

March 2023

ODESSA

PLEASE CALL 509-982-2654 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
Lasagna with Meat Sauce
Green Beans
Tossed Salad
Pears
Bread Stick
Dessert

2
Scalloped Potato and
Ham Casserole
Peas
Carrot Raisin Salad
Apple Slices
Bread Pudding

3

6
Turkey Sandwich
Split Pea Soup
Veggie Tray
Tropical Fruit
Dessert

7

8
Tater Tot Casserole
Cottage Cheese
Cuke & Tomato Salad
Apricots
WW Roll
Dessert

9
Chicken Cordon Bleu
Rice Pilaf
Venetian Vegetables
Greek Salad
Fruit Salad
WW Roll
Dessert

10

13
Rueben Sandwich
Jo Jo's
Spiced Salad
Mandarin Oranges
Dessert

14

15
Salisbury Steak with Mush-
room Gravy
Mashed Potatoes
Green Bean Casserole
Pears
WW Roll
Dessert

16
Corned Beef & Cabbage
Boiled Potatoes
Carrots
Tropical Fruit
WW Roll
Pistachio Pudding

17



20
Beef Tacos
Spanish Rice
Fresh Salsa
Grapes
Dessert

21

22
California Chicken Casserole
Lettuce & Tomato Salad
Orange Quarters
Cheesy Biscuit
Dessert

23
Salmon with Dill Sauce
Pesto Pasta
Mediterranean Veggies
Garden Salad
Waldorf Salad
WW Roll
Dessert

24

27
Biscuits & Sausage Gravy
Hash Brown Potatoes
V-8 Juice
Fresh Fruit
Blueberry Muffin

28

29
Stuffed Cabbage Casserole
Green Beans
Orange Quarters
WW Roll
Dessert

30
Sweet & Sour Pork
Steamed Rice
Spinach Salad
Pineapple Tidbits
Garlic Bread
Dessert

31

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





March 2023

WILBUR

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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>	<p>1 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert</p>	<p>2 Salmon with Dill Sauce Pesto Pasta Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert</p>	<p>3 Salisbury Steak with Mushroom Gravy Egg Noodles Green Bean Casserole Spiced Salad WW Roll Dessert</p>
6	<p>7 Scalloped Potato & Ham Casserole Peas Carrot Raisin Salad Spicy Apples Bread Pudding</p>	<p>8 Chili Stuffed Potato Green Salad Peaches Cornbread Dessert</p>	<p>9 Chicken Fettuccine Key West Veggies Spinach Salad Tropical Fruit Garlic Bread Dessert</p>	<p>10 French Dip Jo JO's Pea Salad Banana Dessert</p>
13	<p>14 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Focaccia Bread Dessert</p>	<p>15 Stuffed Pepper Casserole Green Beans Orange Quarters WW Roll Dessert</p>	<p>16 Lentil Veggie Soup Cottage Cheese 7 Layer Salad Pears Cornbread Dessert</p>	<p>17 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Roll Dessert</p> 
20	<p>21 Chicken Cordon Bleu Baked Potato Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>	<p>22 Sweet & Sour Pork Rice Asian Slaw Pineapple Tidbits Garlic Bread Dessert</p>	<p>23 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert</p>	<p>24 Baked Fish Fillet Pesto Pasta Asian Veggies Spinach Salad Grapes WW Roll Dessert</p>
27	<p>28 Hawaiian Chicken Wild Rice Herbed Cauliflower Garden Salad Pineapple WW Roll Dessert</p>	<p>29 Lasagna w/Meat Sauce Green Beans Tossed Salad Pears Bread Sticks Dessert</p>	<p>30 Tuna Casserole Peas & Carrots Cucumber Salad Waldorf Salad Garlic Bread Dessert</p>	<p>31 Pork Roast Stuffing & Gravy Broccoli Normandy Garden Salad Applesauce Dessert</p>

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