

COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Angel Food Cake	2 Country Fried Steak Mashed Potatoes / Gravy Green Beans WW Roll Fruited Jell-O	3 White Fish Chowder Turkey Sandwich Deluxe Apple Slices Dessert	4 Chicken Cordon Bleu Casserole over Noodles Normandy Vegetables Spinach Salad Chilled Peaches Dessert
7	8 Half Chef's Salad Potato Soup Cinnamon Applesauce WW Roll Cereal Bar	9 Lasagna with Meat Sauce Key West Veggies Caesar Salad Pears	10 BBQ Meatballs Steamed Rice Italian Vegetables Tossed Salad Fruit Cocktail	11 Turkey Sandwich Vegetable Medley Soup Waldorf Salad
14	15 Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Asian Slaw Pineapple & Cherries Egg Roll	16 Ham & Cheese Quiche Steamed Broccoli Garden Salad Orange Quarters Muffin	17 Salisbury Steak with Mushroom Gravy Mashed Potatoes Trio Veggies Carrot Raisin Salad Berry Cobbler	18 Hearty Turkey Noodle Soup Tossed Salad Fresh Fruit Tray Biscuit
21	22 Sloppy Joe Sandwich Potato Wedges Coleslaw Apricots	23 Baked Ham Scalloped Potatoes Chopped Salad Pineapple & Cherries WW Roll Dessert	24 CLOSED FOR CHRISTMAS EVE HOLIDAY	25 CLOSED FOR CHRISTMAS DAY HOLIDAY
28	29 Bacon Cheeseburger Sweet Potato Waffle Fries Three Bean Salad Sliced Pears	30 Ham & Cheese Sandwich Corn Chowder Banana	31 Roast Beef Baked Potatoes Green Bean Casserole Caesar Salad Fruit Ambrosia Special 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 BY NOON TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY 8-10am	TUESDAY 5pm	WEDNESDAY 5pm	THURSDAY 5pm	FRIDAY 8-10am
	1 Stuffed Cabbage Rolls 7 Layer Salad Chilled Pears Oatmeal Cookie	2 Salisbury Steak Mashed Potatoes Trio Vegetables Carrot Raisin Salad WW Roll Apple Crisp	3 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Angel Food Cake	4 Scrambled Eggs Sausage Patty Hash Browns Juice Fruit Toast
7 Scrambled Eggs Sausage Links Hash Browns Juice Strawberries Waffle	8 Chicken Enchiladas Baja Vegetables Fresh Salsa Mandarin Oranges	9 Ham & Cheese Sandwich Corn Chowder Banana Dessert	10 Pork Chops Mashed Potatoes Roasted Carrots Garden Salad Applesauce	11 Biscuits & Gravy Scrambled Eggs Hash Browns Juice Fruit
14 Ham Scrambler with Cheese Hash Browns Juice Fruit Toast	15 Sweet & Sour Pork Steamed Rice Stir Fry Veggies Asian Slaw Cherries & Pineapple Egg Roll	16 Chicken Fettuccine Green Beans Caesar Salad Fruit Salad	17 Country Fried Steak Mashed Potatoes Buttered Corn Tossed Salad WW Roll Fruited Jell-O	18 Breakfast Sandwich Egg, sausage & cheese Hash Browns Juice Fruit
21 Scrambled Eggs Bacon County Potatoes Juice Fruit French Toast	22 Lasagna with Meat Sauce Key West Veggies Caesar Salad Pears	23 Baked Ham Scalloped Potatoes Chopped Salad Pineapple & Cherries Rice Krispies Treats	24 CLOSED FOR CHRISTMAS EVE HOLIDAY	25 CLOSED FOR CHRISTMAS DAY HOLIDAY
28 Sausage Omelet Hash Browns Juice Fruit Toast	29 Hawaiian Chicken Burger Potato Salad Chilled Peaches Dessert	30 Half Chef's Salad Potato Soup Cinnamon Applesauce WW Roll Cereal Bar	31 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia Special Dessert-	Suggested donation for seniors over age 60 is $5.00 FEE for persons under age 60 is $10.00

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