

October 2023

DAVENPORT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Cabbage Patch Stew Spiced Salad Mandarin Oranges Whole Grain Crackers Mozzarella Breadsticks Dessert	4 California Chicken Casserole Lettuce & Tomato Salad Apple Celery Salad Garlic Bread Dessert	5 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Tossed Green Salad WW Roll Pear Crisp	6
9 	10 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	11 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	12 Beef Stew 7 Layer Salad Orange Quarters Biscuit Dessert	13
16	17 Stuffed Pepper Casserole Mixed Greens Salad Pears Mozzarella Breadstick Dessert	18 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Style Slaw Egg Roll Dessert	19 Tuna Salad Croissant Clam Chowder Three Bean Salad Fruit Tray Dessert	20
23	24 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	25 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	26 Lemon Baked Fish Wild Rice Glazed Carrots Spinach Salad Focaccia Bread Dessert	27
30	31 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	 Established 1975	Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00	





For information about Home Delivered Meals call 509-826-7979.
You can visit our website at www.octn.org and follow us on Facebook!



October 2023

ODESSA

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Garden Chili Tortilla Chips Cottage Cheese Spinach Salad Peaches Cornbread Dessert	3	4 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	5 Wild Rice & Ham Casserole Green Beans Green Salad Orange Quarters WW Roll Dessert	6
9 Chicken Salad Sandwich Minestrone Soup Grapes Dessert	10	11 Pork Roast Stuffing & Gravy Roasted Fall Veggies Tossed Salad Applesauce Dessert	12 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	13
16 Chicken Fettuccine Alfredo Harvard Beets Caesar Salad Mixed Berries Dessert	17	18 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert	19 Fish Sandwich Potato Wedges Coleslaw Tropical Fruit Dessert	20
23 Hearty Vegetable Beef Soup String Cheese Tossed Green Salad Apple Wedges Biscuit Oatmeal Cookies	24	25 Tuna Noodle Casserole Peas & Carrots Veggie Tray Oregon Berries Ice Cream	26 Meatloaf Mashed Potatoes / Gravy Green Beans Tossed Salad WW Roll Pear Crisp	27
30 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert	31 		<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>	

Happy Halloween

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



October 2023

WILBUR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Cabbage Patch Stew Spiced Salad Waldorf Salad Mozzarella Breadsticks Dessert	4 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce WW Roll Dessert	5 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	6 Crunch Chicken Salad Sandwich Minestrone Soup Grapes Dessert
9 CLOSED 	10 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	11 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Egg Roll Dessert	12 Pork Roast Stuffing & Gravy Roasted Fall Veggies Pea Salad Applesauce Dessert	13 Stuffed Pepper Casserole Mixed Greens Salad Pears Mozzarella Breadstick Dessert
16	17 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	18 Korean Beef Bulgogi Steamed Rice Garlic Green Beans Spring Salad Pineapple WW Roll Dessert	19 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	20 Lemon Baked Fish Garlic Parmesan Pasta Glazed Carrots Caesar Salad Peaches Focaccia Bread Dessert
23	24 Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges Biscuit Oatmeal Cookies	25 Sweet & Sour Pork over Noodles Stir Fry Vegetables Asian Style Slaw Tropical Fruit Dessert	26 Tuna Salad on Croissant Clam Chowder Coleslaw Fruit Tray Dessert	27 Meatloaf Mashed Potatoes/Gravy Green Beans WW Roll Pear Crisp
30	31 Pulled Pork Sandwich Pea Salad Coleslaw Tropical Fruit Dessert	 Established 1975	Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00	



For information about Home Delivered Meals call 509-826-7979.
You can visit our website at www.octn.org and follow us on Facebook!

