



COULEE CITY

PLEASE CALL OR TEXT 509-632-8701 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Stuffed Pepper Casserole Chopped Salad Chilled Pears WW Roll Dessert	4 Baked Ham Potatoes Au Gratin Mixed Greens Salad Pineapple & Cherries WW Roll Bread Pudding	5 BBQ Chicken Potato Salad Veggie Tray Fresh Fruit WW Roll Rice Krispies Bars	6 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Dessert
9	10 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert	11 Hot Dog Pea Salad Three Bean Salad Fruit Salad Dessert	12 Chicken Caesar Salad Tortellini Soup Apples & Grapes Dessert	13 Roast Beef Mashed Potatoes / Gravy Normandy Veggies WW Roll Strawberry Shortcake
16	17 French Dip Pea Salad Garden Salad Watermelon Dessert	18 Pork Chops Scalloped Potatoes Spiced Salad Fresh Fruit Tray WW Roll Cereal Bar	19 Taco Salad Spanish Rice Coleslaw Tropical Fruit Tortilla Chips Dessert	20 Hamburger Steak with Grilled Onions Mashed Potatoes Chopped Salad Bananas & Strawberries Garlic Bread Oatmeal Cookies
23	24 Meatballs Mashed Potatoes Greek Salad Banana WW Roll Apple Oatmeal Bars	25 Biscuits & Gravy Scrambled Eggs Potatoes O'Brien Tropical Fruit Juice Pastry	26 Clam Chowder Tuna Sandwich Garden Salad Pineapple Dessert	27 Chef's Salad Fresh Fruit WW Roll Dessert
30		<div>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00</div>		

Visit our website at 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 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ham Scrambler Country Potatoes Juice Fruit Bowl Toast	3 Beef Stroganoff Green Beans Salad Bar Fruit Bar Dessert	4 Country Fried Steak Mashed Potatoes/Gravy California Veggies Applesauce WW Roll Cook's Choice	5 Sweet & Sour Pork Steamed Rice Asian Vegetables Coleslaw Pineapple Egg Roll Dessert	6 Bacon & Eggs Hash Browns Juice Fruit Bowl Toast
9 Sausage Patty Scrambled Eggs Blueberry Pancakes Fruit Bowl Juice	10 Hawaiian Chicken Burger Potato Salad Sweet Slaw Pears Dessert	11 Stuffed Lasagna Salad Bar Fruit Bar Breadstick Dessert	12 All American Hot Dog Coleslaw Three Bean Salad Watermelon Dessert	13 Biscuits & Sausage Gravy Eggs Your Way Hash Browns Fruit Bowl Juice
16 Breakfast Sandwich Hash Browns Fruit Bowl Juice	17 Fish & Chips Coleslaw Applesauce Garlic Bread Dessert	18 Taco's Hard or Soft Salad Bar Fruit Bar Cook's Choice	19 Chicken & Dumplings Peas & Carrots Tossed Green Salad Mixed Fruit WW Roll Dessert	20 Country Scramble Hash Browns Fruit Bowl Juice Toast
23 German Sausage Scrambled Eggs Waffles Fruit Bowl Juice	24 Hamburger Steak Mashed Potatoes/Gravy Corn & Carrots Berry Sauce Garlic Bread Cook's Choice	25 Dr. Pepper Chicken Au Gratin Potatoes Mixed Greens Salad Fruit Bar WW Roll Cook's Choice	26 Chicken, Bacon Caesar Wrap Veggie Pasta Salad Sliced Fruit Dessert	27 Meat & Cheese Omelet Hash Browns Fruit Bowl Juice Toast
30 Scrambled Eggs Ham Slices Hash Browns Juice Fruit Bowl Toast		<div> Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00 </div>		

Visit our website at 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

