



ODESSA

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit WW Roll Dessert	2
Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00				
5 Baked Ham Au Gratin Potatoes Mixed Greens Salad Fruit Tray WW Roll Bread Pudding	6	7 BBQ Chicken Scalloped Potatoes Pea Salad Oranges WW Roll Rice Krispy Bar	8 Chicken Caesar Salad Tortellini Soup Grapes Cheesy Garlic Toast Dessert	9
12 Mac & Cheese with Ham Peas Tossed Green Salad Plum Crisp	13	14 Roast Beef Mashed Potatoes/Gravy Key West Veggie Blend Garden Salad Apricots WW Roll Dessert	15 Chicken Cordon Bleu Garlic Parmesan Pasta Green Beans Tossed Salad Plums WW Roll Dessert	16
19 Crunchy Chicken Salad on a Bed of Greens Pickled Beets Garlic Bread Strawberry Shortcake	20	21 Hot Dog Coleslaw Three Bean Salad Fruit Salad Dessert	22 Meatballs Mashed Potatoes/Gravy Greek Salad WW Roll Apple Crisp	23
26 Deluxe Cheeseburger Jo Jo's Coleslaw Apple Celery Salad Dessert	27	28 Chef's Salad Fresh Fruit WW Roll Dessert	29 Chicken Parmesan Garlic Pasta Key West Veggies Cuke & Tomato Salad Apricots WW Roll Dessert	30 

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
<p>Suggested donation for seniors over age 60 is \$4.00 FEE for persons under age 60 is \$10.00</p>			<p>1 Stuffed Pepper Casserole Chopped Salad WW Roll Cherry Crisp</p>	<p>2 BBQ Chicken Scalloped Potatoes Pea Salad Fruit Tray WW Roll Rice Krispy Treats</p>
<p>5</p>	<p>6 Hot Dog Coleslaw Three Bean Salad Fruit Salad Dessert</p>	<p>7 Swiss Steak with Grilled Onions Mashed Potatoes/Gravy 49'er Chopped Salad Strawberries & Bananas Garlic Bread Oatmeal Cookies</p>	<p>8 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Muffin Dessert</p>	<p>9 Chicken Enchiladas Spanish Rice Baja Veggie Blend Cuke & Tomato Salad Pears Dessert</p>
<p>12</p> 	<p>13 Deluxe Chicken Burger Jo Jo's Coleslaw Apple Celery Salad Dessert</p>	<p>14 Salisbury Steak Mashed Potatoes/Gravy Green Beans WW Roll Fruited Jell-O</p>	<p>15 Pork Chop Suey Rice Asian Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>16 Chicken Caesar Salad Tortellini Soup Apples & Grapes Cheesy Garlic Toast Dessert</p>
<p>19</p>	<p>20 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert</p>	<p>21 Chicken Cordon Bleu Garlic Parmesan Pastas Peas & Carrots Tossed Green Salad Chilled Pears WW Roll Dessert</p>	<p>22 French Dip Green Beans Garden Salad Peaches Dessert</p>	<p>23 Chef's Salad Fresh Fruit WW Roll Dessert</p>
<p>26</p>	<p>27 Chicken Fettuccine Venetian Blend Veggies Caesar Salad Blueberry Cobbler</p>	<p>28 Egg Salad Sandwich Loaded Potato Soup Waldorf Salad Mixed Berries Dessert</p>	<p>29 Country Fried Steak Mashed Potatoes/Gravy Green Beans Orange Quarters WW Roll Dessert</p>	<p>30 Chicken Strips Jo Jo's Broccoli Salad WW Roll Strawberry Shortcake</p>

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