



COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>				<p>1</p> <p>Biscuits & Gravy Scrambled Eggs Hash Brown Potatoes V-8 Juice Fresh Fruit Dessert</p>
<p>4</p>	<p>5</p> <p>Pulled Pork Sandwich Coleslaw Three Bean Salad Apple Slices Dessert</p>	<p>6</p> <p>Baked Fish Fillet Rice Pilaf Broccoli Normandy Tossed Salad Mixed Melons WW Roll Dessert</p>	<p>7</p> <p>Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Asparagus Pears Oatmeal Cookies</p>	<p>8</p> <p>Cabbage Patch Stew Potato Salad Waldorf Salad Mozzarella Breadsticks Dessert</p>
<p>11</p>	<p>12</p> <p>Meatloaf Mashed Potatoes & Gravy Green Beans Mixed Berries WW Roll Cereal Bar</p>	<p>13</p> <p>Stuffed Pepper Casserole Garden Salad Peaches WW Bread Dessert</p>	<p>14</p> <p>BBQ Chicken Jo Jo's Mixed Greens Salad Macaroni Salad Berry Shortcake</p>	<p>15</p> <p>Bacon & Egg Salad Sandwich Pea Salad Watermelon Dessert</p>
<p>18</p>	<p>19</p> <p>Sweet & Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Pineapple Egg Roll Dessert</p>	<p>20</p> <p>Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert</p>	<p>21</p> <p>Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert</p>	<p>22</p> <p>Deluxe Cheeseburger Three bean Salad Coleslaw Apple Slices Dessert</p>
<p>25</p>	<p>26</p> <p>Beef & Broccoli Steamed Rice Spiced Salad Tropical Fruit Egg Roll Dessert</p>	<p>27</p> <p>Ham & Cheese Sandwich w/ Lettuce & Tomato Corn Chowder Coleslaw Fruit Cocktail Dessert</p>	<p>28</p> <p>Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert</p>	<p>29</p> <p>Taco Salad Spanish Rice Watermelon Tortilla Chips Dessert</p>

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





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>				
4 Scrambled Eggs Sausage Patty Hash Browns Juice Fruit Bowl Pancakes	5 Meatballs Mashed Potatoes & Gravy Lettuce & Tomato Salad Peaches WW Roll Rice Krispies Treats	6 Chicken Caesar Salad Melon Slices Cheesy Garlic Toast Dessert	7 Ham Scalloped Potatoes Garden Salad Waldorf Salad WW Roll Graham Cracker Kool-wich	1 Ham Scrambler w/ Cheese Hash Browns Juice Fruit Bowl Toast
11 Breakfast Sandwich Eggs, German Sausage, & Cheese Hash Browns Juice Fruit Bowl	12 Chicken Strips Jo Jo's Spinach Salad Mandarin Oranges Garlic Bread Dessert	13 Taco Salad Spanish Rice Mixed Fruit Tortilla Chips Dessert	14 Sweet & Sour Pork Steamed Rice Oriental Vegetables Cucumber Salad Tropical Fruit Salad Egg Roll Dessert	8 Biscuits & Gravy Scrambled Eggs Fried Potatoes Juice Fruit Bowl
18 Meat & Cheese Omelet's Hash Browns Juice Fruit Bowl Toast	19 Chicken Cordon Bleu Rice Pilaf Peas Garden Salad Peaches WW Roll Birthday Cake 	20 BBQ Country Ribs Sweet Potato Waffle Fries Coleslaw Cornbread Strawberry Shortcake	21 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters Dessert	15 Bacon & Eggs Eggs your way Country Potatoes Juice Fruit Bowl Toast
25 Biscuits & Gravy Scrambled Eggs Hash Browns Juice Fruit Bowl	26 Baked Chicken Mashed Potatoes & Gravy Caesar Salad WW Roll Peach Crisp	27 Baked Fish Fillet Rice Pilaf Peas Coleslaw Mixed Melons WW Roll Dessert	28 Pulled Pork Sandwich Potato Salad Three Bean Salad Apple Slices Dessert	22 Ham & Eggs Country Potatoes Juice Fruit Bowl French Toast

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

