

July 2022

ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS

24 HOURS IN ADVANCE



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1
<p>4 CLOSED</p> 	5	<p>6</p> <p>Chicken Fettuccine Steamed Broccoli Spring Salad Fresh Fruit Garlic Bread Dessert</p>	<p>7</p> <p>Tater Tot Casserole Garden Salad Peaches WW Roll Oatmeal Cookies</p>	8
<p>11</p> <p>Pepper Steak Steamed Rice Sour Cream & Cucumbers Grapes WW Roll Dessert</p>	12	<p>13</p> <p>Chicken & Dumplings Cottage Cheese Spinach Salad Mixed Berries Dessert</p>	<p>14</p> <p>Burger Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert</p>	15
<p>18</p> <p>Beef Stew Garden Salad Applesauce Biscuits Dessert</p>	19	<p>20</p> <p>Baked Fish Herbed Fettuccine Peas Cabbage & Apple Slaw Mixed Berries Angel Food Cake</p>	<p>21</p> <p>Turkey Sandwich Deluxe Pickled Beets Three Bean Salad Fresh Fruit Cherry Pie</p>	22
<p>25</p> <p>Chef's Salad Mixed Melons WW Roll Cereal Bars</p>	26	<p>27</p> <p>Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>28</p> <p>Beef Tacos Spanish Rice Mexican Slaw Cinnamon Pears Dessert</p>	29

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

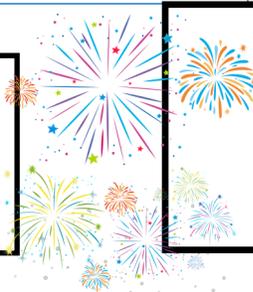
You can visit our website at www.octn.org and follow us on Facebook!

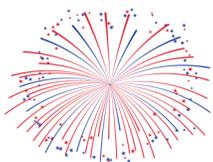
Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840



Suggested donation for seniors over age 60 is \$4.00

FEE for persons





July 2022

WILBUR

PLEASE CALL 509-647-5503 TO RESERVE MEALS

24 HOURS IN ADVANCE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 CLOSED 	5 Deluxe Cheeseburger Caesar Salad Pears Dessert	6 Biscuits & Gravy Oven Brown Potatoes Stewed Tomatoes Orange Quarters Muffin	7 Chicken Fettuccine Steamed Broccoli Spring Salad Fresh Fruit Garlic Bread Dessert	8
11	12 Chili Stuffed Potato Tossed Salad Strawberries & Bananas Cornbread Dessert	13 Baked Fish Rice Pilaf Peas Cabbage & Apple Slaw Mixed Berries Angel Food Cake	14 Baked Ham Scalloped Potatoes Chuck Wagon Corn Broccoli Salad Pineapple WW Roll Dessert	15
18	19 Country Fried Steak Mashed Potatoes / Gravy Trio Vegetables Carrot Raisin Salad Peaches WW Roll Dessert	20 Hot Dog Potato Salad Pea Salad Strawberry Shortcake	21 Chicken Stir Fry Rice Tossed Veggie Salad Mandarin Oranges Egg Roll Dessert	22
25	26 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	27 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon Cheesy Garlic Toast Dessert	28 Turkey Sandwich Deluxe Pickled Beets Three Bean Salad Fresh Fruit Dessert	29

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