



DAVENPORT

PLEASE CALL 509-725-7055 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Country Fried Steak Mashed Potatoes / Gravy Corn Caesar Salad Apple Crisp	2 Yankee Pot Roast Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas WW Roll Oatmeal Cookies	3
<p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$12.00</p>				
6	7 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	8 Oven Fried Chicken Stuffing & Gravy Cuke & Tomato Salad Grapes Dessert	9 Beef Stew Green Salad Chilled Pears Biscuit Cereal Bars	10
13	14 Pork Roast Mashed Potatoes Roasted Carrots Applesauce WW Roll Oatmeal Cookies	15 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien V-8 or Fruit Juice Fresh Fruit Muffin	16 Split Pea & Ham Soup Turkey Sandwich Peaches Dessert	17
20	21 Sweet & Sour Pork Steamed Rice Oriental Veggies Asian Style Slaw Mandarin Oranges Egg Roll Dessert	22 Shrimp Fettuccine Alfredo Venetian Veggies Spinach Salad Oregon Berries Angel Food Cake	23 Meatloaf Mashed Potatoes & Gravy Green Beans Tossed Salad Biscuit Fruited Jell-O	24
27	28 Honey Mustard Chicken Rice Pilaf Asparagus Three Bean Salad Tropical Fruit WW Roll Dessert	29 Fish & Chips Coleslaw Fruit Tray Garlic Bread Dessert	30 Ham & Bean Soup Cottage Cheese Peaches Cuke & Tomato Salad Orange Quarters Cornbread Dessert	

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



Established 1975



ODESSA

PLEASE CALL 509-982-2654 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 Chili with Cheese Cucumber Slices Tossed Salad Apple Slices Cornbread Dessert</p>	<p>2 Baked Ham Scalloped Potatoes Carrot Raisin Salad Chilled Pears WW Roll Rice Krispies Treats</p>	<p>3</p>
<p>6 Egg Salad Sandwich Minestrone Soup Pea Salad Oregon Berries Angel Food Cake</p>	<p>7</p>	<p>8 Yankee Pot Roast Roast Potatoes & Carrots Mixed Greens Salad Strawberries & Bananas Oatmeal Cookies</p>	<p>9 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien V-8 or Fruit Juice Fresh Fruit Muffin</p>	<p>10</p>
<p>13 Split Pea & Ham Soup Turkey Sandwich Deluxe Peaches Dessert</p>	<p>14</p>	<p>15 Chicken Fettuccine Alfredo Asparagus Spring Salad Mixed Berries Dessert</p>	<p>16 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Tropical Fruit Garlic Bread Dessert</p>	<p>17</p>
<p>20 Meatloaf Mashed Potatoes Green Beans Tossed Salad Biscuit Fruited Jell-O</p>	<p>21</p>	<p>22 Broccoli Chicken Bake Wild Rice Garden Salad Waldorf Salad Focaccia Bread Dessert</p>	<p>23 Ham & Bean Soup Cottage Cheese Peaches Cuke & Tomato Salad Orange Quarters Cornbread Dessert</p>	<p>24</p>
<p>27 Cheeseburger Deluxe Garlic Fries Pea Salad Apricots Dessert</p>	<p>28</p>	<p>29 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit Focaccia Bread Dessert</p>	<p>30 Beef Stroganoff Green Beans Tossed Green Salad Apple Wedges Dessert</p>	

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