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DAVENPORT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED 	2 Salmon w/ Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Dessert	3 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert	4 Teriyaki Beef w/ Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert	5
8	9 Chicken Fried Steak Mashed Potatoes & Gravy Garden Salad Buttered Corn Peaches Dessert	10 Deluxe Fish Sandwich Three Bean Salad Coleslaw Fruit Tray Dessert	11 Chicken Florentine (Spinach & Mushrooms) Tossed Green Salad Fresh Fruit Dessert	12
15	16 Clam Chowder BLT Sandwich V-8 Juice Green Salad Dessert	17 Sweet & Sour Pork Rice Oriental Vegetables Asian Style Slaw Tropical Fruit Blend Egg Roll Dessert	18 Hamburger Steak w/ Grilled Onions Mashed Potatoes & Gravy Buttered Corn Mixed Greens Salad Mandarin Oranges WW Roll Dessert	19
22	23 Roast Beef Mashed Potatoes & Gravy Buttered Corn Spring Salad Apple Crisp	24 Fish & Chips Coleslaw Garlic Bread Berries over Ice cream	25 BBQ Chicken Tomato and Zucchini Bake Macaroni Salad Spinach Salad Pineapple Rings Dessert	26
29	30 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert	<div>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</div>		

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

Call 509-826-7979 for information on Meals on Wheels




Established 1975



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ODESSA

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED 	2	3 Crunchy Chicken Salad on Mixed Greens Veggie Pasta Salad Fruit Tray WW Roll Dessert	4 Deluxe Fish Sandwich Three Bean Salad Coleslaw Fruit Juice Dessert	5
8 Chili Baked Potato Green Salad Pears Cornbread Dessert	9	10 Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert	11 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Peaches Oatmeal Cookies	12
15 French Dip w/ Swiss Cheese Potato Salad Veggie Tray Peaches Dessert	16	17 Hawaiian Chicken Steamed Rice Mixed Vegetables Coleslaw Mandarin Oranges Garlic Bread Dessert	18 Chef Salad Fresh Fruit Tray WW Roll Cereal Bar	19
22 Fall Vegetable Medley Soup Sliced Tomatoes Fruit Juice Mozzarella Breadstick Dessert	23	24 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert	25 Chicken Parmesan Garlic Pasta Italian Blend Veggies Caesar Salad Fruit Ambrosia	26
29 Corn Chowder Ham Sandwich V-8 Juice Waldorf Salad Dessert	30	<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p> </div>		

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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
1 CLOSED 	2 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple WW Roll Dessert	3 Salmon w/ Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Garlic Bread Dessert	4 Chicken Cordon Bleu Rice Pilaf Key West Veggies Greek Salad Mixed Melons WW Roll Dessert	5 French Dip w/ Swiss Cheese Potato Salad Tossed Salad Peaches Dessert
8	9 Chicken Fried Steak Mashed Potatoes & Gravy Buttered Corn Garden Salad Peaches Dessert	10 Clam Chowder BLT Sandwich V-8 Juice Pea Salad Fresh Fruit Dessert	11 Sloppy Joe's Jo Jo's Cuke/ Watermelon Salad Waldorf Salad Dessert	12 Chili w/ Cheese & Onions Green Salad Corn & Tomato Salad Pears Dessert
15	16 Hamburger Steak w/ Grilled Onions Mashed Potatoes & Gravy Buttered Corn Mixed Greens Salad Mandarin Oranges WW Roll Dessert	17 Mac & Cheese w/ Bacon Peas & Carrots Green Salad Tropical Fruit Dessert	18 Fish & Chips Coleslaw Garlic Bread Berries Over Pound Cake	19 Tortellini Soup w/ Zucchini Cucumber Salad Orange Quarters Focaccia Dessert
22	23 Corn Chowder Ham Sandwich V-8 or Fruit Juice Waldorf Salad Dessert	24 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar	25 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Peaches Oatmeal Cookies	26 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert
29	30 Chili w/ Cheese & Onions Corn & Tomato Salad Green Salad Pears Cornbread Dessert	<div data-bbox="747 1612 1338 1740" data-label="Text"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		

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