



COULEE CITY

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|--|---|---|--|
| 2 | 3 Chicken Cordon Bleu Rice Pilaf Venetian Veggies Greek Salad Fruit Salad WW Roll Dessert | 4 Cheeseburger Pie Pea Salad Fruit Tray Dessert | 5 Scrambled Eggs Sausage Patty Potatoes O'Brien Juice Peaches Muffin | 6 Hawaiian Chicken Steamed Rice Key West Veggies Garden Salad Pineapple WW Roll Dessert |
| 9 | 10 Chili Stuffed Potato Green Salad Peaches Corn Chips Desert | 11 Salmon with Dill Sauce Garlic & Parm Pasta Broccoli Normandy Garden Salad Waldorf Salad | 12 Baked Chicken Rosemary Potatoes Green Beans Peaches WW Roll Rice Krispies Treats | 13 Ham Sandwich Split Pea Soup Cucumber Salad Tropical Fruit Dessert |
| 16 | 17 Rueben Sandwich Potato Salad Coleslaw Mandarin Oranges Pistachio Pudding | 18 Tuna Noodle Casserole Peas & Carrots Tossed Salad Waldorf Salad Dessert | 19 Scalloped Potato and Ham Casserole Buttered Peas Pineapple WW Roll Oatmeal Cookies | 20 Beef Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert |
| 23 | 24 California Chicken Casserole Lettuce & Tomato Salad Orange Quarters Dessert | 25 Tater Tot Casserole Cuke & Tomato Salad Apricots WW Roll Rice Krispies Treats | 26 Chicken Fettuccine Steamed Carrots Broccoli Salad Tropical Fruit Dessert | 27 Roast Beef Mashed Potatoes / Gravy Trio Vegetables Fruit Salad WW Roll Dessert |
| 30 | 31 Salisbury Steak and Mush- room Gravy Egg Noodles Buttered Carrots Spiced Salad Pears Dessert | | | |

Suggested donation for seniors over age 60 is \$5.00
FEE for persons under age 60 is \$10.00

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 TO RESERVE MEALS

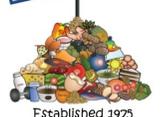
509-826-7979 FOR HOME DELIVERED MEALS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| 2 Scrambled Eggs Bacon Hash Browns Juice Fruit Toast | 3 Hearty Beef Stew Green Salad Fruit Cup Biscuit Dessert | 4 Chicken Cordon Bleu Baked Potato Green Salad Pineapple Slices WW Roll Dessert | 5 Fish & Chips Coleslaw Applesauce Garlic Toast Dessert | 6 Scrambled Eggs Ham Slice Country Potatoes French Toast Juice Fruit |
| 9 Country Scramble with Gravy-Eggs, Meat, Cheese Hash Browns Juice Fruit Toast | 10 Pulled Pork Sandwich Salad Bar Three Bean Salad Fruit Bar Dessert | 11 Chicken Caesar Wrap Potato Salad Peaches Dessert | 12 Hamburger Steak with Grilled Onions Mashed Potatoes/Gravy Mixed Vegetables Tropical Fruit WW Bread Dessert | 13 Biscuits & Gravy Scrambled Eggs Hash Browns Juice Fresh Fruit |
| 16 Scrambled Eggs Sausage Patty Potatoes O'Brien Juice Peaches Muffin | 17 Corned Beef & Cabbage Potatoes & Carrots Applesauce WW Bread or Roll Pistachio Pudding  | 18 Meatloaf Baked Potato Green Beans Mixed Berries WW Bread or Roll Dessert | 19 Country Fried Steam Mashed Potatoes/Gravy Corn & Carrots Pears WW Roll Dessert | 20 Bacon & Eggs Hash Browns Pancakes Juice Fruit |
| 23 Cheese Omelette Sausage Links Hash Browns Juice Fruit Toast | 24 Spaghetti & Meat Sauce Caesar Salad Oranges Garlic Bread Dessert | 25 Chicken Strips French Fries Broccoli & Cauliflower Peaches WW Roll Dessert | 26 Chili with Cheese Salad Bar Fruit Bar Cornbread Dessert | 27 Breakfast Sandwich Hash Browns Juice Fruit |
| 30 Scrambled Eggs Bacon Hash Browns Juice Fruit Toast | 31 Chicken Fettuccine Steamed Carrots Green Salad Mixed Fruit Dessert | <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</p> <p>FEE for persons under age 60 is \$10.00</p> </div> | | |

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Established 1975