




COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chili w/ Cheese & Onions Sweet Potato Fries Tossed Salad Mixed Melons Cornbread Dessert	2 Chicken or Shrimp Fettuccine Alfredo Carrots Spring Salad Fresh Fruit Dessert	3 Deluxe Cheeseburger Potato Salad Three Bean Salad Watermelon Dessert	4 CLOSED 
7	8 French Dip Sandwich Jo Jo's Crunchy Pea Salad Apple Slices Dessert	9 Chicken Stir Fry w/ Rice Asian Slaw Mandarin Oranges Egg Roll Dessert	10 Clam Chowder BLT Sandwich Pea Salad Watermelon Dessert	11 Country Fried Steak Mashed Potatoes & Gravy Vegetable Trio Tossed Salad Peaches WW Roll Dessert
14	15 Baked Ham Scalloped Potatoes Chuck Wagon Corn Greek Salad Pineapple WW Roll Dessert	16 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	17 Deluxe Turkey Sandwich Potato Salad Three Bean Salad Cherry Pie	18 Baked Fish Fillet Rice Pilaf Peas Cabbage & Apple Slaw Mixed Berries WW Roll Angel Food Cake
21	22 Hamburger Steak w/ Sautéed Onions & Mushrooms Mashed Potatoes & Gravy Tossed Green Salad WW Roll Cherry Crisp	23 Fish & Chips Coleslaw Peaches French Bread Dessert	24 Sweet & Sour Meatballs Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Egg Roll Dessert	25 Deluxe Ham & Cheese Sandwich Three Bean Salad V-8 Juice Fresh Fruit Tray Dessert
28	29 Kielbasa w/ Peppers & Onions Potato Wedges Spinach Salad Watermelon Cornbread Dessert	30 Chicken Enchilada Casse- role Coleslaw Cucumber & Watermel- on Salad Mandarin Oranges Dessert	31 Chef's Salad Mixed Melons WW Roll Rice Krispies Treats	<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 8-10am

TUESDAY 5pm

WEDNESDAY 5pm

THURSDAY 5pm

FRIDAY 8-10am

	1 Deluxe Cheeseburger Potato Salad Three Bean Salad Watermelon Dessert	2 Supreme Style Pizza Garden Salad Pears Dessert	3 Country Fried Steak Mashed Potatoes w/ Country Gravy Trio Vegetables Tossed Salad Peaches WW Roll Dessert	4 CLOSED 
7 Scrambled Eggs German Sausage Juice Fruit Bowl Blueberry Pancakes	8 Pork Stir Fry with Rice Asian Slaw Mandarin Oranges Egg Roll Dessert	9 Kielbasa w/ Peppers & Onions Potato Wedges Spinach Salad Watermelon Cornbread Dessert	10 Chicken Fettuccine Alfredo Glazed Carrots Spring Salad Fresh Fruit Dessert	11 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Juice Fruit Bowl
14 Scrambled Eggs Bacon Oven Brown Potatoes Juice Fresh Fruit Toast	15 Pork Roast Stuffing & Gravy Green Beans Tossed Green Salad Applesauce Birthday Cake 	16 Deluxe Turkey Sandwich Potato Salad Three Bean Salad Cherry Pie	17 Teriyaki Beef over Rice Oriental Vegetables Garden Salad Tropical Fruit WW Roll Dessert	18 Eggs Sausage Patty Hash Browns Juice Fruit Bowl Toast
21 Denver Omelet Hash Browns Juice Fruit Bowl Toast	22 Fish & Chips Coleslaw Peaches Koolwich	23 Chicken Parmesan Pasta Marinara Italian Vegetables Garden Salad Fresh Fruit Tray Garlic Bread Dessert	24 Chicken, Bacon & Swiss Sandwich Sweet Potato Waffle Fries Broccoli Salad Watermelon Dessert	25 Scrambled Eggs Sausage Links Strawberries Juice Fruit Bowl Waffles
28 Scrambled Eggs Ham Country Potatoes Juice Fruit Bowl French Toast	29 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	30 Chicken Enchilada Casserole Coleslaw Cucumber & Watermelon Salad Mandarin Oranges Dessert	31 Chef's Salad Mixed Melons WW Roll Rice Krispies Treats	<div>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00</div>

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