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DAVENPORT

PLEASE CALL 509-725-7055 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</p> <p>FEE for persons under age 60 is \$12.00</p>				
3	4 Pork Stir Fry Steamed Rice Coleslaw Mandarin Oranges Egg Roll Dessert	5 Chicken Parmesan Pasta Marinara Steamed Broccoli 7 Layer Salad Focaccia Bread Fruited Jell-O	6 Beef Stew Spinach Salad Banana Biscuits Dessert	7
10	11 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	12 Scrambled Eggs Sausage Potatoes O'Brien Waffle Juice Banana Cereal Bar	13 Chicken Salad Croissant Vegetable Soup Grapes Dessert	14
17 CLOSED 	18 Beef Stroganoff Green Beans Tossed Salad Apricots Dessert	19 Chicken Burger Deluxe Jo Jo's Coleslaw Orange Quarters Dessert	20 Pepper Steak Steamed Rice Garden Salad Cinnamon Pears Egg Roll Dessert	21
24	25 Teriyaki Beef on Rice Oriental Vegetables Spinach Salad Tropical Fruit Garlic Bread Dessert	26 Bacon & Egg Salad Sandwich Vegetable Soup Cucumber Slices Orange Quarters Dessert	27 Roast Beef 1/2 Baked Potato Green Beans Garden Salad WW Roll Fruit Ambrosia	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



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ODESSA

PLEASE CALL 509-982-2654 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
Bacon & Egg Salad Sandwich
Vegetable Soup
Cucumber Salad
Banana
Dessert

4

5
Tuna Noodle Casserole
Buttered Peas
Spring Salad
Pears
Dessert

6
Teriyaki Beef on Rice
Oriental Vegetables
Spinach Salad
Mandarin Oranges
Rice Krispies Treats

7

10
BBQ Chicken
Baked Beans
Green Salad
Fruit Salad
WW Roll
Oatmeal Cookie

11

12
Pork Chops
Mashed Potatoes / Gravy
Peas
Applesauce
Bread Pudding

13
Fish & Chips
Cabbage & Apple Slaw
Pears
Cereal Bars

14

17 CLOSED



18

19
Split Pea & Ham Soup
Turkey Sandwich Deluxe
Coleslaw
Apricots
Dessert

20
Supreme Style Pizza
Caesar Salad
Fruit Tray
Dessert

21

24
Hot Turkey Sandwich
Mashed Potatoes / Gravy
Green Beans
Cranberry Salad
Dessert

25

26
Chicken Parmesan
Pasta Marinara
Steamed Broccoli
7 Layer Salad
Mixed Berries
Dessert

27
Beef Taco Pie
Baja Veggie Blend
Garden Salad
Spiced Applesauce
Dessert

28

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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

Suggested donation for seniors over age 60 is \$5.00
FEE for persons under age 60 is \$12.00



3	4 BBQ Chicken Jo Jo's Spiced Salad Tropical Fruit WW Roll Oatmeal Cookie	5 Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy Buttered Corn Garden Salad Berry Crisp	6 Bacon & Egg Salad Sand- wich on Croissant Vegetable Soup Cucumber Slices Orange Quarters Dessert	7 Pork Chops / Applesauce Mashed Potatoes / Gravy Buttered Peas Spring Salad Bread Pudding
10	11 Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll Cherry Crisp	12 Fish & Chips Cabbage / Apple Slaw Fruit Cocktail Rice Krispies Treats	13 Chicken Salad Croissant Vegetable Soup Grapes Dessert	14 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Chilled Pears WW Roll Dessert
17 CLOSED 	18 Chicken Burger Deluxe Potato Salad Three Bean Salad Orange Quarters Dessert	19 Split Pea & Ham Soup Turkey Sandwich Deluxe Apple Wedges Peaches Dessert	20 Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Dessert	21 Orange Chicken Steamed Rice Oriental Vegetables Asian Coleslaw Egg Roll Dessert
24	25 Cabbage Rolls Green Salad Strawberries & Bananas Green Salad WW Roll Dessert	26 Chicken Fajitas Southwest Salad Tropical Fruit Dessert	27 Hot Turkey Sandwich Mashed Potatoes/Gravy Green Beans Cranberry Salad Dessert	28 Yakisoba (Beef & Noodles) Stir Fry Veggies Coleslaw Mandarin Oranges Egg Roll Dessert

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