



# CHELAN

PLEASE CALL 509-888-4440 TO RESERVE MEALS  
509-826-7979 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			1 BBQ Chicken Macaroni Salad Veggie Tray Mixed Greens Salad Berry Shortcake	2 Beef Stir Fry Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert
5 Cheeseburger Deluxe Three Bean Salad Coleslaw Peaches Dessert	6 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert	7 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar	8 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears WW Bread Oatmeal Cookies	9 Tuna Noodle Casserole Peas & Carrots Mixed Greens Salad Orange Quarters Dessert
12 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	13 Bacon & Egg Salad Sand- wich on a Croissant Vegetable Tray Pea Salad Orange Quarters Dessert	14 Cheese Stuffed Shells with Alfredo Sauce Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	15 Meatloaf Potatoes & Gravy Green Beans WW Roll Mixed Berries Angel Food Cake	16 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail Dessert
19 Chicken Cordon Blue Cas- serole on Noodles Peas Garden Salad Apple Wedges Dessert	20 Beef Gyro's (Yee-roh) Garlic Fries Greek Romaine Salad Mixed Melons Dessert	21 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce Dessert	22 Chicken Strips Jo Jo's Pea Salad Mandarin Oranges Garlic Bread Dessert	23 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Egg Roll Sherbet
26 BBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake	27 Baked Chicken Mashed Potatoes & Gravy Buttered Corn Caesar Salad Peaches WW Roll Dessert	28 Beef Stroganoff Carrots Garden Salad Fruit Salad Dessert	29 Lemony Cheese Tortellini and Bacon Salad on a Bed or Greens with Broccoli Mixed Berries Dessert	30 Fish & Chips Coleslaw Apricots Garlic Bread Dessert

Visit our website at [www.octn.org](http://www.octn.org) . Follow us on Facebook!

Donations may be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840

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# ENTIAT

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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 Macaroni Salad Veggie Tray Mixed Greens Salad Berry Shortcake</p>	<p>2</p>
<p>5 Cheeseburger Deluxe Three Bean Salad Coleslaw Peaches Dessert</p>	<p>6</p>	<p>7</p>	<p>8 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus Pears WW Bread Oatmeal Cookies</p>	<p>9</p>
<p>12 Meatballs &amp; Gravy Mashed Potatoes Lettuce &amp; Tomato Salad Peaches WW Roll Rice Krispies Treats</p>	<p>13</p>	<p>14</p>	<p>15 Meatloaf Potatoes &amp; Gravy Green Beans WW Roll Mixed Berries Angel Food Cake</p>	<p>16</p>
<p>19 Chicken Cordon Blue Casse- role on Noodles Peas Garden Salad Apple Wedges Dessert</p>	<p>20</p>	<p>21</p>	<p>22 Chicken Strips Jo Jo's Pea Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>23</p>
<p>26 BBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake</p>	<p>27</p>	<p>28</p>	<p>29 Lemony Cheese Tortellini and Bacon Salad on a Bed or Greens with Broccoli Mixed Berries Dessert</p>	<p>30</p>

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# CASHMERE / LEAVENWORTH

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<p>Suggested donation for seniors over age 60 is \$5.00            FEE for persons under age 60 is \$12.00</p>			1	2 Beef Stir Fry Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert
5 Cheeseburger Deluxe Three Bean Salad Coleslaw Peaches Dessert	6	7 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar	8	9 Tuna Noodle Casserole Peas & Carrots Mixed Greens Salad Orange Quarters Dessert
12 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	13	14 Cheese Stuffed Shells with Alfredo Sauce Venetian Veggies Tossed Salad Apricots Garlic Bread Dessert	15	16 Ham & Cheese Sandwich Corn Chowder Coleslaw Fruit Cocktail Dessert
19 Chicken Cordon Blue Casse- role on Noodles Peas Garden Salad Apple Wedges Dessert	20	21 Pork Roast Stuffing & Gravy Venetian Veggies Spinach Salad Applesauce Dessert	22	23 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Egg Roll Sherbet
26 BBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake	27	28 Beef Stroganoff Carrots Garden Salad Fruit Salad Dessert	29	30 Fish & Chips Coleslaw Apricots Garlic Bread Dessert

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