Fresh Fruit Dessert
10 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke & Tomato Salad Pears Dessert	11 Chef's Salad Fresh Fruit WW Roll Dessert	12 Salisbury Steak Mashed Potatoes/Gravy Green Beans Fruit Cocktail WW Roll Cereal Bar	13 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Dessert	14 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert
17 Hot Dog Coleslaw Three Bean Salad Fruit Salad Dessert	18 Stuffed Peppers Chopped Salad WW Roll Cherry Crisp	19 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake	20 Roast Beef Mashed Potatoes Buttered Corn Tossed Salad Sliced Pears WW Roll Dessert	21 Lemon Pepper Fish Pesto Pasta Chalet Veggie Blend Spiced Salad Chilled Peaches Garlic Bread Dessert
24 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Salad Pineapple & Cherries Egg Roll Dessert	25 Chicken Caesar Salad Tortellini Soup Apples & Grapes Cheesy Garlic Toast Dessert	26 Tater Tot Casserole Tossed Green Salad Tropical Fruit WW Roll Rice Krispies Treats	27 Chicken Parmesan Pasta Key West Veggies Cuke & Tomato Salad Apricots Dessert	28 Cheeseburger Deluxe Sweet Potato Waffle Fries Pea Salad Apple Celery Salad Dessert

Visit our website at www.octn.org . Follow us on Facebook!

Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840

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ENTIAT

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Suggested donation for seniors over age 60 is \$5.00
FEE for persons under age 60 is \$12.00

3
Country Fried Steak
Mashed Potatoes / Gravy
Green Beans
Orange Quarters
WW Roll
Dessert

4

5

6
Ham Sandwich
Loaded Potato Soup
Waldorf Salad
Grapes
Dessert

7

10
Chicken Enchiladas
Spanish Rice
Baja Veggie Blend
Cuke & Tomato Salad
Pears
Dessert

11

12

13
Mac & Cheese with Ham
Peas & Carrots
Tossed Green Salad
Mixed Berries
Dessert

14

17
Hot Dog
Coleslaw
Three Bean Salad
Fruit Salad
Dessert

18

19

20
Roast Beef
Mashed Potatoes
Buttered Corn
Tossed Salad
Sliced Pears
WW Roll
Dessert

21

24
Sweet & Sour Pork
Steamed Rice
Oriental Veggies
Asian Salad
Pineapple & Cherries
Egg Roll
Dessert

25

26

27
Chicken Parmesan
Pasta
Key West Veggies
Cuke & Tomato Salad
Apricots
Dessert

28

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CASHMERE / LEAVENWORTH

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509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>				
3 Country Fried Steak Mashed Potatoes / Gravy Green Beans Orange Quarters WW Roll Dessert	4	5 Hungarian Goulash Steamed Carrots Caesar Salad Pears Garlic Bread Dessert	6	7 Philly Steak Sandwich Jo Jo's 49'er Chopped Salad Fresh Fruit Dessert
10 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke & Tomato Salad Pears Dessert	11	12 Salisbury Steak Mashed Potatoes/Gravy Green Beans Fruit Cocktail WW Roll Cereal Bar	13	14 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert
17 Hot Dog Coleslaw Three Bean Salad Fruit Salad Dessert	18	19 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake	20	21 Lemon Pepper Fish Pesto Pasta Chalet Veggie Blend Spiced Salad Chilled Peaches Garlic Bread Dessert
24 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Salad Pineapple & Cherries Egg Roll Dessert	25	26 Tater Tot Casserole Tossed Green Salad Tropical Fruit WW Roll Rice Krispies Treats	27	28 Cheeseburger Deluxe Sweet Potato Waffle Fries Pea Salad Apple Celery Salad Dessert

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Established 1975