



# COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00</div>				2 Baked Fish Fillet Pesto Pasta Key West Veggies Coleslaw Orange Quarters Dessert
5	6 Kielbasa w/Peppers & Onions Roasted Potatoes Cucumber Salad Waldorf Salad Biscuit Cereal Bars	7 Corn Chowder BLT Sandwich Spinach Salad Orange Quarters Dessert	8 Chili Stuffed Potato Tossed Green Salad Apricots Cornbread Dessert	9 Baked Ham Potatoes Au Gratin Trio Veggies Apple Wedges WW Roll Dessert
12	13 Cheeseburger Deluxe Sweet Potato Waffle Fries Coleslaw Chilled Pears Dessert	14 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes Stewed Tomatoes Fresh Fruit Muffin	15 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	16 French Dip Sandwich Jo Jo's Pickled Beets Waldorf Salad Dessert
19 shutterstock - 356091257	20 Shrimp Fettuccine Alfredo Zucchini Tomato Bake Caesar Salad Berries over Pound Cake	21 Philly Steak Sandwich Potato Salad Cucumber Slices Orange Quarters Dessert	22 Chicken Noodle Casserole Peas & Carrots Spinach Salad Fruit Salad Dessert	23 Beef Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert
26	27 Ham Sandwich Deluxe Minestrone Soup Pea Salad Pears Dessert	28 Pot Roast Potatoes & Carrots Tossed Green Salad Peaches WW Roll Oatmeal Cookies	29 Chili Dog Green Beans Cucumber Salad Pineapple & Cherries Dessert	30 Pizza Casserole Caesar Salad Waldorf Salad Dessert

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 TO RESERVE MEALS  
509-826-7979 FOR HOME DELIVERED MEALS



MONDAY 8-10am

TUESDAY 5pm

WEDNESDAY 5pm

THURSDAY 5pm

FRIDAY 8-10am

<div style="border: 2px solid black; padding: 5px;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div>			<p>1</p> 	<p>2</p> <p>Scrambled Eggs Bacon Hash Browns Juice Fruit Toast</p>
<p>5</p> <p>Scrambled Eggs Sausage Links Hash Browns French Toast Juice Fruit</p>	<p>6</p> <p>Pulled Pork Sandwich Salad Bar Fruit Bar Dessert</p>	<p>7</p> <p>Country Fried Steak Mashed Potatoes/Gravy Carrots &amp; Corn Applesauce Biscuit Dessert</p>	<p>8</p> <p>Fish &amp; Chips Coleslaw Banana Dessert</p>	<p>9</p> <p>Biscuits &amp; Gravy Scrambled Eggs Stewed Tomatoes Fresh Fruit Muffin</p>
<p>12</p> <p>Scrambled Eggs Sausage Links Hash Browns Pancakes Juice Fruit</p>	<p>13</p> <p>Taco Salad Corn Salad Fresh Salsa Tortilla Chips Mixed Fruit Dessert</p>	<p>14</p> <p>Hawaiian Chicken Sandwich French Fries Green Salad Pineapple Dessert</p>	<p>15</p> <p>Korean BBQ Pork Noodles Stir Fry Veggies Carrot Raisin Salad Mandarin Oranges Dessert</p>	<p>16</p> <p>Country Scramble with Eggs, Meat, Cheese and Potatoes Juice Fruit Biscuit</p>
<p>19</p>  <p>shutterstock - 356091257</p>	<p>20</p> <p>Turkey Noodle Soup Tossed Green Salad Apples Biscuit Dessert</p>	<p>21</p> <p>Supreme Style Pizza Tossed Salad Tropical Fruit Dessert</p>	<p>22</p> <p>Meatloaf Mashed Potatoes/Gravy Green Beans w/Bacon Pears WW Bread or Roll Dessert</p>	<p>23</p> <p>Breakfast Sandwich Hash Browns Juice Fruit</p>
<p>26</p> <p>Scrambled Eggs German Sausage Hash Browns Juice Fruit Toast</p>	<p>27</p> <p>Shepherd's Pie Salad Bar Fruit Bar WW Roll Dessert</p>	<p>28</p> <p>Chicken Strips French Fries Green Salad WW Bread or Roll Baked Apples</p>	<p>29</p> <p>Pot Roast with Roasted Potatoes and Carrots Tossed Salad Peaches WW Roll Oatmeal Cookies</p>	<p>30</p> <p>Biscuits &amp; Gravy Scrambled Eggs Hash Browns Juice Fruit</p>

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