



DAVENPORT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Seafood Fettuccine Alfredo Steamed Carrots Spring Salad Fresh Fruit Dessert	3 Cheeseburger Deluxe Potato Salad Three Bean Salad Watermelon Dessert	4 CLOSED 	5
8	9 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	10 Pepper Steak Steamed Rice Sour Cream & Cukes Grapes WW Roll Dessert	11 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert	12
15	16 Kielbasa with Peppers and Onions Macaroni Salad Spinach Salad Orange Quarters Cornbread Dessert	17 Chef's Salad Mixed Melons WW Roll Cereal Bars	18 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	19
22	23 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	24 Fish & Chips Coleslaw Peaches French Bread Dessert	25 Hamburger Steak with Mushrooms & Onions Mashed Potatoes / Gravy Tossed Green Salad WW Roll Cherry Crisp	26
29	30 Chicken Parmesan Pasta Marinara Italian Vegetables Garden Salad Fresh Fruit Tray Garlic Bread Dessert	31 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert	<div style="border: 2px solid black; padding: 5px;"> <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 Supreme Style Pizza Garden Salad Pears Dessert	2	3 Cheeseburger Deluxe Potato Salad Three Bean Salad Watermelon Dessert	4 CLOSED 	5
8 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	9	10 Tater Tot Casserole Garden Salad Peaches WW Bread or Roll Oatmeal Cookies	11 Pepper Steak Steamed Rice Sour Cream & Cucumbers Grapes WW Roll Dessert	12
15 Country Fried Steak Mashed Potatoes & Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert	16	17 Kielbasa with Peppers and Onions Macaroni Salad Spinach Salad Watermelon Cornbread Dessert	18 Spaghetti & Meat Sauce Caesar Salad Pears Garlic Bread Dessert	19
22 French Dip Sandwich Jo Jo's Pea Salad Apple Slices Dessert	23	24 Chef's Salad Mixed Melons WW Roll Cereal Bars	25 Beef Tacos Spanish Rice Mexican Slaw Cinnamon Pears Dessert	26
29 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert	30	31 Teriyaki Beef on Rice Oriental Vegetables Garden Salad Tropical Fruit WW Roll Dessert	<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





WILBUR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Chicken or Shrimp Fettuccine Alfredo Carrots Spring Salad Fresh Fruit Dessert	3 Deluxe Cheeseburger Potato Salad Three Bean Salad Watermelon Dessert	4 CLOSED 	5 Chili Sweet Potato Waffle Fries Tossed Salad Mixed Melons Cornbread Dessert
8	9 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	10 Chicken Enchiladas Seasoned Rice Coleslaw Cuke & Watermelon Salad Cinnamon Pears Dessert	11 Hot Dog Potato Salad Pea Salad Strawberry Shortcake	12 Pork Stir Fry Steamed Rice Asian Slaw Mandarin Oranges Egg Roll Dessert
15	16 Country Fried Steak Mashed Potatoes/Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert	17 Spaghetti & Meat Sauce Caesar Salad Tropical Fruit Garlic Bread Dessert	18 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert	19 Clam Chowder BLT Sandwich Tossed Salad Watermelon Dessert
22	23 Beef Tacos Spanish Rice Mexican Slaw Cinnamon Pears Dessert	24 Chef's Salad Mixed Melons WW Roll Cereal Bars	25 Scrambled Eggs Bacon Oven Brown Potatoes Carrot Raisin Salad Fresh Fruit Muffin	26 Baked Fish Fillet Herbed Fettuccine Peas Cabbage/Apple Slaw Mixed Berries Angel Food Cake
29	30 Hamburger Steak with Onions & Mushrooms Mashed Potatoes / Gravy Tossed Green Salad WW Roll Cherry Crisp	31 Sweet & Sour Meatballs Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$12.00</p>	

For information about Home Delivered Meals call 509-826-7979.
You can visit our website at www.octn.org and follow us on Facebook!
Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840

