



COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Stuffed Pepper Casserole Chopped Salad Chilled Peaches WW Roll Dessert	3 Chef's Salad Fresh Fruit WW Roll	4 Mac & Cheese with Ham Peas & Carrots Tossed Green Salad Mixed Berries Pound Cake	5 Chicken Enchiladas Spanish Rice Broccoli Normandy Cuke & Tomato Salad Cinnamon Pears
8	9 Pulled Pork Sandwich Potato Salad Coleslaw Watermelon Dessert	10 Pork Chops Scalloped Potatoes Spiced Salad Fresh Fruit Tray WW Roll Cereal Bar	11 Scrambled Eggs Bacon Hash Brown Potatoes V-8 or Fruit Juice Fruit English Muffin	12 Hot Dog Veggie Pasta Salad Fruit Salad
15	16 Taco Salad Tropical Fruit Tortilla Chips	17 Chicken Fettuccine Venetian Veggie Blend Caesar Salad Peaches	18 French Dip Sandwich Pea Salad Garden Salad Watermelon Dessert	19 Baked Fish w/Lemon Pepper 1/2 Baked Potato Chalet Veggie Blend Chilled Peaches Garlic Bread
22	23 Philly Steak Sandwich Cuke & Tomato Salad Fresh Fruit	24 Country Fried Steak Mashed Potatoes / Gravy Green Beans WW Roll	25 Meatballs Mashed Potatoes/Gravy Carrot Raisin Salad Banana WW Bread or Roll Apple Oat Bars	26 Chicken Strips Jo Jo's Broccoli Salad Strawberry Shortcake
29	30 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit 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



Established 1975



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 Scrambled Eggs Bacon Hash Browns Juice Fruit Toast	2 Deluxe Cheeseburger French Fries Apple Slices & Dip	3 Swedish Meatballs Mashed Potatoes Salad Bar Fruit Bar WW Roll	4 Country Fried Steak Mashed Potatoes/Gravy Corn & Carrots WW Roll	5 Cheese Omelette Sausage Links Juice Fruit Toast
8 Breakfast Sandwich Hash Browns Fruit	9 Pulled Pork Sandwich Waffle Fries Coleslaw Dessert	10 Fish & Chips Coleslaw Fruit Tray Dessert	11 Meatloaf Mashed Potatoes/Gravy Mixed Vegetables WW Bread Cereal Bar	12 Biscuits & Gravy Scrambled Eggs Juice Tropical Fruit
15 Scrambled Mess with Gravy Juice Fruit Toast	16 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread	17 Pork Roast Mashed Potatoes/Gravy Green Beans w/Onion Peaches WW Bread	18 Supreme Style Pizza Garden Salad Dessert	19 Scrambled Eggs Ham Hash Browns Juice Fruit Toast
22 Scrambled Eggs Sausage Patty Potato Cakes Juice Fruit	23 BLT Wrap Potato Salad Melons Dessert	24 Sweet & Sour Pork Steamed Rice Stir Fry Veggies Egg Roll	25 Stuffed Peppers Salad Bar Fruit Bar WW Roll Dessert	26 Bacon & Eggs French Toast Juice Fruit
29 Scrambled Mess with Sausage Gravy & Potatoes Juice Fruit Toast	30 Baked Ham Au Gratin Potatoes Cauliflower & Broccoli Applesauce WW Roll Cereal Bar			

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