



# DAVENPORT

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Suggested donation for seniors over age 60 is \$5.00  
FEE for persons under age 60 is \$12.00

1  
Yankee Pot Roast & Gravy  
Roasted Potatoes & Carrots  
Green Beans  
Mixed Fruit  
WW Roll  
Dessert

2  
Chicken Fried Steak  
Mashed Potatoes & Gravy  
Corn  
Lettuce & Tomato Salad  
Cherry Crisp

3

6

7  
Hawaiian Chicken  
Rice  
Asian Vegetables  
Coleslaw  
Tropical Fruit  
Dessert

8  
Beef Stew  
Tossed Salad  
Orange Quarters  
Biscuits  
Dessert

9  
Ham & Cheese Sandwich  
Tomato Basil Soup  
Peaches  
Dessert

10

13

14  
Spaghetti & Meat Sauce  
Caesar Salad  
Apricots  
Garlic Bread  
Dessert

15  
Pork Chops  
Scalloped Potatoes  
Green Salad  
Applesauce  
WW Roll  
Dessert

16  
Meatloaf  
Mashed Potatoes & Gravy  
Green Beans  
WW Roll  
Pear Crisp

17

20

21  
Beef Stroganoff  
Steamed Carrots  
Tossed Green Salad  
Mixed berries  
Dessert

22  
Fish & Chips  
Coleslaw  
Grapes  
Rice Krispy Treats

23  
Pulled Pork Sandwich  
Potato Salad  
Three Bean Salad  
Banana  
Margarine  
Sherbet

24

27

28  
Pork Roast  
Stuffing and Gravy  
Roasted Fall Veggies  
Spinach Salad  
Applesauce  
Dessert

29  
Cheeseburger Deluxe  
Jo Jo's  
Coleslaw  
Sliced Pears  
Oatmeal Cookies

30  
Chicken Fajitas  
Fresh Salsa  
Mandarin Oranges  
Tortillas  
Dessert

31

Visit our website at [www.octn.org](http://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
<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>		1 Cabbage Patch Stew Spiced Salad Biscuit Apple Crisp	2 California Chicken Casserole Spring Salad Orange Quarters Garlic Bread Dessert	3
6 Chicken Fried Steak Mashed Potatoes & Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp	7	8 Yankee Pot Roast & Gravy Roasted Potatoes & Carrots Green Beans Mixed Fruit WW Roll Dessert	9 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	10
13 Pastrami Sandwich Veggie Soup Fruit Juice Dessert	14	15 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	16 Pork Roast Roasted Fall Veggies Stuffing & Gravy Spinach Salad Applesauce Dessert	17
20 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	21	22 Wild Rice & Ham Casserole Beets Spinach Salad Orange Quarters Dessert	23 Chicken Fettuccini Zucchini /Tomato Bake Caesar Salad Apple Slices Dessert	24
27 Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert	28	29 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	30 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert	31

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2  
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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>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>		<p>1 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce &amp; Tomato Salad Cherry Crisp</p>	<p>2 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert</p>	<p>3 Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert</p>
6	<p>7 Chicken Fettuccine Zucchini / Tomato Bake Caesar Salad Apple Slices Dessert</p>	<p>8 Stuffed Pepper Casserole Mixed Greens Salad Pears Breadstick Dessert</p>	<p>9 Crunchy Chicken Salad Sandwich Minestrone Soup Grapes Dessert</p>	<p>10 Beef Stew Tossed Salad Orange Quarters Biscuit Dessert</p>
13	<p>14 Spaghetti &amp; Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>15 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert</p>	<p>16 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies</p>	<p>17 Sweet &amp; Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Dessert</p>
20	<p>21 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp</p>	<p>22 Ham &amp; Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert</p>	<p>23 Honey Mustard Chicken Wild Rice Key West Veggies Mixed Greens Salad Tropical Fruit Dessert</p>	<p>24 Fish &amp; Chips Coleslaw Grapes Rice Krispies Treats</p>
27	<p>28 Hot Tukey Sandwich Mashed Potatoes / Gravy Nantucket Veggies Chilled Peaches Pumpkin Pie</p>	<p>29 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert</p>	<p>30 Sweet &amp; Sour Pork over Noodles Stir Fry Veggies Asian Style Slaw Pineapple Dessert</p>	<p>31 Pulled Pork Sandwich Potato Salad Coleslaw Banana Dessert</p>

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