




CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>			<p>1 BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Apple Crisp</p>	<p>2 Beef Stew Spinach Salad Fruit Cocktail Biscuit Cereal Bar</p>
<p>5 Teriyaki Beef Rice Oriental Vegetables Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>6 Chicken Parmesan Pasta Marinara Steamed Broccoli 7 Layer Salad Berry Crisp</p>	<p>7 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Peaches Dessert</p>	<p>8 White Bean Chicken Chili Corn Chips Spinach Salad Chilled Pears Cornbread Dessert</p>	<p>9 Lemon Baked Fish Wild Rice Asparagus Green Salad Orange Quarters Focaccia Bread Dessert</p>
<p>12 Hamburger Steak with Grilled Onions Twice Bake Style Potato Casserole Trio Veggies Garden Salad Apple Crisp</p>	<p>13 Veggie Tortellini Soup String Cheese 7 Layer Salad Pears Bread Stick Dessert</p>	<p>14 Hot Turkey Sandwich Mashed Potatoes Green Beans Cranberry Salad WW Roll Pumpkin Pie</p>	<p>15 Chicken Fajitas Southwest Salad Tropical Fruit Dessert</p>	<p>16 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>
<p>19 CLOSED</p> 	<p>20 Roast Beef 1/2 Baked Potato Buttered Corn Spinach Salad WW Roll Fruit Ambrosia</p>	<p>21 Biscuits & Gravy Oven Brown Potatoes Juice Fresh Fruit Dessert</p>	<p>22 Chicken Fettuccine Zucchini Tomato Bake Greek Salad Fruit Salad Dessert</p>	<p>23 Pepper Steak Rice Garden Salad Cinnamon Pears WW Roll Dessert</p>
<p>26 Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad WW Roll Peach Crisp</p>	<p>27 Chicken Burger Deluxe Sweet Potato Fries Coleslaw Waldorf Salad Dessert</p>	<p>28 Beef Taco Pie Baja Veggie Blend Garden Salad Spiced Applesauce Dessert</p>	<p>29 Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Garlic Bread Dessert</p>	 <p>Established 1975</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