

COULEE CITY

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

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Pears	4 Stuffed Pepper Soup Cottage Cheese Tossed Salad Pears Cornbread Dessert	5 BBQ Chicken Mac & Cheese Green Beans Tossed Salad Fresh Fruit Dessert	6 Beef Tacos Spanish Rice Waldorf Salad Dessert
9	10 Breakfast Sandwich Bacon Egg & Cheese Juice Fruit Pastry	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Beef & Broccoli Stir Fry Steamed Rice Asian Coleslaw Tropical Fruit Egg Roll Dessert	13 French Dip Sandwich Jo Jo's Tossed Salad Banana Dessert
16	17 Cheese Stuffed Shells with Marinara Sauce Venetian Veggies Spinach Salad Waldorf Salad Dessert	18 Shepherd's Pie Caesar Salad Cinnamon Pears WW Roll Dessert	19 Ham Sandwich Deluxe Potato Soup Pea Salad Fresh Fruit Tray Dessert	20 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans Berry Crisp
23	24 Deluxe Turkey Sandwich Vegetable Soup Mixed Berries Ice Cream	25 Biscuits & Gravy Oven Browned Potatoes V-8 or Fruit Juice Orange Quarters Dessert	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30				

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 BY NOON TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY 8-10am	TUESDAY 5pm	WEDNESDAY 5pm	THURSDAY 5pm	FRIDAY 8-10am
2 Denver Omelet Hash Browns Juice Fruit Toast	3 Chili Stuffed Baked Potato Mixed Greens Salad Chilled Pears Tortilla Chips Dessert	4 BBQ Chicken Mac & Cheese Green Beans Tossed Salad Fresh Fruit Dessert	5 Meatloaf Mashed Potatoes / Gravy Trio Veggies Spiced Salad Chilled Pears WW Roll Dessert	6 Bacon, Egg & Cheese Breakfast Sandwich Country Potatoes Juice Fruit English Muffin
9 Scrambled Eggs with Ham & Cheese Hash Browns Juice Banana Muffin	10 Veggie Lasagna Caesar Salad Apricots Dessert	11 CLOSED FOR VETERAN'S DAY HOLIDAY	12 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Oatmeal Cookie	13 Biscuits & Gravy Scrambled Eggs Hash Browns Juice Fruit
16 Scrambled Eggs Sausage Links Hash Browns Juice Fruit Waffle	17 Chicken Cordon Bleu Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert	18 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	19 COMMUNITY HOLDIAY DINNER SPONSORED BY STCU	20 Breakfast Burrito with Ham & Cheese Juice Fruit Muffin
23 Bacon & Eggs Country Potatoes Juice Fruit Toast	24 Pot Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Waldorf Salad Dessert	25 Swiss Steak with Tomato Sauce Garlic Penne' Pasta California Veggies Caesar Salad Fruit Dessert	26 CLOSED FOR THANKSGIVING HOLIDAY	27 CLOSED FOR FAMILY DAY
30 French Toast Hash Browns Bacon Juice Fruit				

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