



2022

ODESSA

PLEASE CALL 509-982-2654 TO RESERVE MEALS

24 HOURS IN ADVANCE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------|---|--|--------|
| 1 BLT Sandwich Cottage Cheese V-8 Juice Fresh Fruit Tray Dessert | 2 | 3 Sweet & Sour Meatballs Steamed Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Salad Egg Roll Dessert | 4 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert | 5 |
| 8 Meatloaf Mashed Potatoes & Gravy Broccoli Caesar Salad WW Roll Bread Pudding | 9 | 10 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake | 11 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert | 12 |
| 15 Pulled Pork Sandwich Potato Salad Coleslaw Apple Slices Dessert | 16 | 17 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert | 18 Salisbury Steak Mashed Potatoes & Gravy Broccoli WW Bread Apricot Crisp | 19 |
| 22 Ham Scalloped Potatoes Garden Salad Pineapple WW Roll Dessert | 23 | 24 Chicken & Rice Casserole Tossed Salad Fruit Cocktail Garlic Bread Dessert | 25 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert | 26 |
| 29 Chicken Salad Sandwich Spinach Salad Pears Dessert | 30 | 31 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce Dessert | <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> | |



Established 1975

For information about Home Delivered Meals call 509-826-7979.

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



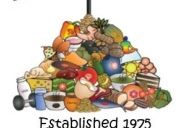
Donations can be mailed to: OCTN P.O. Box 471 Okanogan, WA 98840



WILBUR

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|--|---|--|--------|
| 1 | 2 BBQ Chicken Macaroni Salad Green Beans Mixed Greens Salad WW Roll Berry Shortcake | 3 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad Peaches WW Roll Rice Krispy Treats | 4 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert | 5 |
| 8 | 9 Meatloaf Mashed Potatoes & Gravy Peas Caesar Salad WW Roll Bread Pudding | 10 Lemony Cheese Tortellini and Bacon Salad Mixed Berries Ice Cream | 11 Pulled Pork Sandwich Potato Salad Coleslaw Apple Slices Dessert | 12 |
| 15 | 16 Salisbury Steak Mashed Potatoes & Gravy Broccoli WW Bread Apricot Crisp | 17 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert | 18 Stuffed Pepper Casserole Garden Salad Peaches WW Roll Dessert | 19 |
| 22 | 23 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert | 24 Pork Roast Stuffing & Gravy Capri Vegetables Spring Salad Applesauce Dessert | 25 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons WW Roll Dessert | 26 |
| 29 | 30 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake | 31 Chicken Caesar Salad Tomato Wedges Melon Slices Cheesy Garlic Toast Dessert | <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> | |



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