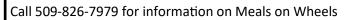


## DAVENPORT PLEASE CALL 509-725-7055 TO RESERVE MEALS 509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for s \$5.00 FEE for persons under ag			OCTIN MISSION NUTRITION! Established 1975	
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 Presidents day!	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









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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for senio FEE for persons under age 60		00		OCTN MISSION NUTRITION! Established 1975
3 Bacon & Egg Salad Sandwich /egetable 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
LO BBQ Chicken Baked Beans Green Salad Fruit Salad WW Roll Datmeal Cookie	11	12 Pork Chops Mashed Potatoes / Gravy Peas Applesauce Bread Pudding	13 Fish & Chips Cabbage & Apple Slaw Pears Cereal Bars	14
CLOSED Presidents day!	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

Call 509-826-7979 for information on Meals on Wheels



WHEELS 2024 MEMBER



## WILBUR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for s	seniors over age 60 is \$5.00 ge 60 is \$12.00			OCTN MISSION NUTRITION! Established 1975
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 Presidents day!	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

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



