

ODESSA

MEALS ON WHEELS AMERICA 2021 MEMBER

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 4 7 Egg Salad Sandwich Chili with Cheese Baked Ham Minestrone Soup **Cucumber Slices Scalloped Potatoes** Vegetable Tray Spring Salad Caesar Salad **Oregon Berries** Peaches Waldorf Salad **Angel Food Cake** Cornbread WW Roll Dessert Dessert 11 13 14 10 12 OCTN MISSION **Hearty Turkey Noodle Soup** Oven Fried Chicken **Beef Stew** NUTRITION! **Cottage Cheese** Potato Casserole Green Salad **Tossed Salad** Chuck Wagon Corn **Pears** Fresh Fruit Cuke/Tomato Salad **Biscuit** Cornbread Grapes Cereal Bars WW Roll Dessert Dessert 17 20 21 18 19 Split Pea & Ham Soup Spaghetti & Meat Sauce **Turkey Sandwich** Caesar Salad Garden Salad CLOSED FOR ALL Apricots **Plums** STAFF TRAINING Garlic Bread Dessert Dessert 25 26 27 28 24 Ham & Cheese Sandwich Meatloaf Lemon Baked Fish Corn Chowder Mashed Potatoes/Gravy Rice Pilaf **Tossed Salad Green Beans Chalet Vegetables** Berry & Pudding Parfait Spinach Salad Coleslaw **Peaches Applesauce Biscuit** Garlic Bread Dessert Dessert

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



2023

WILBUR

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



THEODAY THEODAY FOLDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation over age 60 FEE for persons under	is \$4.00	OCTN MISSION NUTRITION! Established 1975		
3	4 Egg Salad Sandwich Minestrone Soup Cucumber/Tomato Salad Oregon Berries Angel Food Cake	5 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad Apricot Crisp	6 Chili with Cheese Cucumber Slices Caesar Salad Peaches Cornbread Dessert	7 Beef Stew Mixed Greens Salad Apple Slices Biscuit Cereal Bar
10	11 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	12 Split Pea & Ham Soup Turkey Sandwich Garden Salad Sliced Pears Dessert	13 BBQ Meatballs Rice Pilaf Peas & Carrots Coleslaw Orange Quarters Cornbread Dessert	14 Lemon Baked Fish Pesto Pasta Chalet Vegetables Green Salad Peaches Garlic Bread Dessert
17	18 Baked Ham Scalloped Potatoes Caesar Salad Waldorf Salad WW Roll Dessert	CLOSED FOR ALL STAFF TRAINING	20 Sweet & Sour Pork Over Noodles Oriental Veggies Asian Style Slaw Tropical Fruit Egg Roll Dessert	21 Meatloaf Mashed Potatoes/Gravy Green Beans Spinach Salad Chilled Pears Biscuit Dessert
24	25 Ham & Cheese Sandwich Corn Chowder Tossed Salad Berry & Pudding Parfait	26 Fish & Chips Coleslaw Fruit Tray Cheesy Garlic Toast Dessert	27 Honey Mustard Chicken Garlic Parmesan Pasta Key West Veggies Spinach Salad Tropical Fruit WW Roll Dessert	28 Italian Rice & Beef Caesar Salad Apple Wedges Garlic Bread Dessert

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