



COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Cheese Stuffed Shells with Marinara Sauce Venetian Vegetables Tossed Salad Garlic Bread	5 Taco Salad Tortilla Chips Mixed Fruit Dessert	6 Meatballs & Gravy Mashed Potatoes Lettuce & Tomato Salad WW Roll Peach Crisp	7 Sweet & Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Egg Roll Fortune Cookies
10	11 Beef Stroganoff Egg Noodles Carrots Garden Salad Fruited Jell-O	12 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp	13 Meatloaf Baked Potatoes Green Beans WW Roll Berries on Angel Food Cake	14 Ham Scalloped Potatoes Garden Salad Applesauce WW Roll Cereal Bar
17	18 Pulled Pork Sandwich Potato Salad Apple Slices Dessert	19 Tortellini Caprese Salad Steamed Vegetables Mixed Berries Ice Cream	20 BBQ Chicken Macaroni Salad Mixed Greens Salad Apple Crisp	21 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Dessert
24	25 Cheeseburger Deluxe Coleslaw Peaches Dessert	26 Swedish Meatballs Egg Noodles Normandy Vegetables Tossed Green Salad Applesauce Dessert	27 Teriyaki Chicken Steamed Rice Asian Style Slaw Mandarin Oranges Egg Roll Fortune Cookies	28 Bacon & Egg Salad Sandwich Pea Salad Mixed Berries Dessert
31		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00		

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 8-10am	TUESDAY-5pm	WEDNESDAY-5pm	THURSDAY-5pm	FRIDAY 8-10am
3 Scrambled Eggs Sausage Patty Hash Browns Fruit Toast	4 Baked Chicken Mashed Potatoes / Gravy Caesar Salad WW Roll Peach Crisp	5 Pulled Pork Sandwich Potato Salad Apple Slices Cookie	6 Taco Salad Tortilla Chips Mixed Fruit Dessert	7 Ham Scrambler w/Cheese Hash Browns Fruit Toast
10 Breakfast Sandwich Hash Browns Fruit	11 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Cereal Bar	12 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	13 Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Dessert	14 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes Fresh Fruit
17 Scrambled Eggs German Sausage Hash Browns Fruit Toast	18 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Mixed Berries on Angel Food Cake	19 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	20 Fish & Chips Coleslaw Apricots Dessert	21 Eggs Your Way Bacon Oven Brown Potatoes Fresh Fruit Blueberry Muffin
24 Scrambled Mess with Gravy Fruit Toast	25 BBQ Chicken Macaroni Salad Mixed Greens Salad Mixed Berries Ice Cream	26 Beef Stroganoff Carrots Garden Salad Fruited Jell-O	27 Sweet & Sour Pork Steamed Rice Oriental Veggies Cucumber Salad Egg Roll Dessert	28 Scrambled Eggs Ham Slice Hash Browns Fruit Toast
31 Cheese Omelet Hash Browns Applesauce Toast		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00		

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