



DAVENPORT

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|--|--|---|--------|
| 2 | 3 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert | 4 Clam Chowder Turkey Sandwich Deluxe Cucumber Salad Tropical Fruit Dessert | 5 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert | 6 |
| 9 | 10 Chicken Cacciatore Shell Pasta Italian Vegetables Grapes Breadstick Dessert | 11 Turkey & Cheese Sandwich Corn Chowder Fresh Fruit Tray Dessert | 12 Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Asian Slaw Mandarin Oranges Egg Roll Dessert | 13 |
| 16 | 17 Country Fried Steak Mashed Potatoes / Gravy Green Beans Tossed Veggie Salad Fruit Cocktail WW Roll Dessert | 18 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert | 19 Hearty Turkey Noodle Soup Tossed Salad Fresh Fruit Tray Mozzarella Bread Stick Dessert | 20 |
| 23 | 24 CLOSED | 25 CLOSED | 26 Beef Stroganoff Green Beans Mixed Greens Salad Chilled Peaches Dessert | 27 |
| 30 | 31 Biscuits & Gravy Oven Brown Potatoes V-8 or Fruit Juice Fresh Fruit Muffin | |  | |



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 |
|---|-----------|---|---|---|
| 2 Pork Chops Mashed Potatoes & Gravy Roasted Carrots Garden Salad Applesauce WW Roll Dessert | 3 | 4 Beef Stew Tossed Salad Fresh Fruit WW Roll Cook's Choice Dessert | 5 Chef's Salad Potato Soup Cinnamon Applesauce WW Roll Cereal Bars | 6 |
| 9 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Angel Food Cake | 10 | 11 Taco Soup Tortilla Chips Tossed Green Salad Peaches Mozzarella Breadsticks Dessert | 12 Orange Glazed Chicken Steamed Rice Stir Fry Veggies Asian Style Slaw Chilled Pineapple Egg Roll Dessert | 13 |
| 16 Clam Chowder Turkey Sandwich Cucumber Salad Tropical Fruit Blend Dessert | 17 | 18 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert | 19 Baked Ham Scalloped Potatoes Chopped Salad Pineapple & Cherries WW Roll Rice Krispies Treats | 20 |
| 23 Hearty Turkey Noodle Soup Tossed Salad Fresh Fruit Tray Mozzarella Bread Stick Dessert | 24 CLOSED | 25 CLOSED | 26 Bacon Cheeseburger Sweet Potato Waffle Fries Three Bean Salad Sliced Pears Dessert | 27 |
| 30 French Dip Sandwich Jo Jo's Garden Salad Peaches Dessert | 31 |  | |  |

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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 |
|--------|--|--|--|--|
| 2 | 3 Stuffed Cabbage Rolls 7 Layer Salad Apricots Oatmeal Cookie | 4 Chicken Enchiladas Spanish Rice Baja Veggie Blend Fresh Salsa Mandarin Oranges Dessert | 5 Pork Chops Mashed Potatoes / Gravy Roasted Carrots Garden Salad Applesauce WW Roll Dessert | 6 Clam Chowder Turkey Sandwich Cucumber Salad Tropical Fruit Dessert |
| 9 | 10 Salisbury Steak Mashed Potatoes / Gravy Trio Vegetables Carrot Raisin Salad WW Roll Fruit Cobbler | 11 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert | 12 Chicken Cordon Bleu Rice Pilaf Venetian Veggies Spinach Salad Cherries & Pineapple WW Roll Dessert | 13 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert |
| 16 | 17 Country Fried Steak Mashed Potatoes / Gravy Tossed Veggie Salad Fruit Cocktail WW Roll Dessert | 18 Chicken Burger Deluxe Potato Salad Apple Wedges Dessert | 19 Beef Stroganoff Green Beans Mixed Greens Salad Chilled Peaches Dessert | 20 Baked Ham Scalloped Potatoes Chopped Salad Pineapple WW Roll Rice Krispy Treats |
| 23 | 24 CLOSED  | 25 CLOSED | 26 BBQ Meatballs Macaroni Salad Italian Vegetables Caesar Salad Fruit Cocktail WW Roll Dessert | 27 Biscuits & Gravy Oven Brown Potatoes V-8 or Fruit Juice Fresh Fruit Muffin |
| 30 | 31 Swiss Steak Mashed Potatoes / Gravy California Blend Veggies Chopped Salad Fruit Salad Biscuit Dessert | | |  |

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