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COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED 	2 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple WW Roll Dessert	3 Salmon w/ Dill Sauce Rosemary Potatoes Peas & Carrots Tropical Fruit Garlic Bread Dessert	4 Chicken Cordon Bleu Rice Pilaf Key West Veggies Greek Salad Mixed Melons WW Roll Dessert	5 French Dip w/ Swiss Cheese Potato Salad Tossed Salad Peaches Dessert
8	9 Chicken Fried Steak Mashed Potatoes & Gravy Buttered Corn Garden Salad Peaches Dessert	10 Clam Chowder BLT Sandwich V-8 Juice Pea Salad Fresh Fruit Dessert	11 Sloppy Joe's Jo Jo's Cuke/ Watermelon Salad Waldorf Salad Dessert	12 Chili w/ Cheese & Onions Green Salad Corn & Tomato Salad Pears Dessert
15	16 Hamburger Steak w/ Grilled Onions Mashed Potatoes & Gravy Buttered Corn Mixed Greens Salad Mandarin Oranges WW Roll Dessert	17 Mac & Cheese w/ Bacon Peas & Carrots Green Salad Tropical Fruit Dessert	18 Fish & Chips Coleslaw Garlic Bread Berries Over Pound Cake	19 Tortellini Soup w/ Zucchini Cucumber Salad Orange Quarters Focaccia Dessert
22	23 Corn Chowder Ham Sandwich V-8 or Fruit Juice Waldorf Salad Dessert	24 Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar	25 Hot Turkey Sandwich Mashed Potatoes & Gravy Green Beans Peaches Oatmeal Cookies	26 Beef Stew Spinach Salad Mixed Fruit Biscuits Dessert
29	30 Chili w/ Cheese & Onions Corn & Tomato Salad Green Salad Pears Cornbread Dessert	<div> Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00 </div>		

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





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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

<p>1 CLOSED</p> 	<p>2</p> <p>Chicken Pot Pie Cottage Cheese Mixed Vegetables Garden Salad Fruit Tray WW Roll Dessert</p>	<p>3</p> <p>Teriyaki Beef w/ Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert</p>	<p>4</p> <p>Chili Corn & Tomato Salad Green Salad Pears Dessert</p>	<p>5</p> <p>Breakfast Sandwich German Sausage, Egg, & Cheese Hash Browns Juice Fruit</p>
<p>8</p> <p>Cheese Omelet Sausage Links Country Potatoes Juice Fruit Bowl Toast</p>	<p>9</p> <p>Crunchy Chicken Salad on Mixed Greens Veggie Pasta Salad Mixed Melons WW Roll Dessert</p>	<p>10</p> <p>Salmon w/ Dill Sauce Rosemary Potatoes Broccoli Tropical Fruit Garlic Bread Dessert</p>	<p>11</p> <p>Sloppy Joe's Jo Jo's Cuke/ Watermelon Salad Waldorf Salad Dessert</p>	<p>12</p> <p>Bacon & Eggs Eggs Your Way Potatoes O'Brien Juice Fruit Bowl Toast</p>
<p>15</p> <p>Scrambled Mess Juice Toast Fruit bowl</p>	<p>16</p> <p>Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Peaches WW Roll Birthday Cake</p> 	<p>17</p> <p>Mac & Cheese w/ Bacon Peas & Carrots Green Salad Tropical Fruit Dessert</p>	<p>18</p> <p>French Dip w/ Swiss Cheese Potato Salad Tossed Salad Peaches Dessert</p>	<p>19</p> <p>Biscuits & Gravy Scrambled Eggs Hash Browns Juice Fruit Bowl</p>
<p>22</p> <p>Ham Scrambler w/ Cheese Potatoes O'Brien Juice Fruit Bowl Biscuit</p>	<p>23</p> <p>Hawaiian Chicken Steamed Rice Broccoli Normandy Coleslaw Mandarin Oranges Garlic Bread Dessert</p>	<p>24</p> <p>Hamburger Steak W/ Grilled Onions Mashed Potatoes Mixed Greens Salad Mandarin Oranges Buttered Corn WW Roll Dessert</p>	<p>25</p> <p>Clam Chowder BLT Sandwich Green Salad V-8 Juice Fresh Fruit Dessert</p>	<p>26</p> <p>Scrambled Eggs Sausage Links Fried Potatoes Juice Fresh Fruit Pancakes</p>
<p>29</p> <p>Scrambled Eggs Ham Steak Hash Browns Juice Fruit Bowl French Toast</p>	<p>30</p> <p>Sausage & Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert</p>			<div> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$10.00</p> </div>

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