



CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Stuffed Cabbage Rolls 7 Layer Salad Tropical Fruit Oatmeal Cookies</p>	<p>3 Bacon Cheeseburger Sweet Potato Fries Three Bean Salad Sliced Pears Dessert</p>	<p>4 Chicken Enchiladas Spanish Rice Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert</p>	<p>5 Harvest Stew Coleslaw Peaches Cornbread Monster Cookies</p>	<p>6 Meatloaf Mashed Potatoes / Gravy Trio Veggies Garden Salad WW Roll Fruited Jell-O</p>
<p>9 Mac & Cheese w/Bacon Peas & Carrots Tossed Green Salad Mixed Berries Dessert</p>	<p>10 7 Can Taco Soup Tortilla Chips Mexi Style Slaw Peaches Mozzarella Breadtlick Dessert</p>	<p>11 Salisbury Steak Mashed Potatoes/Gravy Trio Vegetables Carrot Raisin Salad WW Roll Fruit Cobbler</p>	<p>12 Ham & Cheese Quiche Steamed Broccoli Garden Salad Orange Quarters Blueberry Muffin</p>	<p>13 Lemon Pepper Fish Roasted Red Potatoes Chuck Wagon Corn Coleslaw Chilled Peaches Garlic Bread Dessert</p>
<p>16 Lasagna Key West Veggies Caesar Salad Pears Garlic Bread Dessert</p>	<p>17 Turkey & Cheese Sandwich Corn Chowder Fresh Fruit Tray Dessert</p>	<p>18 BBQ Meatballs Macaroni Salad Italian Vegetables Tossed Salad Fruit Cocktail Dessert</p>	<p>19 Chicken & Rice Bake California Blend Veggies Greek Salad Applesauce Garlic Bread Dessert</p>	<p>20 Beef Stroganoff Green Beans Mixed Greens Salad Chilled Peaches Dessert</p>
<p>23 Chicken Lo Mein Asian Style Slaw Mandarin Oranges Egg Roll Fortune Cookies</p>	<p>24 CLOSED</p> 		<p>26 Baked Ham Scalloped Potatoes Chopped Salad Pineapple & Cherries WW Roll Rice Krispies Treats</p>	<p>27 Turkey Noodle Soup Tossed Salad Fresh Fruit Tray Mozzarella Bread Stick Dessert</p>
<p>30 Sweet & Sour Chicken Steamed Rice Stir Fry Vegetables Asian Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>31 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special 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



Suggested donation for seniors over age 60 is \$5.00

FEE for persons under age 60 is \$12.00



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CASHMERE / LEAVENWORTH

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