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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
<div>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00</div>		1 Chicken Fried Steak Mashed Potatoes / Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp	2 Cabbage Patch Stew Spiced Salad Apple Slices Cornbread Dessert	3 Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert
6	7 Chicken Fettuccine Zucchini / Tomato Bake Caesar Salad Apple Slices Dessert	8 Stuffed Pepper Casserole Mixed Greens Salad Pears Breadstick Dessert	9 Crunchy Chicken Salad Sandwich Minestrone Soup Grapes Dessert	10 Beef Stew Tossed Salad Orange Quarters Biscuit Dessert
13	14 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	15 Lemon Baked Fish Garlic Pasta Glazed Carrots Spring Salad Peaches Dessert	16 Hearty Vegetable Beef Soup Cottage Cheese Tossed Green Salad Apple Wedges WW Roll Oatmeal Cookies	17 Sweet & Sour Meatballs Rice Pilaf Oriental Vegetables Asian Coleslaw Tropical Fruit Dessert
20	21 Meatloaf Mashed Potatoes / Gravy Green Beans WW Roll Pear Crisp	22 Ham & Cheese Sandwich Corn Chowder Pea Salad Chilled Apricots Dessert	23 Honey Mustard Chicken Wild Rice Key West Veggies Mixed Greens Salad Tropical Fruit Dessert	24 Fish & Chips Coleslaw Grapes Rice Krispies Treats
27	28 Hot Tukey Sandwich Mashed Potatoes / Gravy Nantucket Veggies Chilled Peaches Pumpkin Pie	29 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	30 Sweet & Sour Pork over Noodles Stir Fry Veggies Asian Style Slaw Pineapple Dessert	31 Pulled Pork Sandwich Potato Salad Coleslaw Banana Dessert

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

<div> Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00 </div>		1 Chicken Fried Steak Mashed Potatoes Country Gravy Corn Lettuce & Tomato Salad Cherry Crisp	2 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Dessert	3 Eggs Your Way Bacon Hash Browns Juice Fruit Bowl Toast
6 Ham & Cheese Omelet Country Potatoes Juice Fruit Bowl Waffle	7 Pulled Pork Sandwich Potato Salad Three Bean Salad Banana Dessert	8 Beef Stew Cottage Cheese Tossed Salad Orange Quarters Biscuit Dessert	9 Fish & Chips Coleslaw Grapes Rice Krispies Treats	10 Biscuits & Gravy Sausage Link Hash Browns Juice Fruit Bowl
13 Breakfast Sandwich Sausage, Egg & Cheese Hash Browns Juice Fruit Bowl	14 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert 	15 Sweet & Sour Pork served over Noodles Stir Fry Veggies Asian Style Slaw Pineapple Dessert	16 Crunchy Chicken Salad Sandwich on a Croissant Minestrone Soup Grapes Dessert	17 Scrambled Eggs & Ham Hash Brown Potatoes Juice Fruit Bowl Pancakes
20 German Sausage Scrambled Eggs Country Potatoes Juice Fruit Bowl Toast	21 Meatloaf Mashed Potatoes / Gravy Green Beans Fruit & Salad Bar WW Roll Dessert	22 Tuna Noodle Casserole Peas & Carrots Tossed Salad Oregon Berries Dessert	23 Pork Chops Scalloped Potatoes Green Salad Applesauce WW Roll Dessert	24 Cheese Omelet Bacon Potatoes O'Brien Juice Banana English Muffin
27 Scrambled Eggs Sausage Links Hash Browns Juice Blueberries Pancakes	28 Teriyaki Beef Steamed Rice Garlic Green Beans Green Salad Pineapple Dessert	29 Chicken Fettuccine Zucchini/Tomato Bake Caesar Salad Apple Wedges Dessert	30 Tuna Salad Sandwich Clam Chowder Three Bean Salad Fruit Tray Dessert	31 Country Mess with Bacon, Eggs, Cheese & Peppers Hash Browns Juice Fruit Bowl Toast

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