





DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Garlic Bread Dessert</p>	<p>2 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars</p>	<p>3 Chicken Fried Steak Mashed Potatoes Buttered Corn Tossed Salad Cherry Crisp</p>	<p>4</p>
<p>7</p>	<p>8 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>9 Beef Stew 7 Layer Salad Orange Quarters Dessert</p>	<p>10 Pork Roast Stuffing & Gravy Roast Fall Veggies Pea Salad Applesauce Dessert</p>	<p>11</p>
<p>14</p>	<p>15 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert</p>	<p>16 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert</p>	<p>17 Teriyaki Beef Rice Garlic Green Beans Green Salad Pineapple Tidbits WW Roll Dessert</p>	<p>18</p>
<p>21</p>	<p>22 Wild Rice & Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert</p>	<p>23 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Peaches Dessert</p>	<p>24 Sweet & Sour Pork Served Over Noodles Stir Fry Veggies Asian Style Slaw Tropical Fruit Dessert</p>	<p>25</p>
<p>28</p>	<p>29 Hearty Veggie Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies</p>	<p>30 Broccoli Chicken Bake Garden Salad Tropical Fruit WW Roll Dessert</p>	<p>31 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp</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





Suggested donation for seniors over age 60 is \$5.00

FEE for persons under age 60 is \$12.00



ODESSA

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Garden Chili Tossed Salad Peaches Mozzarella Breadsticks Dessert	3 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	4
7 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp	8	9 California Chicken Casserole Cucumber Salad Orange Quarters Garlic Bread Dessert	10 Yankee Pot Roast Potatoes & Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	11
14 Crunchy Chicken Salad on a Croissant Minestrone Soup Grapes Dessert	15	16 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert	17 Pork Chops Au Gratin Potatoes Green Salad Applesauce Dessert	18
21 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	22	23 Wild Rice & Ham Casserole Green Beans Spinach Salad Orange Quarters WW Roll Dessert	24 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Dessert	25
28 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert	29	30 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Pear Crisp	31 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Peaches Dessert	

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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>Established 1975</p>	<p>1 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert</p>	<p>2 Chicken Fried Steak Mashed Potatoes/Gravy Corn Lettuce & Tomato Salad Cherry Crisp</p>	<p>3 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>4 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>
7	<p>8 Stuffed Pepper Casserole Mixed Greens Salad Pears Bread Stick Dessert</p>	<p>9 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>10 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert</p>	<p>11 Lemon Baked Fish Garlic Pasta Glazed Carrots Caesar Salad Peaches Dessert</p>
14	<p>15 Pork Chops Au Gratin Potatoes Green Salad Applesauce Dessert</p>	<p>16 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert</p>	<p>17 Meatloaf Mashed Potatoes/Gravy Green Beans WW Roll Pear Crisp</p>	<p>18 Tuna Salad on a Croissant Clam Chowder Coleslaw Fruit Tray Dessert</p>
21	<p>22 Fish & Chips Coleslaw Grapes Rice Krispy Treats</p>	<p>23 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Stick Dessert</p>	<p>24 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert</p>	<p>25 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert</p>
28	<p>29 Hot Turkey Sandwich Mashed Potatoes/Gravy Nantucket Veggies Chilled Peaches Pumpkin Pie</p>	<p>30 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Oatmeal Cookies</p>	<p>31 Sweet & Sour Pork over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit Dessert</p>	

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