

November 2022



ODESSA

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp	3 Broccoli Chicken Bake Greek Salad Waldorf Salad Garlic Bread Dessert	4
7 Ham Sandwich Corn Chowder Pea Salad Fresh Fruit Tray Dessert	8	9 Tuna Noodle Casserole Peas & Carrots Tossed Green Salad Fruit Cocktail Dessert	10 Cheese Ravioli with Meat Sauce Mixed Vegetables Spinach Salad Peaches Garlic Bread Dessert	11 
14 Hamburger Gravy over Mashed Potatoes Green Beans Orange Quarters WW Roll Rice Krispy Treats	15	16 Honey Mustard Chicken Wild Rice Key West Veggies Coleslaw Tropical Fruit Dessert	17 Baked Fish Pesto Pasta Buttered Peas Garden Salad Grapes Oatmeal Cookies	18
21 Cheeseburger Deluxe Jo Jo's Coleslaw Sliced Pears Dessert	22	23 Roast Turkey Stuffing & Gravy Sweet Potatoes Green Beans Cranberry Salad Pumpkin Pie	24 	
28 Minestrone Soup Cottage Cheese Tossed Salad Peaches WW Roll Dessert	29	30 Ham Au Gratin Potatoes Glazed Carrots Applesauce WW Roll Cereal Bars	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p> </div>	

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






November 2022



WILBUR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ Chicken Sandwich Macaroni Salad Peas & Carrots Greek Salad Mixed Fresh Fruit Dessert	2 Swiss Steak with Tomato Sauce Garlic Penne' Pasta California Blend Veggies Caesar Salad Fruit Cup Dessert	3 Ham Au Gratin Potatoes Green Beans Peaches WW Roll Apple Crisp	4 Chicken Cordon Bleu Casserole Key West Vegetables Tossed Green Salad Fruit Cocktail Dessert
7	8 Split Pea & Ham Soup Turkey Sandwich Lettuce & Tomato Salad Pineapple Dessert	9 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Roll Berry Crisp	10 Chili Stuffed Potato Roasted Corn & Peppers Mixed Greens Salad Chilled Pears Tortilla Chips Dessert	11 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes V-8 Juice Orange Quarters Dessert 
14	15 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert	16 Beef & Broccoli Stir Fry Rice Asian Coleslaw Egg Roll Mandarin Oranges Dessert	17 Bacon & Egg Salad Sand- wich on Croissant Tomato Basil Soup Spinach Salad Citrus Salad Dessert	18 Ham & Navy Bean Soup Cottage Cheese Tossed Salad Pickled Beets Waldorf Salad Corn Chips Dessert
21	22 Roast Turkey Mashed Potatoes Green Bean Casserole Broccoli Salad Cranberry Sauce Roll Pumpkin Pie	23 Roast Beef & Cheese Deli Style Sandwich Vegetable Soup Tossed Salad Mixed Berries Dessert	24 CLOSED 25 CLOSED 	
28	29 Stuffed Cabbage Rolls Seven Layer Salad WW Roll Fruited Jell-O	30 Hamburger Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Apple Crisp	<div style="border: 2px solid black; padding: 5px;"> Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00 </div>	

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