



DAVENPORT

PLEASE CALL 509-725-7055 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</p> <p>FEE for persons under age 60 is \$12.00</p>			<p>1</p> <p>BBQ Chicken Mac & Cheese Broccoli Normandy Spiced Salad Apple Crisp</p>	<p>2</p>
<p>5</p>	<p>6</p> <p>Teriyaki Beef Rice Oriental Veggies Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>7</p> <p>Ham Steak Scalloped Potatoes Green Beans Pineapple WW Roll Dessert</p>	<p>8</p> <p>Lemon Baked Fish Pesto Pasta Asparagus Green Salad Tropical Fruit Dessert</p>	<p>9</p>
<p>12</p>	<p>13</p> <p>Chicken Stir Fry Steamed Rice Coleslaw Pineapple Egg Roll Dessert</p>	<p>14</p> <p>Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>	<p>15</p> <p>Beef Stew Spinach Salad Banana Biscuit Cereal Bar</p>	<p>16</p>
<p>19 CLOSED</p> 	<p>20</p> <p>Ham & Cheese Sandwich Tomato Rice Soup Three Bean Salad Peaches Dessert</p>	<p>21</p> <p>Fish & Chips Cabbage & Apple Slaw Fruit Cocktail Rice Krispies Treats</p>	<p>22</p> <p>Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert</p>	<p>23</p>
<p>26</p>	<p>27</p> <p>Chicken Parmesan Garlic Pasta Steamed Broccoli 7 Layer Salad Fruited Jell-O</p>	<p>28</p> <p>Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad WW Roll Apple Crisp</p>	<p>29</p> <p>Pepper Steak Rice Garden Salad Cinnamon Pears WW Roll Dessert</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 509-826-7979 for information on Meals on Wheels



ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			1 Fish Sandwich Jo Jo's Cabbage & Apple Slaw Banana Dessert	2
5 BBQ Country Style Ribs Mac & Cheese Green Beans Tossed Salad Peaches Dessert	6	7 Swedish Meatballs Egg Noodles Buttered Carrots Spiced Salad Applesauce Dessert	8 Chicken King Ranch Casserole Baja Veggie Blend Mixed Greens Salad Apricots Cornbread Dessert	9
12 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Juice Dessert	13	14 Chicken Burger Deluxe Waffle Fries Coleslaw Apple Crisp	15 Hamburger Steak with Grilled Onions & Gravy Mashed Potatoes Peas Garden Salad	16
19 CLOSED 	20	21 Beef Taco Pie Baja Vegetable Blend Garden Salad Applesauce Dessert	23 Country Fried Steak Mashed Potatoes & Gravy Carrots Chilled Pears WW Roll Dessert	24
26 Chicken Salad Sandwich Vegetable Soup Fruit Tray Dessert	27	28 Beef Stew Tossed Salad Banana Biscuit Cereal Bar	29 Honey Dijon Chicken Garden Rice Beets Mixed Greens Salad Peaches WW Roll Dessert	 <p>Established 1975</p>

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WILBUR

PLEASE CALL 509-647-5503 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 Lemon Baked Fish Pesto Pasta Asparagus Green Salad Tropical Fruit Dessert</p>
<p>5</p>	<p>6 Hamburger Steak with Grilled Onions Twice Bake Style Potato Trio Veggies Garden Salad Berry Crisp</p>	<p>7 Fish & Chips Cabbage & Apple Slaw Fruit Cocktail Rice Krispies Treats</p>	<p>8 Bacon & Egg Salad Sandwich on Croissant Vegetable Soup Cucumber Slices Grapes Dessert</p>	<p>9 Meatloaf Mashed Potatoes/Gravy Green Beans WW Roll Apple Crisp</p>
<p>12</p>	<p>13 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Mixed Greens Salad Chilled Pears WW Roll Dessert</p>	<p>14 Pork Chops Stuffing & Gravy Buttered Peas Green Salad Waldorf Salad Dessert</p>	<p>15 Cabbage Rolls Spiced Salad Strawberries & Bananas WW Roll Dessert</p>	<p>16 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Cranberry Salad Dessert</p>
<p>19 CLOSED</p> 	<p>20 Teriyaki Beef Steamed Rice Oriental Vegetables Spinach Salad Mandarin Oranges Egg Roll Dessert</p>	<p>21 Cheese Ravioli/Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Garlic Bread Dessert</p>	<p>22 Chicken Fajitas Southwest Salad Tropical Fruit Dessert</p>	<p>23 Split Pea & Ham Soup Turkey Sandwich Apple Wedges Peaches Dessert</p>
<p>26</p>	<p>27 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>	<p>28 Chicken Salad Sandwich Vegetable Soup Grapes Dessert</p>	<p>29 Pizza Casserole Spring Salad Dessert</p>	 <p>Established 1975</p>

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