



# COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00</p>		<p>1 Roasted Turkey Mashed Potatoes Steamed Carrots Mixed Greens Salad WW Roll Apple Crisp</p>	<p>2 Pork Steaks Waffle Fries Spinach Salad Applesauce WW Roll Oatmeal Cookie</p>	<p>3 White Fish Chowder Broccoli Normandy Peaches Cornbread Dessert</p>
6	<p>7 Spaghetti &amp; Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>8 Beef Stew Pickled Beets Chilled Pears Biscuits Dessert</p>	<p>9 Sweet &amp; Sour Pork Oriental Veggies Steamed Rice Asian Style Slaw Mandarin Oranges Egg Roll Dessert</p>	<p>10 Ham &amp; Cheese Sandwich Corn Chowder Apple Slices Dessert</p>
13	<p>14 Biscuits &amp; Sausage Gravy Scrambled Eggs Potatoes O'Brien V-8 or Fruit Juice Fresh Fruit Scone</p>	<p>15 Tater Tot Casserole Tossed Salad Apricots WW Roll Monster Cookie Bars</p>	<p>16 Cheeseburger Deluxe Garlic Fries Pea Salad Orange Wedges Dessert</p>	<p>17 Broccoli Chicken Bake Wild Rice Garden Salad Waldorf Salad Dessert</p>
20	<p>21 Bacon &amp; Broccoli Quiche with Swiss Cheese Spinach Salad Fresh Fruit Muffin</p>	<p>22 Baked Ham Scalloped Potatoes Carrot / Raisin Salad Chilled Pears WW Roll Rice Krispies Treats</p>	<p>23 Chicken Caesar Salad Sliced Tomatoes Fresh Fruit WW Roll Dessert</p>	<p>24 Shrimp Fettuccine Alfredo Venetian Veggies Green Salad Oregon Berries Angel Food Cake</p>
27	<p>28 California Chicken Casserole Tossed Salad Mandarin Oranges Dessert</p>	<p>29 BBQ Meatballs Rice Pilaf Peas &amp; Carrots Broccoli Salad Fresh Fruit Cornbread Dessert</p>	<p>30 Egg Salad Sandwich Minestrone Soup Pea Salad Oregon Berries Dessert</p>	

Visit our website at [www.octn.org](http://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

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00</p>		<p>1 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries Cook's Choice</p>	<p>2 Lemon Baked Fish Wild Rice Chalet Vegetables Coleslaw Tropical Fruit Garlic Bread Dessert</p>	<p>3 Scrambled Eggs Bacon Hash Brown Potatoes Juice Fruit Toast</p>
<p>6 Breakfast Sandwich Hash Brown Potatoes Juice Fruit</p>	<p>7 Chicken Strips French Fries Macaroni Salad Coleslaw Apples &amp; Dip Cook's Choice</p>	<p>8 Pork Roast Mashed Potatoes /Gravy Roasted Carrots Applesauce WW Roll Dessert</p>	<p>9 Lasagna Salad Bar Fruit Bar Breadstick Dessert</p>	<p>10 Biscuits &amp; Gravy Scrambled Eggs Potatoes O'Brien Juice Fresh Fruit Muffin</p>
<p>13 Scrambled Eggs Sausage Patty Hash Brown Potatoes Juice Fruit Toast</p>	<p>14 Beef Stroganoff Green Beans Tossed Salad Apple Wedges Dessert</p>	<p>15 Pulled Pork Sandwich Waffle Fries Coleslaw Pineapple Dessert</p>	<p>16 Supreme Style Pizza Tossed Green Salad Sliced Pears Dessert</p>	<p>17 Denver Omelet Hash Brown Potatoes Fruit Juice Toast</p>
<p>20 Scrambled Mess &amp; Gravy Hash Brown Potatoes Juice Fruit Toast</p>	<p>21 Fish &amp; Chips Coleslaw Fruit Tray Garlic Bread Dessert</p>	<p>22 Country Fried Steak Mashed Potatoes Corn &amp; Carrots Tossed Salad Applesauce WW Bread Dessert</p>	<p>23 Yankee Pot Roast Potatoes &amp; Carrots Mixed Greens Salad Mixed Melons Bread or Roll Dessert</p>	<p>24 Bacon &amp; Eggs Hash Brown Potatoes Juice Fruit Pancake</p>
<p>27 Ham Slice Scrambled Eggs Potatoes O'Brien Juice Fruit Toast</p>	<p>28 All American Hot Dog Potato Salad Three Bean Salad Apples with Dip Dessert</p>	<p>29 Ham &amp; Bean Soup Cottage Cheese Peaches Cucumber Salad Orange Quarters Biscuit</p>	<p>30 Chicken Caesar Wrap Pasta Veggie Salad Sliced Tomatoes Fresh Fruit Dessert</p>	

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