

CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lasagna with Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	2 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	3 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert	4 CLOSED	5 Fish & Chips Coleslaw Peaches French Bread Dessert
8 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	9 Sweet & Sour Meatballs Oriental Vegetables Steamed Rice Tropical Fruit Egg Roll Dessert	10 Hamburger Steak with Grilled Onions & Gravy Mashed Potatoes Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookie	11 Deluxe Turkey Sandwich Potato Salad Three Bean Salad Fresh Fruit Dessert	12 Kielbasa with Peppers & Onions Macaroni Salad Spinach Salad Watermelon Cornbread Dessert
15 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	16 Cheeseburger Deluxe Potato Salad Pea Salad Watermelon Dessert	17 Chicken Enchiladas Seasoned Rice Coleslaw Cucumber Salad Mandarin Oranges Dessert	18 Pizza Supreme—2 Slices Tossed Salad Pears Dessert	19 Baked Fish Fillet Herbed Fettuccine Peas Cabbage & Apple Slaw Mixed Berries Angel Food Cake
22 Country Fried Steak Mashed Potatoes & Gravy Trio Vegetables Rossed Salad Peaches WW Roll Dessert	23 Chef's Salad Mixed Melons WW Roll Cereal Bars	24 Beef Tacos Spanish Rice Mexican Slaw Cinnamon Pears Dessert	25 Chicken Fettuccine Carrots Spring Salad Fresh Fruit Dessert	26 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert
29 Breakfast Casserole Hash Browns Juice Strawberries & Bananas Muffin	30 Hot Dog Potato Salad Pea Salad Strawberry Shortcake	31 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	Suggested donation for s	seniors over age 60 is \$5.00 ge 60 is \$12.00

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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 Lasagna with Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	2	3	4 CLOSED	5
8 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	9	10	11 Deluxe Turkey Sandwich Potato Salad Three Bean Salad Fresh Fruit Dessert	12
15 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	16	17	18 Pizza Supreme—2 Slices Tossed Salad Pears Dessert	19
22 Country Fried Steak Mashed Potatoes & Gravy Trio Vegetables Rossed Salad Peaches WW Roll Dessert	23	24	25 Chicken Fettuccine Carrots Spring Salad Fresh Fruit Dessert	26
29 Breakfast Casserole Hash Browns Juice Strawberries & Bananas Muffin	30	31	Suggested donation for se FEE for persons under age	

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CASHMERE / LEAVENWORTH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lasagna with Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	2	3 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert	4 CLOSED	5 Fish & Chips Coleslaw Peaches French Bread Dessert
8 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	9	10 Hamburger Steak with Grilled Onions & Gravy Mashed Potatoes Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookie	11	12 Kielbasa with Peppers & Onions Macaroni Salad Spinach Salad Watermelon Cornbread Dessert
15 Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookie	16	17 Chicken Enchiladas Seasoned Rice Coleslaw Cucumber Salad Mandarin Oranges Dessert	18	19 Baked Fish Fillet Herbed Fettuccine Peas Cabbage & Apple Slaw Mixed Berries Angel Food Cake
22 Country Fried Steak Mashed Potatoes & Gravy Trio Vegetables Rossed Salad Peaches WW Roll Dessert	23	24 Beef Tacos Spanish Rice Mexican Slaw Cinnamon Pears Dessert	25	26 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert
29 Breakfast Casserole Hash Browns Juice Strawberries & Bananas Muffin	30	31 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	Suggested donation for FEE for persons under a	seniors over age 60 is \$5.00 ge 60 is \$12.00

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