



CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Garlic Bread Dessert</p>	<p>2 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Dessert</p>	<p>3 Yankee Pot Roast Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars</p>	<p>4 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert</p>
<p>7 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert</p>	<p>8 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert</p>	<p>9 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>10 Vegetarian Chili Tossed Salad Fruit Salad Cornbread Cereal Bar</p>	<p>11 Teriyaki Beef on Rice Garlic Green Beans Green Salad Pineapple Tidbits WW Roll Dessert</p>
<p>14 Ham Wild Rice Green Beans Spinach Salad Orange Quarters WW Roll Dessert</p>	<p>15 Personal Size Omelets Potatoes O'Brien V-8 Juice Fresh Fruit Cereal Bar Blueberry Muffin</p>	<p>16 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert</p>	<p>17 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert</p>	<p>18 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Apple Wedges Dessert</p>
<p>21 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>22 Pork Roast Stuffing & Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert</p>	<p>23 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert</p>	<p>24 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert</p>	<p>25 Fish & Chips Coleslaw Grapes Rice Krispies Treats</p>
<p>28 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp</p>	<p>29 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Bread or Roll Dessert</p>	<p>30 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp</p>	<p>31 Bacon, Mushroom and Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots Muffin</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



ENTIAT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Yankee Pot Roast Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	4
7 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	8	9	10 Vegetarian Chili Tossed Salad Fruit Salad Cornbread Cereal Bar	11
14 Ham Wild Rice Green Beans Spinach Salad Orange Quarters WW Roll Dessert	15	16	17 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert	18
21 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	22	23	24 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	25
28 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp	29	30	31 Bacon, Mushroom and Swiss Cheese Quiche Steamed Broccoli Tossed Salad Apricots Muffin	

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



CASHMERE / LEAVENWORTH

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Dessert	3	4 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert
7 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	8	9 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	10	11 Teriyaki Beef on Rice Garlic Green Beans Green Salad Pineapple Tidbits WW Roll Dessert
14 Ham Wild Rice Green Beans Spinach Salad Orange Quarters WW Roll Dessert	15	16 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	17	18 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Apple Wedges Dessert
21 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	22	23 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert	24	25 Fish & Chips Coleslaw Grapes Rice Krispies Treats
28 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp	29	30 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp	31	

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