

ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS

24 HOURS IN ADVANCE

WEDNESDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for s	seniors over age 60 is \$4.00 se 60 is \$10.00			1
4 Garden Chili Cottage Cheese Spinach Salad Peaches Tortilla Chips Cornbread Dessert	5	6 Yankee Pot Roast Roasted Potatoes and Carrots Green Beans Mixed Fruit WW Roll Cereal Bars	7 Chicken Fried Steak Potatoes & Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	8
11 CLOSED Shutterstock + 485768358	12	13 Spaghetti & Meat Sauce Caesar Salad Tropical Fruit Garlic Bread Dessert	14 Baked Ham Mac & Cheese Peas & Carrots Tossed Green Salad Pineapple WW Roll Dessert	OCTN MISSION NUTRITION!
18 Crunchy Chicken Salad Sandwich Vegetable Soup Chilled Pears Dessert	19	20 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Plums WW Roll Dessert	21 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches WW Roll Dessert	Established 1975
25 Hearty Veggie Beef Soup Cottage Cheese Pea & Cheese Salad WW Roll Apple Crisp	26	27 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert	28 Lemon Baked Fish Wild Rice Glazed Carrots Caesar Salad Focaccia Bread Fruited Jell-O	29

For information about Home Delivered Meals call 844-826-7979.

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







WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS 24 HOURS IN ADVANCE

Suggested donation for so	eniors over age 60 is \$4.00 e 60 is \$10.00			1
4	5 Cabbage Patch Stew Spiced Salad Waldorf Salad WW Roll Dessert	6 Chicken Fried Steak Potatoes / Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	7 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	8
Shutterstock - 485763358	12 Baked Ham Mac & Cheese Peas & Carrots Tossed Green Salad Pineapple Dessert	13 Chicken Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert	14 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit WW Roll Dessert	OCTN MISSION NUTRITION!
18	19 Garden Chili Cottage Cheese Tortilla Chips Spinach Salad Peaches Cornbread Dessert	20 Stuffed Pepper Casserole 49'er Chopped Salad Pears WW Roll Dessert	Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert	Established 1975
25	26 Lemon Baked Fish Wild Rice Glazed Carrots Caesar Salad Peaches Focaccia Bread Dessert	27 Sweet & Sour Pork over Noodles Stir Fry Veggies Asian Style Slaw Dessert	28 Meatloaf Potatoes & Gravy Green Beans Pears Muffin Oatmeal Cookies	29

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