

2025



CHELAN

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 Chicken Strips Sweet Potato Fries Coleslaw Tropical Fruit WW Roll Rice Krispies Treats</p>	<p>2 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert</p>	<p>3 California Chicken Casserole Spinach Salad Mandarin Oranges Dessert</p>	<p>4 Lemon Baked Fish Pasta Chalet Vegetables Coleslaw Tropical Fruit Dessert</p>
<p>7 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad WW Roll Dessert</p>	<p>8 Ham & Bean Soup Cottage Cheese Peaches Cuke & Tomato Salad Orange Quarters Biscuit Dessert</p>	<p>9 Teriyaki Chicken on Rice Asian Style Slaw Pineapple Egg Roll Dessert</p>	<p>10 Tex Mex Beef Stew Cucumber Salad Chilled Pears Cornbread Dessert</p>	<p>11 Pasta Primavera w/Ham Caesar Salad Fresh Fruit Tray Dessert</p>
<p>14 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>15 Egg Salad Sandwich Minestrone Soup Oregon Berries Dessert</p>	<p>16 Shepherd's Pie Tossed Salad Peaches WW Roll Oatmeal Cookies</p>	<p>17 Pork Roast Mashed Potatoes / Gravy Roasted Carrots Applesauce Bread Pudding</p>	<p>18 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien Juice Fresh Fruit Muffin</p>
<p>21 Baked Ham Scalloped Potatoes Carrot / Raisin Salad Chilled Pears WW Roll Rice Krispies Treats</p>	<p>22 Oven Fried Chicken Stuffing & Gravy Green Beans Cuke/Tomato Salad Grapes Dessert</p>	<p>23 Sausage, Broccoli and Swiss Cheese Quiche Spinach Salad Fresh Fruit Muffin</p>	<p>24 Yankee Pot Roast Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies</p>	<p>25 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>
<p>27 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert</p>	<p>29 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert</p>	<p>30 Cheeseburger Deluxe Garlic Fries Apricots Dessert</p>	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>	

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



2025



ENTIAT

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509-470-0522 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2	3 California Chicken Casserole Spinach Salad Mandarin Oranges Dessert	4
7 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad WW Roll Dessert	8	9	10 Tex Mex Beef Stew Cucumber Salad Chilled Pears Cornbread Dessert	11
14 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	15	16	17 Pork Roast Mashed Potatoes / Gravy Roasted Carrots Applesauce Bread Pudding	18
21 Baked Ham Scalloped Potatoes Carrot / Raisin Salad Chilled Pears WW Roll Rice Krispies Treats	22	23	24 Yankee Pot Roast Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies	25
27 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	29	30	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>	

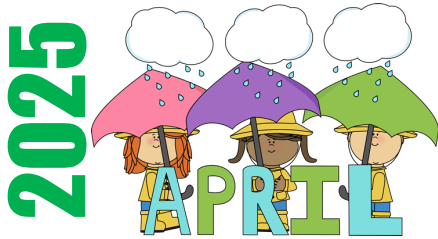
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Established 1975



CASHMERE/LEAVENWORTH

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509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert	3	4 Lemon Baked Fish Pasta Chalet Vegetables Coleslaw Tropical Fruit Dessert
7 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad WW Roll Dessert	8	9 Teriyaki Chicken on Rice Asian Style Slaw Pineapple Egg Roll Dessert	10	11 Pasta Primavera w/Ham Caesar Salad Fresh Fruit Tray Dessert
14 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	15	16 Shepherd's Pie Tossed Salad Peaches WW Roll Oatmeal Cookies	17	18 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien Juice Fresh Fruit Muffin
21 Baked Ham Scalloped Potatoes Carrot / Raisin Salad Chilled Pears WW Roll Rice Krispies Treats	22	23 Sausage, Broccoli and Swiss Cheese Quiche Spinach Salad Fresh Fruit Muffin	24	25 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Style Slaw Mandarin Oranges Egg Roll Dessert
27 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	29	30 Cheeseburger Deluxe Garlic Fries Apricots Dessert	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>	

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