



CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED 	3 Roast Beef Mashed Potatoes & Gravy Mixed Vegetables Caesar Salad Apple Crisp	4 Fish Sandwich Deluxe Three Bean Salad Coleslaw Fruit Tray Dessert	5 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert	6 Chicken Fried Steak Mashed Potatoes & Gravy Buttered Corn Garden Salad Peaches Dessert
9 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert	10 French Dip Potato Salad Pea Salad Peaches Dessert	11 Chicken Florentine over Pasta Tossed Green Salad Fresh Fruit Dessert	12 Sloppy Joe's Jo Jo's Cuke / Watermelon Salad Waldorf Salad Dessert	13 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert
16 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert	17 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar	18 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert	19 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad Fruit Ambrosia	20 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar
23 Chili Green Salad Corn & Tomato Salad Pears Cornbread Dessert	24 Scrambled Eggs with Ham and Cheese Hash Brown Potatoes Juice Fresh Fruit Biscuit	25 Pizza Casserole Caesar Salad Apple Wedges Dessert	26 BBQ Chicken Green Beans Spinach Salad Pineapple Rings French Bread Dessert	27 Hot Turkey Sandwich Mashed Potatoes & Gravy Buttered Peas Peaches Oatmeal Cookies
30 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			

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





ENTIAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED 	3	4	5 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert	6
9 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert	10	11	12 Sloppy Joe's Jo Jo's Cuke / Watermelon Salad Waldorf Salad Dessert	13
16 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert	17	18	19 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad Fruit Ambrosia	20
23 Chili Green Salad Corn & Tomato Salad Pears Cornbread Dessert	24	25	26 BBQ Chicken Green Beans Spinach Salad Pineapple Rings French Bread Dessert	27
30 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	<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>			

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





CASHMERE / LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED 	3	4 Fish Sandwich Deluxe Three Bean Salad Coleslaw Fruit Tray Dessert	5	6 Chicken Fried Steak Mashed Potatoes & Gravy Buttered Corn Garden Salad Peaches Dessert
9 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert	10	11 Chicken Florentine over Pasta Tossed Green Salad Fresh Fruit Dessert	12	13 Mac & Cheese with Bacon Peas & Carrots Green Salad Tropical Fruit Dessert
16 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert	17	18 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert	19	20 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar
23 Chili Green Salad Corn & Tomato Salad Pears Cornbread Dessert	24	25 Pizza Casserole Caesar Salad Apple Wedges Dessert	26	27 Hot Turkey Sandwich Mashed Potatoes & Gravy Buttered Peas Peaches Oatmeal Cookies
30 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert		<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

