

DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS 509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Scrambled Eggs & Bacon Oven Brown Potatoes V-8 or Fruit Juice Fresh Fruit Dessert	Country Fried Steak Mashed Potatoes & Gravy Vegetable Trio Tossed Salad Peaches WW Roll Dessert	3 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes Dessert	4 CLOSED
7	8 Deluxe Turkey Sandwich Potato Salad Three Bean Salad Cherry Pie	9 Teriyaki Beef over Rice Oriental Vegetables Garden Salad Tropical Fruit Dessert	10 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	11
14	15 Pork Stir Fry w/ Rice Asian Slaw Mandarin Oranges Egg Roll Dessert	16 Beef Stew Garden Salad Peaches Biscuits Dessert	17 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Stewed Tomatoes Orange Quarters Dessert	18
21	22 Pork Roast Stuffing & Gravy Green Beans Tossed Green Salad Applesauce Dessert	23 Hamburger Steak w/ Sautéed Onions & Mushrooms Mashed Potatoes & Gravy Tossed Green Salad WW Roll Cherry Crisp	24 Fish & Chips Coleslaw Peaches French Bread Dessert	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is
28	29 Chicken, Bacon & Swiss Sandwich Sweet Potato Waffle Fries Broccoli Salad Watermelon Dessert	30 Sweet & Sour Meatballs Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert	31 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert	OCTN MISSION NUTRITION!

Visit our website at www.octn.org . Follow us on Facebook!

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



Established 1975

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
	1	2 Supreme Pizza Garden Salad Fruit Tray Dessert	3 Chef's Salad Fruit Tray WW Roll Rice Krispies Treat	4 CLOSED
7 Biscuits & Gravy Scrambled Eggs Hash Browns Stewed Tomatoes Orange Juice Dessert	8	9 Lasagna w/ Meat Sauce Caesar Salad Waldorf Salad Garlic Bread Dessert	10 Kielbasa w/ Peppers & Onions Roasted Potatoes Spinach Salad Watermelon Cornbread Dessert	11
14 Chili Steak Fries Tossed Salad Mixed Melons Cornbread Dessert	15	16 Shrimp Fettuccine Alfredo Glazed Carrots Spring Salad Fresh Fruit Dessert	17 Pepper Steak Steamed Rice Cucumber Salad Fresh Fruit Dessert	18
21 Deluxe Turkey Sandwich Potato Salad Three Bean Salad Cherry Pie	22	23 Spaghetti in Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	24 Pork Roast Stuffing & Gravy Green Beans Tossed Green Salad Applesauce Dessert	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00
28 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert	29	30 Beef Taco's Mexican Slaw Cinnamon Pears Spanish Rice Dessert	31 Salmon Fillet Garlic Pasta Mixed Vegetables Salad Mixed Berries Dessert	- ON

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
	1 Chili w/ Cheese & Onions Sweet Potato Fries Tossed Salad Mixed Melons Cornbread Dessert	2 Chicken or Shrimp Fettuccine Alfredo Carrots Spring Salad Fresh Fruit Dessert	3 Deluxe Cheeseburger Potato Salad Three Bean Salad Watermelon Dessert	4 CLOSED
7	8 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert	9 Chicken Stir Fry w/ Rice Asian Slaw Mandarin Oranges Egg Roll Dessert	10 Clam Chowder BLT Sandwich Pea Salad Watermelon Dessert	11 Country Fried Steak Mashed Potatoes & Gravy Vegetable Trio Tossed Salad Peaches WW Roll Dessert
14	15 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	16 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	17 Deluxe Turkey Sandwich Potato Salad Three Bean Salad Cherry Pie	18 Baked Fish Fillet Rice Pilaf Peas Cabbage & Apple Slaw Mixed Berries WW Roll Angel Food Cake
21	22 Hamburger Steak w/ Sautéed Onions & Mushrooms Mashed Potatoes & Gravy Tossed Green Salad WW Roll Cherry Crisp	23 Fish & Chips Coleslaw Peaches French Bread Dessert	24 Sweet & Sour Meatballs Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert	25 Deluxe Ham & Cheese Sandwich Three Bean Salad V-8 Juice Fresh Fruit Tray Dessert
28	29 Kielbasa w/ Peppers & Onions Potato Wedges Spinach Salad Watermelon Cornbread Dessert	30 Chicken Enchilada Casserole Coleslaw Cucumber & Watermelon Salad Mandarin Oranges Dessert	31 Chef's Salad Mixed Melons WW Roll Rice Krispies Treats	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00

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



