



COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sweet & Sour Meatballs Wild Rice Oriental Vegetables Pineapple Dessert	2 Fish & Chips Coleslaw Mixed Berries Ice Cream	3 French Dip Sandwich Cuke & Tomato Salad Peaches Dessert	4 Chili Green Salad Pears Cornbread
7 CLOSED FOR LABOR DAY HOLIDAY	8 Corn Chowder 1/2 Ham Sandwich V-8 Juice Apple Slices Dessert	9 Fiesta Salad w/Chicken Tortilla Chips Watermelon Dessert	10 Chicken Parmesan Garlic Pasta Italian Blend Veggies Caesar Salad Fruited Jell-O	11 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar
14	15 Spaghetti with Meat Sauce Caesar Salad Fresh Fruit Garlic Bread Dessert	16 Clam Chowder BLT Sandwich V-8 Juice Grapes Dessert	17 Scrambler with Eggs, Ham & Cheese Hash Browns Fresh Fruit Tray Biscuit	18 Baked Fish Fillet Pesto Pasta Green Beans Spinach Salad Dessert
21	22 Chicken Quesadillas Garden Salad Grapes Dessert	23 Beef Stew Spinach Salad Mixed Fruits Biscuit Dessert	24 Hot Turkey Sandwich Mashed Potatoes Green Beans Baked Apples	25 Hawaiian Chicken Steamed Rice Venetian Veggies Mandarin Oranges Dessert
28	29 Mac & Cheese with Bacon Peas & Carrots Tropical Fruit Dessert	30 Sloppy Joe's Jo Jo's Cuke & Watermelon Salad Waldorf Salad Dessert	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

	1 Fish Sandwich Deluxe Three Bean Salad Fruit Tray Dessert	2 Hawaiian Chicken Steamed Rice Normandy Veggies Mandarin Oranges Dessert	3 Chicken Fried Steak Mashed Potatoes/Gravy Tossed Salad Peaches WW Roll	4 Scrambler with Eggs, Ham & Cheese Hash Brown Potatoes Fresh Fruit Tray Biscuit
7 CLOSED FOR LABOR DAY HOLIDAY	8 Hot Turkey Sandwich Mashed Potatoes Green Beans WW Bread or Roll Baked Apples	9 Chef's Salad Fresh Fruit WW Roll Cereal Bar	10 Chili Green Salad Pears Cornbread	11 Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes Fresh Fruit
14 Breakfast Sandwich Hash Browns Fruit	15 Mac & Cheese with Bacon Peas & Carrots Tropical Fruit Dessert	16 Fish & Chips Coleslaw Mixed Berries Ice Cream	17 Chicken Parmesan Garlic Pasta Italian Vegetables Caesar Salad Fruited Jell-O	18 Bacon & Eggs Country Potatoes Fruit Toast
21 Scrambled Mess w/Gravy Fruit Biscuit	22 BBQ Chicken Macaroni Salad Cuke & Tomato Salad Pineapple Ice Cream	23 Wieners & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad	24 Hamburger Steak with Grilled Onion Mashed Potatoes Buttered Corn Mixed Greens Salad Mandarin Oranges WW Roll	25 Scrambled Eggs Sausage Links Hash Browns Juice Pancake
28 Scrambled Eggs German Sausage Hash Browns Fruit Toast	29 Sweet & Sour Meatballs Wild Rice Oriental Veggies Pineapple Dessert	30 Chicken Cordon Bleu Rice Pilaf Key West Veggies Mixed Melons Dessert	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00	

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Established 1975