



# COULEE CITY

PLEASE CALL OR TEXT 509-632-8701 TO RESERVE MEALS  
24 HOURS IN ADVANCE

| MONDAY                                                                                                      | TUESDAY                                                                                         | WEDNESDAY                                                                                                                     | THURSDAY                                                                                                                | FRIDAY                                                                                                           |
|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <div>Suggested donation for seniors over age 60 is \$5.00<br/>FEE for persons under age 60 is \$10.00</div> |                                                                                                 |                                                                                                                               |                                                                                                                         |                                                                                                                  |
| 3                                                                                                           | 4<br>BBQ Chicken<br>Mac & Cheese<br>Green Beans<br>Tossed Salad<br>Fresh Fruit<br>Dessert       | 5<br>Hamburger Steak<br>Mashed Potatoes / Gravy<br>Buttered Corn<br>Garden Salad<br>Apple Crisp                               | 6<br>Split Pea & Ham Soup<br>Deluxe Turkey Sandwich<br>Orange Quarters<br>Dessert                                       | 7<br>Sloppy Joe Sandwich<br>Jo Jo's<br>Coleslaw<br>Fruit Salad<br>Dessert                                        |
| 10                                                                                                          | 11<br>CLOSED FOR<br>VETERAN'S DAY<br>HOLIDAY                                                    | 12<br>Salisbury Steak with<br>Mushroom Gravy<br>Mashed Potatoes<br>Green Beans<br>WW Roll<br>Berry Crisp                      | 13<br>Breakfast Sandwich with<br>Bacon, Egg & Cheese<br>Country Potatoes<br>Fruit or V-8 Juice<br>Fresh Fruit<br>Pastry | 14<br>Tuna & Rice Bake<br>California Blend Veggies<br>Greek Salad<br>Peaches<br>Garlic Bread<br>Dessert          |
| 17                                                                                                          | 18<br>Chili Stuffed Baked Potato<br>Mixed Greens Salad<br>Chilled Pears<br>Cornbread<br>Dessert | 19<br>Country Fried Steak<br>Mashed Potatoes /Gravy<br>Buttered Corn<br>Garden Salad<br>Chilled Peaches<br>WW Roll<br>Dessert | 20<br>Bacon & Egg Salad Sandwich on Croissant<br>Tomato Basil Soup<br>Spinach Salad<br>Apple Wedges<br>Dessert          | 21<br>Roast Turkey<br>Mashed Potatoes / Gravy<br>Broccoli Salad<br>Cranberry Sauce<br>Dinner Roll<br>Pumpkin Pie |
| 24                                                                                                          | 25<br>French Dip Sandwich<br>Jo Jo's<br>Tossed Salad<br>Banana<br>Dessert                       | 26<br>Biscuits & Gravy<br>Scrambled Eggs<br>Oven Browned Potatoes<br>V-8 or Fruit Juice<br>Orange Quarters<br>Sherbet         | 27<br>CLOSED FOR<br>THANKSGIVING DAY<br>HOLIDAY                                                                         | 28<br>CLOSED FOR<br>FAMILY DAY<br>HOLIDAY                                                                        |

Visit our website at [www.octn.org](http://www.octn.org) . Follow us on Facebook!

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

Call 509-826-7979 for information on Meals on Wheels





# GRAND COULEE

PLEASE CALL 509-633-2321 BY NOON TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY 8-10am

TUESDAY 5pm

WEDNESDAY 5pm

THURSDAY 5pm

FRIDAY 8-10am

Suggested donation for seniors over age 60 is \$5.00

FEE for persons under age 60 is \$10.00

3  
Eggs  
Sausage Links  
Fruit or V-8 Juice  
Fruit Bowl  
Pancakes

4  
Lasagna w/ Meat Sauce  
Cottage Cheese  
Green Beans  
Green Salad  
Pineapple  
Garlic Toast  
Cook's Choice Dessert

5  
Hamburger Steak w/ Onions  
Mashed Potatoes & Gravy  
Buttered Corn  
Garden Salad  
Fruit Salad  
WW Roll  
Cook's Choice Dessert

6  
Chili  
Baked Potato Bar  
Mixed Greens Salad  
Mixed Fruit  
WW Bread  
Dessert

7  
Scrambled Eggs  
Bacon  
Hash Browns  
V-8 or Fruit Juice  
Fruit Bowl  
Toast  
Dessert

10  
Ham & Eggs  
Hash Browns  
V-8 or Fruit Juice  
Fruit Bowl  
Toast

11  
  
CLOSED FOR  
VETERAN'S DAY  
HOLIDAY

12  
Country Fried Steak  
Mashed Potatoes & Gravy  
Carrots  
Garden Salad  
Buttered Corn  
Chilled Peaches  
WW Roll  
Dessert

13  
Chicken & Dumplings  
Green Salad  
Peaches  
Breadstick  
Dessert

14  
Biscuits & Gravy  
Eggs Your Way  
Oven Browned Potatoes  
V-8 Juice or Fruit Juice  
Orange Quarters

17  
Breakfast Sandwich (Bacon, Egg, & Cheese)  
Hash Browns  
V-8 or Fruit Juice  
Fruit Bowl  
English Muffin or Croissant

18  
Beef Teriyaki over Rice  
Stir Fry Vegetables  
Asian Coleslaw  
Mandarin Oranges  
Dessert

19  
Chicken Fettuccine Alfredo  
Peas & Carrots  
Caesar Salad  
Apricots  
Garlic Bread  
Dessert

20  
*Community Thanksgiving Dinner*  
  
*Sponsored by STCU*

21  
Sausage & Eggs  
Hash Browns  
V-8 or Fruit Juice  
Fruit Bowl  
Toast

24  
Omelet (Meat & Cheese)  
Hash Browns  
V-8 or Fruit Juice  
Fruit Bowl  
Toast

25  
Swedish Meatballs  
Buttered Potatoes  
Winter Veggies  
Chilled Pears  
WW Roll  
Cook's Choice Dessert

26  
Roast Turkey & Gravy  
Mashed Potatoes  
Stuffing  
Green Beans  
Green Salad  
Cranberry Salad  
Pumpkin Cheesecake

27  
  
CLOSED FOR  
THANKSGIVING DAY  
HOLIDAY

28  
  
CLOSED FOR  
FAMILY DAY

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