



# ODESSA

September  
2022

PLEASE CALL 509-982-2654 TO RESERVE MEALS  
24 HOURS IN ADVANCE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>			<p>1 Chili Green Salad Spiced Salad Pears Cornbread Dessert</p>	2
<p>5 CLOSED</p> 	6	<p>7 Salmon with Dill Sauce Rosemary Potatoes Pea Salad Tropical Fruit WW Roll Lemon Bars</p>	<p>8 Pizza Casserole Garden Salad Apple Wedges Garlic Bread Dessert</p>	9
<p>12 Chinese Almond Chicken Steamed Rice Asian Style Salad Mandarin Oranges Garlic Bread Dessert</p>	13	<p>14 Roast Beef Mashed Potatoes Country Vegetables WW Roll Apple Crisp</p>	<p>15 Corn Chowder Ham Sandwich Pea Salad Waldorf Salad Dessert</p>	16
<p>19 French Dip Potato Salad Green Salad Peaches Dessert</p>	20	<p>21 Cordon Bleu Casserole Wild Rice Beets Greek Salad Mixed Melons WW Roll Dessert</p>	<p>22 Hot Turkey Sandwich Mashed Potatoes &amp; Gravy Green Beans Orange Quarters WW Roll Oatmeal Cookies</p>	23
<p>26 Fall Vegetable Medley Soup Cottage Cheese Sliced Tomatoes Assorted Melons Focaccia Bread Dessert</p>	27	<p>28 Mac &amp; Cheese w/Bacon Peas &amp; Carrots Green Salad Tropical Fruit WW Roll Dessert</p>	<p>29 Wieners &amp; Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert</p>	30

For information about Home Delivered Meals call 509-826-7979.

You can visit our website at [www.octn.org](http://www.octn.org) and follow us on Facebook!



Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840



# WILBUR

September  
2022



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00			1 Cheeseburger Deluxe Pickled Beets Potato Salad Fruit Tray Dessert	2 Teriyaki Beef over Rice Oriental Veggies Asian Coleslaw Mandarin Oranges Garlic Bread Dessert
5 CLOSED 	6 Chicken Cordon Bleu Casserole Wild Rice Key West Veggies Greek Salad Mixed Melons WW Roll Dessert	7 Chili Green Salad Spiced Salad Pears Cornbread Dessert	8 Supreme Style Pizza Garden Salad Apple Wedges Garlic Bread Dessert	9 Chicken Fried Steak Mashed Potatoes Buttered Corn Carrot Raisin Salad Peaches WW Roll Dessert
12	13 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Mixed Berries Dessert	14 Salmon with Dill Sauce Rosemary Potatoes Spinach Salad Tropical Fruit Garlic Bread Dessert	15 Sweet & Sour Meatballs Garden Rice Oriental Veggies Asian Slaw Pears Roll Dessert	16 Chicken Fettuccine Alfredo Green Beans Tossed Green Salad Fresh Fruit Dessert
19	20 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Peaches WW Roll Oatmeal Cookies	21 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert	22 Chef's Salad Fresh Fruit WW Roll Cereal Bar	23 French Dip Potato Salad Green Salad Watermelon Dessert
26	27 Roast Beef Mashed Potatoes & Gravy Caesar Salad WW Roll Apple Crisp	28 Fish & Chips Coleslaw Garlic Bread Berries over Ice Cream	29 Sloppy Joe's Jo Jo's Watermelon Salad Waldorf Salad Dessert	30 Sweet & Sour Pork on Rice Oriental Veggies Asian Style Slaw Tropical Fruit Egg Roll Dessert

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