



DAVENPORT

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2 Country Fried Steak Mashed Potatoes Green Beans Apple Slices WW Roll	3 Chicken Enchiladas Spanish Rice Broccoli Normandy Cuke & Tomato Salad Cinnamon Pears	4 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert	5
8	9 Roast Beef Mashed Potatoes Green Beans WW Roll Berry Shortcake	10 Lemon Pepper Fish Pesto Pasta Chalet Veggies Spiced Salad Chilled Peaches Dessert	11 Clam Chowder Turkey Sandwich Garden Salad Pineapple	12
15	16 Teriyaki Beef on Rice Stir Fry Veggies Spinach Salad Mandarin Oranges Egg Roll Dessert	17 Philly Steak Sandwich Potato Salad Cuke & Tomato Salad Fresh Fruit Dessert	18 Chicken Strips Jo Jo's Broccoli Salad Strawberry Shortcake	19
22	23 Pork Chops Scalloped Potatoes Spiced Salad Fresh Fruit Tray WW Roll Cereal Bars	24 Meatballs Mashed Potatoes / Gravy Steamed Carrots Banana WW Roll Oatmeal Cookie	25 Taco Salad Fresh Salsa Tortilla Chips Tropical Fruit	26
29	30 Salisbury Steak Mashed Potatoes / Gravy Green Beans WW Roll Oatmeal Cookie	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p> </div>		



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



ODESSA

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Cobb Salad Pickled Beets Grapes Garlic Bread	2	3 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries	4 Roast Beef Mashed Potatoes / Gravy Normandy Veggies WW Roll Strawberry Shortcake	5
8 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit Dessert	9	10 Salisbury Steak Mashed Potatoes / Gravy Green Beans WW Roll Oatmeal Cookie	11 Sweet & Sour Chicken Steamed Rice Oriental Veggies Pineapple Egg Roll Dessert	12
15 Cher's Salad Fresh Fruit WW Roll Dessert	16	17 Spaghetti & Meat Sauce Caesar Salad Pears Garlic Bread Dessert	18 Baked Lemon Pepper Fish Pesto Pasta Chalet Veggie Blend Spinach Salad Chilled Peaches Dessert	19
22 Philly Steak Sandwich Fresh Fruit Dessert	23	24 Pork Chops Scalloped Potatoes Spiced Salad Fresh Fruit Tray WW Roll Cereal Bar	25 Chicken Strips Broccoli Salad Strawberry Shortcake	26
29 Taco Salad Fresh Salsa Cinnamon Pears	30	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <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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Established 1975