



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

3	4 Pulled Pork Sandwich Pea Salad Coleslaw Watermelon Dessert	5 Salisbury Steak Mashed Potatoes & Gravy Green Beans Fruit Cocktail WW Roll Cereal Bar	6 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit Dessert	7
10	11 Pork Chops Scalloped Potatoes Spiced Salad Fresh Fruit Tray WW Roll Cereal Bar	12 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke & Tomato Salad Pears Dessert	13 Roast Beef Mashed Potatoes & Gravy Normandy Veggies Tossed Salad WW Roll Berry Shortcake	14
17	18 Chicken Strips Jo Jo's Broccoli Salad WW Roll Berry / Pudding Parfait	19 Reuben Sandwich Potato Salad Three Bean Salad Pears Dessert	20 Baked Fish w/Lemon Pepper Pesto Pasta Chalet Veggie Blend Spiced Salad Chilled Peaches Dessert	21
24	25 BBQ Chicken Potato Salad Veggie Tray Watermelon Biscuit Rice Krispies Treats	26 Philly Steak Sandwich Jo Jo's 49'er Chopped Salad Fresh Fruit Dessert	27 Chicken Cordon Bleu Rice Pilaf Peas & Carrots Tossed Green Salad Chilled Pears WW Roll Dessert	28

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
<div style="border: 2px solid black; padding: 5px; 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>				
3 Liver & Onions Mashed Potatoes Beets Apple Slices WW Roll Dessert	4	5 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit Dessert	6 Sweet & Sour Chicken Steamed Rice Asian Veggies Coleslaw Pineapple & Cherries Egg Roll Dessert	7
10 SALAD BAR Crunchy Chicken Salad Served on a Bed of Greens Pasta Salad Pickled Beets Juice Dessert	11	12 Country Fried Steak Mashed Potatoes & Gravy Green Beans Orange Quarters WW Roll Dessert	13 Macaroni & Cheese with Ham Peas & Carrots Tossed Green Salad Fruit Salad Dessert	14
17 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert	18	19 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake	20 Tater Tot Casserole Tossed Green Salad Tropical Fruit WW Roll Oatmeal Cookie	21
24 French Dip Sandwich Pea Salad Garden Salad Watermelon Dessert	25	26 Chicken Parmesan Pasta Key West Vegetables Cucumber Tomato Salad Apricots Dessert	27 Pork Chops Scalloped Potatoes Tossed Salad Applesauce WW Roll Cereal Bar	28

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Established 1975



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>				
3	4 BBQ Chicken Potato Salad Veggie Tray Fresh Fruit WW Roll Rice Krispies Treats	5 Hot Dog Coleslaw Tree Bean Salad Watermelon Dessert	6 Salisbury Steak Mashed Potatoes / Gravy Green Beans Fruit Cocktail WW Roll Cereal Bar	7 Cheeseburger Deluxe Sweet Potato Fries Pea Salad Apple Celery Salad Dessert
10	11 Roast Beef Mashed Potatoes/Gravy Normandy Veggies Tossed Salad WW Roll Berry Shortcake	12 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	13 Chef's Salad Fresh Fruit WW Roll Dessert	14 Clam Chowder Tuna Sandwich Garden Salad Pineapple Dessert
17	18 Meatballs Mashed Potatoes/Gravy Greek Salad Banana WW Roll Apple Oatmeal Bars	19 French Dip Pea Salad Garden Salad Watermelon Dessert	20 Country Fried Steak Mashed Potatoes/Gravy Green Beans Orange Quarters WW Roll Dessert	21 Pork Chops Scalloped Potatoes Spiced Salad Fresh Fruit Tray WW Roll Cereal Bars
24	25 Chicken Caesar Salad Tortellini Soup Apples & Grapes Cheesy Garlic Toast Dessert	26 Lemon Pepper Fish Pesto Pasta Chalet Veggie Blend Spiced Salad Garlic Bread Dessert	27 Stuffed Pepper Casserole Chopped Salad WW Roll Cherry Crisp	28 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert

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