



CHELAN

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Apple Crisp	3 Bacon & Egg Salad Sandwich on a Croissant Vegetable Soup Cucumber Slices Orange Quarters Dessert	4 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	5 Grilled Chicken Burger Potato Salad Three Bean Salad Apple Wedges Dessert	9
9 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Dessert	10 Pork Chops Mashed Potatoes / Gravy Peas Applesauce WW Roll Tapioca Pudding	11 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	12 Tomato Rice Soup Ham & Cheese Sandwich Three Bean Salad Orange Quarters Dessert	13
16 	17 Supreme Style Pizza Caesar Salad Fruit Salad Dessert	18 Tortellini Soup Spring Salad Pears Focaccia Bread Dessert	19 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Cranberry Salad Pumpkin Pie	20
23 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert	24 Lemon Baked Fish Rice Pilaf Broccoli Normandy Tossed Salad Tropical Fruit Dessert	25 Sweet & Sour Chicken Steamed Rice Asian Vegetables Cuke & Tomato Salad Mandarin Oranges Egg Roll Dessert	26 Ham Steak Scalloped Potatoes Spinach Salad Pineapple WW Roll Tapioca Pudding	27
			<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</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



Established 1975



ENTIAT

PLEASE CALL 509-888-4440 TO RESERVE MEALS
509-470-0522 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Apple Crisp	3	4	5 Grilled Chicken Burger Potato Salad Three Bean Salad Apple Wedges Dessert	9
9 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Dessert	10	11	12 Tomato Rice Soup Ham & Cheese Sandwich Three Bean Salad Orange Quarters Dessert	13
16 	17	18	19 Hot Turkey Sandwich Mashed Potatoes / Gravy Green Beans Cranberry Salad Pumpkin Pie	20
23 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert	24	25	26 Ham Steak Scalloped Potatoes Spinach Salad Pineapple WW Roll Tapioca Pudding	27
			Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00	

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
2 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Apple Crisp	3	4 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	5	9
9 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Dessert	10	11 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	12	13
16 	17	18 Tortellini Soup Spring Salad Pears Focaccia Bread Dessert	19	20
23 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert	24	25 Sweet & Sour Chicken Steamed Rice Asian Vegetables Cuke & Tomato Salad Mandarin Oranges Egg Roll Dessert	26	27
		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00		

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

