



DAVENPORT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 Pot Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert	6 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert	7 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Fresh Fruit Biscuit Dessert	8
11 CLOSED 	12 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	13 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert	14 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Apple Crisp	15
18	19 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	20 Scrambled Eggs with Ham and Cheese Hash Brown Potatoes V-8 or Fruit Juice Waldorf Salad Waffles	21 Split Pea & Ham Soup Turkey Sandwich Orange Quarters Dessert	22
25	26 Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	27 Ham Sandwich Deluxe Potato Soup Pea Salad Fresh Fruit Tray Dessert	28 CLOSED 	29 CLOSED

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



Suggested donation for seniors over age 60 is \$5.00

FEE for persons under age 60 is \$12.00



ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS
509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Shrimp Fettuccine Alfredo Buttered Peas Spinach Salad Chilled Peaches Dessert	5	6 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	7 Swiss Steak with Tomato Sauce Rice Pilaf California Blend Veggies Caesar Salad Fresh Fruit Dessert	8
11 CLOSED 	12	13 Veggie Lasagna Caesar Salad Apricots Cheesy Garlic Bread Dessert	14 Parmesan Chicken Pasta Marinara California Veggie Blend Green Salad Mandarin Oranges Dessert	15
18 Tuna & Rice Bake Peas & Carrots Greek Salad Peaches Garlic Bread Dessert	19	20 Biscuits & Gravy Oven Browned Potatoes V-8 or Fruit Juice Orange Quarters Dessert	21 Oven Fried Chicken Mashed Potatoes / Gravy Green Beans Grapes WW Roll Bar Cookies	22
25 Fish Sandwich Deluxe Potato Wedges Coleslaw Chilled Pears Dessert	26	27 Roast Turkey Mashed Potatoes / Gravy Green Bean Casserole Broccoli Salad Cranberry Sauce Roll Pumpkin Pie	28 CLOSED 	29 CLOSED

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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
				1 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert
4	5 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Mixed Fresh Fruit Biscuit Dessert	6 Ham Au Gratin Potatoes Buttered Peas Pineapple WW Roll Oatmeal Cookie	7 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	8 Meatloaf Mashed Potatoes / Gravy Trio Veggies Spiced Salad Chilled Pears WW Roll Dessert
11 CLOSED 	12 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	13 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	14 Split Pea & Ham Soup Turkey Sandwich Deluxe Orange Quarters Dessert	15 Chili Stuffed Baked Potato Mixed Greens Salad Chilled Pears Tortilla Chips
18	19 Hamburger Steak Mashed Potatoes/ Gravy Buttered Corn Garden Salad WW Roll Apple Crisp	20 Fish Sandwich Deluxe Potato Wedges Coleslaw Chilled Pears Dessert	21 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert	22 Roast Turkey Stuffing & Gravy Green Bean Casserole Broccoli Salad Waldorf Salad Pumpkin Pie
25 	26 Beef & Broccoli Stir Fry Rice Asian Coleslaw Mandarin Oranges Egg Roll Dessert	27 French Dip Sandwich Jo Jo's Tossed Salad Fruit Tray Dessert	28 CLOSED	29 CLOSED

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