2025 January

CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for ser FEE for persons under age		1 CLOSED	2 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	3 Crispy Fish Fillet Rosemary Potatoes Pea Salad Apple Slices WW Bread Dessert
6 Meatloaf Mashed Potatoes / Gravy Buttered Corn Green Salad Peaches WW Roll Dessert	7 Corn Chowder BLT Sandwich 3 Bean Salad Tropical Fruit Dessert	8 Pizza Casserole Tossed Salad Waldorf Salad Dessert	9 Cheeseburger Deluxe Sweet Potato Waffle Fries Coleslaw Orange Quarters Dessert	10 Swedish Meatballs Steamed Carrots Caesar Salad Fruit Cocktail Dessert
13 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Apple Wedges Biscuit Cereal Bars	14 BBQ Rib Sandwich Mac & Cheese Green Beans Carrot Raisin Salad Mandarin Oranges Dessert	15 Chili with Cheese 1/2 Baked Potato Tossed Salad Apricots Cornbread Dessert	16 Chicken & Wild Rice Bake Asparagus Coleslaw Tropical Fruit WW Roll Dessert	17 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Mixed Greens Salad Fruit Salad Biscuit Dessert
20 CLOSED MARTIN LUTHER KING DAY shutterstock · 356091257	21 Oven Fried Chicken Potato Casserole Trio Vegetables Spiced Salad Chilled Pears WW Roll Dessert	22 Salisbury Steak Mashed Potatoes/Gravy Steamed Carrots Mixed Greens Salad WW Roll Peach Cobbler	23 French Dip Sandwich Jo Jo's Pickled Beets Fruit Cocktail Dessert	24 Pork Loin Roast Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert
27 Lasagna w/Meat Sauce Caesar Salad Fruit Cocktail Dessert	28 Cabbage Patch Stew Whole Grain Crackers Tossed Salad Pineapple WW Roll Dessert	29 Cordon Bleu Casserole Rice Pilaf Steamed Carrots Broccoli Salad Grapes WW Roll Dessert	30 Beef Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert	31 Fish Sandwich Jo Jo's Coleslaw Banana Dessert

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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



2025 January

ENTIAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for ser FEE for persons under age		1 CLOSED	2 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	3
6 Meatloaf Mashed Potatoes / Gravy Buttered Corn Green Salad Peaches WW Roll Dessert	7	8	9 Cheeseburger Deluxe Sweet Potato Waffle Fries Coleslaw Orange Quarters Dessert	10
13 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Apple Wedges Biscuit Cereal Bars	14	15	16 Chicken & Wild Rice Bake Asparagus Coleslaw Tropical Fruit WW Roll Dessert	17
20 CLOSED MARTIN LUTHER KING DAY shutterstock · 356091257	21	22	23 French Dip Sandwich Jo Jo's Pickled Beets Fruit Cocktail Dessert	24
27 Lasagna w/Meat Sauce Caesar Salad Fruit Cocktail Dessert	28	29	30 Beef Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert	OCTN MISSION NUTRITION!

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2025 January

CASHMERE / LEAVENWORTH

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for ser FEE for persons under age	_	1 CLOSED	2	3 Crispy Fish Fillet Rosemary Potatoes Pea Salad Apple Slices WW Bread Dessert
6 Meatloaf Mashed Potatoes / Gravy Buttered Corn Green Salad Peaches WW Roll Dessert	7	8 Pizza Casserole Tossed Salad Waldorf Salad Dessert	9	10 Swedish Meatballs Steamed Carrots Caesar Salad Fruit Cocktail Dessert
13 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Apple Wedges Biscuit Cereal Bars	14	15 Chili with Cheese 1/2 Baked Potato Tossed Salad Apricots Cornbread Dessert	16	17 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Mixed Greens Salad Fruit Salad Biscuit Dessert
20 CLOSED MARTIN LUTHER KING DAY shutterstock - 356091257	21	22 Salisbury Steak Mashed Potatoes/Gravy Steamed Carrots Mixed Greens Salad WW Roll Peach Cobbler	23	24 Pork Loin Roast Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert
27 Lasagna w/Meat Sauce Caesar Salad Fruit Cocktail Dessert	28	29 Cordon Bleu Casserole Rice Pilaf Steamed Carrots Broccoli Salad Grapes WW Roll Dessert	30	Fish Sandwich Jo Jo's Coleslaw Banana Dessert

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