



DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS

24 HOURS IN ADVANCE


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|---|---|--|--|
|  | <p>1 Deluxe Cheeseburger Potato Salad Three Bean Salad Watermelon Dessert</p> | <p>2 BBQ Chicken Macaroni Salad Peas & Carrots Mixed Greens Salad WW Roll Berry Shortcake</p> | <p>3 Bacon & Egg Salad on a Croissant Vegetable Tray Peas Salad Peaches Dessert</p> | <p>4</p> |
| <p>7</p> | <p>8 Pork Stir Fry Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p> | <p>9 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p> | <p>10 Fish & Chips Coleslaw Apricots Garlic Bread Dessert</p> | <p>11</p> |
| <p>14</p> | <p>15 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert</p> | <p>16 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Bread Pudding</p> | <p>17 Hamburger Steak with Mushroom Gravy Mashed Potatoes Asparagus WW Bread Apricot Crisp</p> | <p>18</p> |
| <p>21</p> | <p>22 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert</p> | <p>23 Chicken Enchiladas Seasoned Rice Mixed Vegetables Green Salad Cinnamon Pears Dessert</p> | <p>24 Meatballs Mashed Potatoes/Gravy Caesar Salad Peaches WW Roll Rice Krispies Treats</p> | <p>25</p> |
| <p>28</p> | <p>29 Biscuits & Gravy Hash Brown Potatoes V-8 Juice Fresh Fruit Muffin</p> | <p>30 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert</p> | <p>31 Chicken Cordon Bleu Casserole Peas Garden Salad Peaches Dessert</p> | <div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div> |

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



OCTN MISSION
NUTRITION!



Established 1975



ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS

24 HOURS IN ADVANCE


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|----|--|--|--|
|  | 1 | 2 Meatballs & Gravy Roasted Potatoes Lettuce & Tomato Salad Plums WW Roll Rice Krispy Treats | 3 Fish & Chips Coleslaw Apricots Garlic Bread Dessert | 4 |
| 7 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert | 8 | 9 Tuna Casserole Peas & Carrots Garden Salad Orange Quarters Dessert | 10 BBQ Riblets Baked Beans Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake | 11 |
| 14 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert | 15 | 16 Stuffed Peppers Garden Salad Peaches WW Roll Dessert | 17 Ham Scalloped Potatoes Peas & Carrots Waldorf Salad WW Roll Bread Pudding | 18 |
| 21 Chicken Ala' King Biscuits Normandy Vegetables Tossed Green Salad Spicy Apples Dessert | 22 | 23 Meatloaf Mac & Cheese Green Beans Coleslaw Mixed Berries over Angel Food Cake | 24 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert | 25 |
| 28 Cheeseburger Deluxe Three Bean Salad Coleslaw Apricots Dessert | 29 | 30 Beef & Broccoli Steamed Rice Spiced Salad Pears Egg Roll Dessert | 31 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert | <div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div> |

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WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS
24 HOURS IN ADVANCE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
|  | <p>1 BBQ Chicken Macaroni Salad Peas & Carrots Mixed Greens Salad WW Roll Strawberry Shortcake</p> | <p>2 Fish & Chips Coleslaw Apricots Garlic Bread Dessert</p> | <p>3 Bacon & Egg Salad on A Croissant Vegetable Tray Pea Salad Mixed Berries Dessert</p> | <p>4 Meatloaf Mac & Cheese Green Beans Coleslaw Cherry Crisp</p> |
| <p>7</p> | <p>8 Garden Chili Cottage Cheese Caesar Salad Fruit Cocktail Corn Chips Dessert</p> | <p>9 Cheeseburger Deluxe Three Bean Salad Coleslaw Orange Quarters Dessert</p> | <p>10 Chicken Enchiladas Seasoned Rice Mixed Vegetables Green Salad w/Tomatoes Peaches Dessert</p> | <p>11 Salmon w/Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit Garlic Bread Lemon Bar</p> |
| <p>14</p> | <p>15 Meatballs Mashed Potatoes/Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispie Treats</p> | <p>16 Chicken, Bacon and Swiss Cheese Sandwich Jo Jo's Broccoli Salad Watermelon Dessert</p> | <p>17 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Egg Roll Dessert</p> | <p>18 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert</p> |
| <p>21</p> | <p>22 Salisbury Steak with Mushroom Gravy Mashed Potatoes Asparagus WW Bread Apricot Crisp</p> | <p>23 Biscuits & Gravy Hash Brown Potatoes V-8 Juice Fresh Fruit Muffin</p> | <p>24 Quiche Spinach Salad Pea Salad Pineapple & Cherries Coffee Cake</p> | <p>25 Pork Roast Stuffing & Gravy Venetian Veggies Spring Salad Applesauce Dessert</p> |
| <p>28</p> | <p>29 Chicken Cordon Bleu Casserole over Noodles Peas Garden Salad Peaches Dessert</p> | <p>30 Baked Fish Fillet Pesto Pasta Green Beans Coleslaw Mixed Melons WW Roll Dessert</p> | <p>31 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Ice Cream</p> | <p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p> |

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