



2026

January

DAVENPORT

PLEASE CALL 509-725-7055 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>		1  Quotedideas.com	2
5	6 Corn Chowder BLT Sandwich Spinach Salad Pineapple Dessert	7 Kielbasa with Peppers and Onions Roasted Peppers Cucumber Salad Waldorf Salad Biscuit Cereal Bar	8 Oven Fried Chicken Twice Bake Style Potato Buttered Corn Tossed Salad Orange Quarters WW Roll Dessert	9
12	13 Salisbury Steak Mashed Potatoes / Gravy Green Beans Mixed Greens Salad WW Roll Peach Cobbler	14 Pork Chops Stuffing & Gravy Roasted Brussels Sprouts Carrot Raisin Salad Applesauce Dessert	15 Pot Roast Roasted Potatoes & Carrots Tossed Green Salad Peaches WW Roll Oatmeal Cookies	166
19  shutterstock - 356091257	20 BBQ Country Ribs Mac & Cheese Green Beans Pea Salad Apple Slices Dessert	21 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	22 Country Fried Steak Mashed Potatoes & Gravy Trio Vegetables Orange Quarters Biscuit Dessert	23
26	27	28	29	30

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





2026

January

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</p>	<p>2</p>
<p>5 Meatloaf Mashed Potatoes & Gravy Buttered Corn Green Salad Apricots WW Roll Dessert</p>	<p>6</p>	<p>7 Chicken & Wild Rice Bake Beets Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>8 Kielbasa w/ Peppers & Onions Roasted Potatoes Cucumber Salad Apple Slices Biscuit Cereal Bars</p>	<p>9</p>
<p>12 Corn Chowder BLT Sandwich Spinach Salad Banana Dessert</p>	<p>13</p>	<p>14 Oven Fried Chicken Twice Bake Potato Casserole Buttered Corn Spiced Salad Orange Quarters WW Roll Dessert</p>	<p>15 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin</p>	<p>16</p>
<p>19</p>	<p>20</p>	<p>21 Lasagna w/Meat Sauce Caesar Salad Chilled Pears Dessert</p>	<p>22 Cheeseburger Deluxe Sweet Potato Waffle Fries Coleslaw Peaches Dessert</p>	<p>23</p>
<p>26 Fish Sandwich Jo Jo's Veggie Tray Fresh Fruit Dessert</p>	<p>27</p>	<p>28 Tuna Noodle Casserole Peas & Carrots Tossed Salad Apricots Dessert</p>	<p>29 Country Fried Steak Mashed Potatoes & Gravy Garlic Green Beans Fruit Juice Biscuit Dessert</p>	<p>30</p>

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2026

January

MONDAY

TUESDAY

WEDNESDAY

WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED MEALS

FRIDAY

			1 	2 Ham & Potato Soup Pea Salad Chilled Pears Whole Grain Crackers Dessert
Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00				
5 6 Meatloaf Mashed Potatoes / Gravy Buttered Corn Green Salad Peaches WW Roll Dessert	6 Meatloaf Mashed Potatoes / Gravy Buttered Corn Green Salad Peaches WW Roll Dessert	7 Kielbasa with Peppers and Onions Roasted Potatoes Cucumber Salad Waldorf Salad Biscuit Cereal Bars	8 Clam Chowder Tuna Salad Sandwich Coleslaw Tropical Fruit Dessert	9 Chicken Noodle Soup Cottage Cheese V-8 or Fruit Juice Peaches WW Breadsticks Dessert
12 13 Cheeseburger Deluxe Sweet Potato Waffle Fries Coleslaw Orange Quarters Dessert	14 Pork Chops Stuffing & Gravy Roasted Brussels Sprouts Carrot Raisin Salad Applesauce Dessert	15 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	16 Chili—with cheese, onions and Sour Cream Tossed Salad Mandarin Oranges Cornbread Dessert	
19  shutterstock · 356091257	20 Country Fried Steak Mashed Potatoes / Gravy Garlic Green Beans Tropical Fruit Biscuit Dessert	21 French Dip Sandwich Jo Jo's Pickled Beets Waldorf Salad Dessert	22 Chili Stuffed Baked Potato Tossed Green Salad Apricots Cornbread Dessert	23 Chicken Corn Chowder Cottage Cheese V-8 or Fruit Juice Pineapple Chunks Biscuits Dessert
26 27 Baked Fish Fillet Wild Rice Key West Veggies Coleslaw Orange Quarters WW Roll Dessert	28 Salisbury Steak & Gravy Mashed Potatoes Steamed Carrots Mixed Greens Salad WW Roll Peach Cobbler	29 Baked Ham Potatoes Au Gratin Trio Veggies Apple Wedges WW Roll Dessert	30 Beef Stew V-8 or Fruit Juice Cosmic Crisp Apples WW Breadsticks Dessert	

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