

DAVENPORT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ested donation for seniors over a for persons under age 60 is \$12.00			1
4	5 BBQ Chicken Jo Jo's Macaroni Salad Mixed Greens Salad Berry Shortcake	6 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert	7 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert	8
11	12 BBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake	13 Baked Chicken Mashed Potatoes & Gravy Caesar Salad WW Roll Peach Crisp	14 Fish & Chips Coleslaw Apricots Garlic Bread Dessert	15
18	19 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Asparagus Pears WW Bread Oatmeal Cookies	20 Beef Stroganoff Carrots Garden Salad Fruit Salad Dessert	21 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	22
25	26 Pork Roast Stuffing w/ Gravy Venetian Veggies Spinach Salad Applesauce Dessert	27 Teriyaki Chicken w/ Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert	28 Meatloaf Mashed Potatoes and Gravy Green Beans WW Roll Mixed Berries on Angel Food Cake	OCTN MISSION NUTRITION!

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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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1
5	6 Meatballs Mashed Potatoes & Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	7 Fish & Chips Coleslaw Apricots Garlic Bread Dessert	8
12	13 BBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake	14 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert	15
19	20 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar	21 Beef Taco's Pico de Gallo Watermelon Dessert	22
26	27 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Angel Food Cake w/ Mixed Berries on Top	28 Chicken Enchilada Casserole Seasoned Rice Mixed Vegetables Green Salad with Tomatoes Peaches Dessert	29
	tion for seniors over a under age 60 is \$12.0 5 12	tion for seniors over age 60 is \$5.00 under age 60 is \$12.00 5 6 Meatballs Mashed Potatoes & Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats 12 13 BBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake 19 20 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar 26 27 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Angel Food Cake w/ Mixed	tion for seniors over age 60 is \$5.00 under age 60 is \$12.00 5 6 Meatballs Mashed Potatoes & Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats 12 13 HBQ Riblets Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake Strawberry Shortcake 19 20 Ham Bag Quarters Dessert 19 20 Lettuce & Garden Salad Orange Quarters Dessert 19 20 Lettuce & Garden Salad Orange Construction Dessert 21 Lettuce & Tomato Salad Dessert 22 Lettuce & Tomato Salad Orange Construction Dessert 23 Lettuce & Tomato Salad Orange Construction Dessert 24 Lettuce & Tomato Salad Orange Construction Dessert 25 Lettuce & Tomato Salad Orange Construction Dessert 26 Lettuce & Tomato Salad Orange Construction Dessert 27 Lettuce & Tomato Salad Orange Construction Dessert 28 Chicken Enchilada Casserole Seasoned Rice Mixed Vegetables Green Salad with Tomatoes Peaches

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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
	sted donation for seniors over or persons under age 60 is \$12.			1 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes V-8 Juice Fresh Fruit Dessert
4	5 Pulled Pork Sandwich Coleslaw Three Bean Salad Apple Slices Dessert	6 Baked Fish Fillet Rice Pilaf Broccoli Normandy Tossed Salad Mixed Melons WW Roll Dessert	7 Salisbury Steak w/ Mush- room Gravy Mashed Potatoes Asparagus Pears Oatmeal Cookies	8 Cabbage Patch Stew Potato Salad Waldorf Salad Mozzarella Breadsticks Dessert
11	12 Meatloaf Mashed Potatoes & Gravy Green Beans Mixed Berries WW Roll Cereal Bar	13 Stuffed Pepper Casserole Garden Salad Peaches WW Bread Dessert	14 BBQ Chicken Jo Jo's Mixed Greens Salad Macaroni Salad Berry Shortcake	15 Bacon & Egg Salad Sandwich Pea Salad Watermelon Dessert
18	19 Sweet & Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Pineapple Egg Roll Dessert	20 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert	21 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	22 Deluxe Cheeseburger Three bean Salad Coleslaw Apple Slices Dessert
25	26 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Egg Roll Dessert	27 Ham & Cheese Sandwich w/ Lettuce & Tomato Corn Chowder Coleslaw Fruit Cocktail Dessert	28 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	29 Taco Salad Spanish Rice Watermelon Tortilla Chips Dessert

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