



ODESSA

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Fried Steak Mashed Potatoes/Gravy Green Beans WW Roll Apple Crisp	4	5 California Chicken Casserole Cucumber Salad Waldorf Salad Garlic Bread Dessert	6 Garden Chili Cottage Cheese Spinach Salad Peaches Cornbread Dessert	7
10 CLOSED 	11	12 Beef Stew Garden Salad Pears Biscuits Dessert	13 Hawaiian Chicken Rice Asian Vegetables Coleslaw Tropical fruit WW Roll Dessert	14
17 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	18	19 Chicken Fettuccine Alfredo Zucchini / Tomato Bake Chopped Salad Berry Crisp	20 Wild Rice & Ham Casserole Green Beans Tossed Salad Orange Quarters WW Roll Dessert	21
24 Tater Tot Casserole Greek Salad Plums WW Roll Dessert	25	26 Hearty Vegetable Beef Soup Cottage Cheese Garden Salad Apple Wedges WW Roll Oatmeal Cookies	27 Pork Chops w/Applesauce Potato Casserole Brussels Sprouts Green Salad Biscuit Dessert	28
31 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit WW Roll Dessert		 <p>OCTN MISSION NUTRITION!</p> <p>Established 1975</p>	<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$4.00</p> <p>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





WILBUR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Cabbage Patch Stew Spiced Salad Waldorf Salad WW Roll Dessert	5 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	6 Sweet & Sour Meatballs Rice Oriental Vegetables Asian Coleslaw Tropical Fruit Garlic Bread Dessert	7 Crunchy Chicken Salad Sandwich Vegetable Soup Chilled Peaches Dessert
10 CLOSED 	11 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	12 Lemon Baked Fish Rice Pilaf Glazed Carrots Tossed Veggie Salad Peaches Focaccia Bread Dessert	13 Pork Chops w/Applesauce Au Gratin Potatoes Brussels Sprouts Green Salad Biscuits Dessert	14 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert
17	18 Meatloaf Mashed Potatoes/Gravy Green Beans Muffin Pear crisp	19 Tuna Salad Croissant Clam Chowder Coleslaw Fruit Tray Dessert	20 Stuffed Pepper Casserole 49'er Chopped Salad Pears WW Roll Dessert	21 Chicken Fettuccine Alfredo Zucchini / Tomato Bake Caesar Salad Mixed Berries Dessert
24	25 Honey Mustard Chicken Wild Rice Key West Vegetables Cucumber Salad Tropical Fruit Dessert	26 Pulled Pork Sandwich Pea Salad Coleslaw Peaches Dessert	27 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	28 Breakfast Burrito with Egg, sausage, cheese & potato Stewed Tomatoes Spinach Salad Pudding Parfait with Blue- berries
31		 <p>OCTN MISSION NUTRITION!</p> <p>Established 1975</p>	<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>	

Happy Halloween



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