



DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

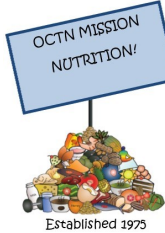
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>				<p>1</p>
<p>4</p>	<p>5 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert</p>	<p>6 Salmon with Dill Sauce Pesto Pasta Chalet Veggie Blend Garden Salad Waldorf Salad Dessert</p>	<p>7 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>8</p>
<p>11</p>	<p>12 Broccoli, Bacon and Swiss Cheese Quiche Crunchy Pea Salad Grapes Blueberry Muffin</p>	<p>13 Sweet & Sour Pork Steamed Rice Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>14 Corned Beef & Cabbage Carrots & Potatoes Tossed Salad Tropical Fruit WW Roll Pistachio Pudding</p>	<p>15</p>
<p>18</p>	<p>19 Roast Beef Mashed Potatoes & Gravy Trio Veggies Broccoli Salad Mixed Berries WW Roll Dessert</p>	<p>20 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple WW Roll Dessert</p>	<p>21 Chili with Cheese 1/2 Baked Potato Green Salad Peaches Corn Chips Dessert</p>	<p>22</p>
<p>25</p>	<p>26 Baked Fish Rice Pilaf Asian Vegetables Spinach Salad Grapes WW Roll Dessert</p>	<p>27 Ham Sandwich Split Pea Soup Cucumber Salad Tropical Fruit Dessert</p>	<p>28 Lasagna with Meat Sauce Green Beans Tossed Salad Pears Bread Stick Dessert</p>	<p>29</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 FEE for persons under age 60 is \$12.00</p> </div>				1
<p>4 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats</p>	5	<p>6 Breakfast Casserole Potatoes O'Brien Juice Peaches Muffin</p>	<p>7 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert</p>	8
<p>11 Pulled Pork Sandwich Steak Fries Coleslaw Mixed Fruit Dessert</p>	12	<p>13 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies</p>	<p>14 Corned Beef & Cabbage Potatoes & Carrots Tropical Fruit WW Roll Pistachio Pudding</p>	15
<p>18 Rueben Sandwich Jo Jo's Spiced Salad Fruit Juice Dessert</p>	19	<p>20 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Dessert</p>	<p>21 Sweet & Sour Pork Steamed Rice Asian Vegetables Spinach Salad Mandarin Oranges Dessert</p>	22
<p>25 Cheeseburger Casserole Garlic Fries Pea Salad Fruit Tray Dessert</p>	26	<p>27 Pork Chops Mashed Potatoes / Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert</p>	<p>28 Salmon with Dill Sauce Pesto Pasta Chalet Vegetable Blend Garden Salad Waldorf Salad Dessert</p>	29

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



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 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert</p>
<p>4</p>	<p>5 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>6 Salmon w/Dill Sauce Pesto Pasta Chalet Vegetable Blend Garden Salad Waldorf Salad Dessert</p>	<p>7 Salisbury Steak with Mushroom Gravy Egg Noodles Buttered Carrots Spiced Salad Pears Dessert</p>	<p>8 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies</p>
<p>11</p>	<p>12 Chili with Cheese 1/2 Baked Potato Green Salad Peaches Corn Chips Dessert</p>	<p>13 Sweet & Sour Pork Rice Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>14 Tuna Noodle Casserole Peas & Carrots Spiced Salad Waldorf Salad Dessert</p>	<p>15 Corned Beef & Cabbage Potatoes & Carrots Tossed Salad Tropical Fruit WW Roll Pistachio Pudding</p>
<p>18</p>	<p>19 Biscuits & Gravy Hash Brown Potatoes Juice Fresh Fruit Blueberry Muffin</p>	<p>20 Beef Tacos Spanish Rice Fresh Salsa Mandarin Oranges Dessert</p>	<p>21 Baked Chicken Wild Rice Roasted Squash Three Bean Salad Orange Quarters WW Roll Dessert</p>	<p>22 Veggie Lasagna Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>
<p>25</p>	<p>26 French Dip Sandwich Jo Jo's Pickled Beets Banana Dessert</p>	<p>27 Baked Fish Rice Pilaf Asian Vegetables Spinach Salad Grapes WW Roll Dessert</p>	<p>28 Stuffed Pepper Casserole Green Beans Waldorf Salad WW Roll Dessert</p>	<p>29 BBQ Country Style Ribs Mac & Cheese Peas Cabbage / Apple Slaw Fruit Cocktail Dessert</p>

For information about Home Delivered Meals call 509-826-7979.

You can visit our website at www.octn.org and follow us on Facebook!



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