



DAVENPORT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Hawaiian Chicken Wild Rice Key West Veggies Garden Salad Pineapple & Cherries Dessert	5 Salmon with Dill Sauce Garlic Parmesan Pasta Chalet Vegetable Blend Caesar Salad Dessert	6 BBQ Country Style Ribs Mac & Cheese Green Beans Cabbage & Apple Slaw Orange Quarters Dessert	7
10	11 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert	12 Sweet & Sour Pork Steamed Rice Spinach Salad Pineapple Garlic Bread Dessert	13 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	14
17	18 Teriyaki Beef on Rice Stir Fry Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	19 Pork Chops Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert	20 Beef Tacos Spanish Rice Fresh Salsa Mandarin Oranges Dessert	21
24	25 Biscuits & Gravy Hash Brown Potatoes Fresh Fruit Juice Blueberry Muffin	26 Salisbury Steak with Mushroom Gravy Egg Noodles Buttered Carrots Tossed Salad Pears Dessert	27 Ham Sandwich Split Pea Soup Cucumber Salad Tropical Fruit Dessert	28
31	<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

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OCTN MISSION
NUTRITION!



Established 1975



ODESSA

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pulled Pork Sandwich Sweet Potato Waffle Fries Coleslaw Mixed Fruit Dessert	4	5 Roast Beef Mashed Potatoes / Gravy Beets Green Salad Mixed Berries WW Roll Dessert	6 Salmon w/Dill Sauce Garlic & Parmesan Pasta Chalet Veggie Blend Garden Salad Waldorf Salad Dessert	7
10 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Bread or Roll Rice Krispies Treats	11	12 Scalloped Potato & Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies	13 Baked Chicken Wild Rice Squash 3 Bean Salad Peaches Garlic Bread Dessert	14
17 Corned Beef & Cabbage Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding	18	19 Scrambled Eggs Sausage Patty Potatoes O'Brien Juice Grapefruit Muffin	20 Chicken Enchiladas Spanish Rice Baja Veggie Blend Mexi Slaw Mandarin Oranges Dessert	21
24 Ham Sandwich Split Pea Soup Cucumber Salad Fruit Tray Dessert	25	26 Taco Salad Mexican Rice Fresh Salsa Fruit Juice Dessert	27 Chicken Fettuccine Steamed Carrots Spinach Salad Pears Dessert	28
31 Cheeseburger Pie Pea Salad Fruit Tray 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>			

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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
3	4 Pulled Pork Sandwich Sweet Potato Waffle Fries Coleslaw Mixed Fruit Dessert	5 Chicken Fettuccine Steamed Carrots Spinach Salad Tropical Fruit Dessert	6 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert	7 Pork Chops Stuffing & Gravy Roasted Brussels Sprouts Garden Salad Applesauce Dessert
10	11 Cheeseburger Deluxe Jo Jo's Coleslaw Banana Dessert	12 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Tossed Green Salad Apple Crisp	13 Lemon Pepper Fish Rice Pilaf Asian Vegetables Spinach Salad Grapes WW Roll Dessert	14 Sweet & Sour Pork Steamed Rice Cucumber Salad Mandarin Oranges Garlic Bread Dessert
17	18 Corned Beef & Cabbage Potatoes & Carrots Tropical Fruit WW Roll Pistachio Pudding	19 Chicken Enchiladas Baja Veggie Blend Mexican Slaw Mandarin Oranges Dessert	20 Tuna Noodle Casserole Peas & Carrots Spiced Salad Waldorf Salad Dessert	21 Biscuits & Gravy Hash Browns Juice Fresh Fruit Blueberry Muffin
24	25 Salisbury Steak and Mushroom Gravy Mashed Potatoes Buttered Carrots Pears WW Roll Rice Krispies Treats	26 Salmon with Dill Sauce Garlic / Parmesan Pasta Chalet Vegetable Blend Garden Salad Waldorf Salad Dessert	27 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookie	28 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert
31	<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</p> <p>FEE for persons under age 60 is \$12.00</p> </div>			

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