



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>2 Scrambled Eggs Bacon Hash Browns Juice Fruit Toast</p>	<p>3 Beef Stroganoff Green Beans Lettuce & Tomato Salad Mixed Fruit Dessert</p>	<p>4 Lasagna Soup Grilled Cheese Sandwich Peaches Cooks Choice Dessert</p>	<p>5 Country Fried Steak Mashed Potatoes / Gravy Corn & Carrots Applesauce WW Roll Dessert</p>	<p>9 Ham Scrambler w/Cheese Hash Browns Juice Fruit English Muffin</p>
<p>9 Scrambled Eggs Ham Slice French Toast Juice Fruit</p>	<p>10 Bacon Mac & Cheese Mixed Veggies Spring Salad Pears Dessert</p>	<p>11 White Lasagna Garden Salad Berries & Cream Breadstick Dessert</p>	<p>12 Potato Soup Tuna Salad Sandwich Green Salad Applesauce Dessert</p>	<p>13 Biscuits & Gravy Scrambled Eggs Oven Brown Potatoes Juice Fresh Fruit</p>
<p>16 </p>	<p>17 Pork Roast Mashed Potatoes/Gravy Buttered Carrots Mixed Fruit Cup WW Roll Dessert</p>	<p>18 Tater Tot Casserole Cucumber Salad Apricots WW Roll Rice Krispies Treat</p>	<p>19 Ham Steak Scalloped Potatoes Corn & Carrots Oranges WW Roll Dessert</p>	<p>20 Cheese Omelet Sausage Links Hash Browns Juice Fruit Toast</p>
<p>23 Scrambled Eggs Sausage Patty or Links Potato Cakes Juice Banana Toast</p>	<p>24 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>	<p>25 Sweet & Sour Pork Steamed Rice Asian Vegetables Cucumber Salad Mandarin Oranges Egg Roll Dessert</p>	<p>26 Chili with Cheese Salad BAR Fruit Bar Cornbread Dessert</p>	<p>27 Country Scramble Meat, Eggs, Cheese and Potato Juice Fruit Toast</p>
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00</p> </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





COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Ham Steak Scalloped Potatoes Trio Veggies Mandarin Oranges WW Roll Dessert	4 Italian Rice & Beef Caesar Salad Apple Slices Dessert	5 White Bean Chicken Chili Spinach Salad Peaches Cornbread Dessert	9 Chicken Parmesan Pasta Marinara Steamed Broccoli Tossed Salad Fruited Jell-O
9	10 Beef Stew Spinach Salad Banana Biscuits Dessert	11 Cheese Ravioli with Meat Sauce Venetian Blend Veggies Caesar Salad Apricots Dessert	12 Supreme Style Pizza Tossed Salad Fruit Salad Dessert	13 Beef Taco Pie Baja Veggie Blend Spiced Applesauce Dessert
16 	17 Split Pea & Ham Soup Deluxe Turkey Sandwich Apple Wedges Peaches Dessert	18 Sweet & Sour Pork Steamed Rice Asian Vegetables Cuke & Tomato Salad Mandarin Oranges Egg Roll Dessert	19 Hamburger Steak with Grilled Onions Mashed Potatoes / Gravy Buttered Corn Garden Salad Cherry Crisp	20 Grilled Chicken Burger Deluxe Jo Jo's Three Bean Salad Fruit Cocktail Dessert
23	24 Beef Stroganoff Green Beans Lettuce & Tomato Salad Apricots Dessert	25 Pork Chops Mashed Potatoes/Gravy Peas Applesauce WW Roll Tapioca Pudding	26 Pepper Steak Steamed Rice Garden Salad Egg Roll Cinnamon Pears Dessert	27 Chicken Fajitas Southwest Salad Tropical Fruit Dessert
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