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FEBRUARY

CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>				
<p>3 Meatloaf Mashed Potatoes/Gravy Green Beans Chilled Pears WW Roll Oatmeal Cookie</p>	<p>4 Biscuits & Gravy Oven Brown Potatoes Juice Fresh Fruit Muffin</p>	<p>5 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Pineapple Garlic Bread Dessert</p>	<p>6 Chicken Burger Deluxe Jo Jo's Coleslaw Orange Quarters Dessert</p>	<p>7 Italian Rice & Beef Caesar Salad Apple Slices Dessert</p>
<p>10 Hot Turkey Sandwich Mashed Potatoes/Gravy Broccoli Normandy Cranberry Salad WW Roll Dessert</p>	<p>11 Bacon & Egg Salad on a Croissant Vegetable Soup Cucumber Slices Dessert</p>	<p>12 Spaghetti & Meat Sauce Cinnamon Pears Caesar Salad Garlic Bread Dessert</p>	<p>13 Roast Beef 1/2 Baked Potato Green Beans Spinach Salad WW Roll Fruit Ambrosia</p>	<p>14 Chicken Florentine Garden Salad Fresh Fruit Dessert</p>
<p>17 CLOSED</p> 	<p>18 Supreme Style Pizza Caesar Salad Fruit Salad Dessert</p>	<p>19 Sweet & Sour Chicken Steamed Rice Asian Vegetables Spiced Salad Mandarin Oranges Egg Roll Dessert</p>	<p>20 Chicken Chili Spinach Salad Peaches Corn Bread Dessert</p>	<p>21 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Orange Quarters Dessert</p>
<p>24 Ham Steak Scalloped Potatoes Spinach Salad Pineapple WW Roll Tapioca Pudding</p>	<p>25 BBQ Chicken Jo Jo's Spiced Salad Tropical Fruit WW Roll Oatmeal Cookie</p>	<p>26 Beef Stroganoff Green Beans Tossed Green Salad Apples & Grapes Dessert</p>	<p>27 Pepper Steak Steamed Rice Garden Salad Cinnamon Pears Egg Roll Dessert</p>	<p>28 Cheese Ravioli with Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</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



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ENTIAT

PLEASE CALL 509-888-4440 TO RESERVE MEALS
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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FEE for persons under age 60 is \$12.00



3
Meatloaf
Mashed Potatoes/Gravy
Green Beans
Chilled Pears
WW Roll
Oatmeal Cookie

4

5

6
Chicken Burger Deluxe
Jo Jo's
Coleslaw
Orange Quarters
Dessert

7

10
Hot Turkey Sandwich
Mashed Potatoes/Gravy
Broccoli Normandy
Cranberry Salad
WW Roll
Dessert

11

12

13
Roast Beef
1/2 Baked Potato
Green Beans
Spinach Salad
WW Roll
Fruit Ambrosia

14



18

19

20
Chicken Chili
Spinach Salad
Peaches
Corn Bread
Dessert

21

24
Ham Steak
Scalloped Potatoes
Spinach Salad
Pineapple
WW Roll
Tapioca Pudding

25

26

27
Pepper Steak
Steamed Rice
Garden Salad
Cinnamon Pears
Egg Roll
Dessert

28

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CASHMERE/LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS
509-470-0522 FOR HOME DELIVERED MEALS

MONDAY

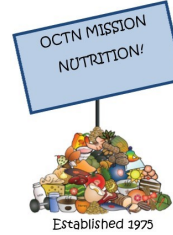
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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



3
Meatloaf
Mashed Potatoes/Gravy
Green Beans
Chilled Pears
WW Roll
Oatmeal Cookie

4

5
Teriyaki Beef
Steamed Rice
Oriental Vegetables
Spinach Salad
Pineapple
Garlic Bread
Dessert

6

7
Italian Rice & Beef
Caesar Salad
Apple Slices
Dessert

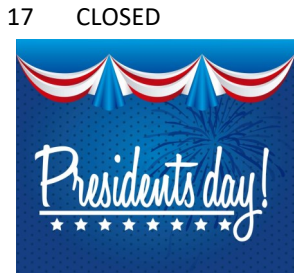
10
Hot Turkey Sandwich
Mashed Potatoes/Gravy
Broccoli Normandy
Cranberry Salad
WW Roll
Dessert

11

12
Spaghetti & Meat Sauce
Cinnamon Pears
Caesar Salad
Garlic Bread
Dessert

13

14
Chicken Florentine
Garden Salad
Fresh Fruit
Dessert



18

19
Sweet & Sour Chicken
Steamed Rice
Asian Vegetables
Spiced Salad
Mandarin Oranges
Egg Roll
Dessert

20

21
Lemon Baked Fish
Pesto Pasta
Asparagus
Green Salad
Orange Quarters
Dessert

24
Ham Steak
Scalloped Potatoes
Spinach Salad
Pineapple
WW Roll
Tapioca Pudding

25

26
Beef Stroganoff
Green Beans
Tossed Green Salad
Apples & Grapes
Dessert

27

28
Cheese Ravioli with
Meat Sauce
Caesar Salad
Apricots
Garlic Bread
Dessert

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