



CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 3 Meatloaf Mashed Potatoes / Gravy Green Beans Applesauce WW Roll Oatmeal Cookie | 4 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert | 5 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexi Slaw Mandarin Oranges Dessert | 6 BBQ Riblets Mac & Cheese Green Beans Cabbage / Apple Slaw Orange Quarters Dessert | 7 Cheeseburger Pie Pea Salad Fruit Tray Dessert |
| 10 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats | 11 Broccoli, Bacon and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin | 12 Chicken Fettuccine Steamed Carrots Spinach Sala Tropical Fruit Dessert | 13 Salisbury Steak with Mushroom Gravy Egg Noodles Buttered Carrots Spiced Salad Pears Dessert | 14 Baked Fish Rice Pilaf Normandy Veggies Tossed Salad Apple Celery Salad Garlic Bread Dessert |
| 17 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert | 18 Roast Beef Mashed Potatoes Trio Vegetables Broccoli Salad Mixed Berries WW Roll Dessert | 19 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert | 20 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert | 21 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple WW Roll Dessert |
| 24 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Salad WW Roll Apple Crisp | 25 Salmon with Dill Sauce Garlic / Parmesan Pasta Chalet Veggie Blend Garden Salad Waldorf Salad Dessert | 26 Beef Tacos Spanish Rice Fresh Salsa Mandarin Oranges Dessert | 27 Baked Chicken Wild Rice Roasted Squash Three Bean Salad Peaches Bread Pudding | 28 Scrambled Eggs Sausage Patty Potatoes O'Brien Juice Peaches Cereal Bar Muffin |
| 31 Veggie Lasagna Caesar Salad Cinnamon Pears 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
509-470-0522 FOR HOME DELIVERED MEALS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|-----------|---|--------|
| 3 Meatloaf Mashed Potatoes / Gravy Green Beans Applesauce WW Roll Oatmeal Cookie | 4 | 5 | 6 BBQ Riblets Mac & Cheese Green Beans Cabbage / Apple Slaw Orange Quarters Dessert | 7 |
| 10 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats | 11 | 12 | 13 Salisbury Steak with Mushroom Gravy Egg Noodles Buttered Carrots Spiced Salad Pears Dessert | 14 |
| 17 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert | 18 | 19 | 20 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert | 21 |
| 24 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Salad WW Roll Apple Crisp | 25 | 26 | 27 Baked Chicken Wild Rice Roasted Squash Three Bean Salad Peaches Bread Pudding | 28 |
| 31 Veggie Lasagna Caesar Salad Cinnamon Pears 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 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

509-470-0522 FOR HOME DELIVERED MEALS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|----------|---|
| 3 Meatloaf Mashed Potatoes / Gravy Green Beans Applesauce WW Roll Oatmeal Cookie | 4 | 5 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexi Slaw Mandarin Oranges Dessert | 6 | 7 Cheeseburger Pie Pea Salad Fruit Tray Dessert |
| 10 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats | 11 | 12 Chicken Fettuccine Steamed Carrots Spinach Sala Tropical Fruit Dessert | 13 | 14 Baked Fish Rice Pilaf Normandy Veggies Tossed Salad Apple Celery Salad Garlic Bread Dessert |
| 17 Rueben Sandwich Jo Jo's Spiced Salad Mandarin Oranges Dessert | 18 | 19 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert | 20 | 21 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple WW Roll Dessert |
| 24 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Salad WW Roll Apple Crisp | 25 | 26 Beef Tacos Spanish Rice Fresh Salsa Mandarin Oranges Dessert | 27 | 28 Scrambled Eggs Sausage Patty Potatoes O'Brien Juice Peaches Cereal Bar Muffin |
| 31 Veggie Lasagna Caesar Salad Cinnamon Pears Garlic Bread Dessert | <div style="border: 2px solid black; padding: 5px; 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



Established 1975