



COULEE CITY

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

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Chicken Enchiladas Baja Vegetable Blend Fresh Salsa Mandarin Oranges Dessert	3 Salisbury Steak Mashed Potatoes / Gravy Trio Vegetables Carrot Raisin Salad WW Roll Berry Cobbler	4 Deluxe Bacon Cheeseburger Sweet Potato Waffle Fries Three Bean Salad Sliced Pears Dessert	5 Chicken Fettuccine Alfredo Italian Vegetables Caesar Salad Mandarin Oranges Dessert
8	9 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	10 Baked Chicken Garlic Parmesan Pasta Glazed Carrots Broccoli Salad Tropical Fruit Dessert	11 Chicken Fried Steak Mashed Potatoes / Gravy Green Beans Tossed Salad Chilled Pears Biscuit Monster Cookies	12 Swiss Steak Mashed Potatoes / Gravy California Blend Veggies Chopped Salad Banana Biscuit Dessert
15	16 Hearty Turkey Noodle Soup Tossed Salad Fresh Fruit Tray Mozzarella Breadstick Dessert	17 Meatloaf Mashed Potatoes / Gravy Trio Veggies Garden Salad Peaches WW Roll Dessert	18 Orange Glazed Chicken Steamed Rice Stir Fry Veggies Asian Style Slaw Chilled Pineapple Egg Roll Dessert	19 Lasagna Peas & Carrots Spinach Salad Tropical Fruit Dessert
22	23 Baked Ham Scalloped Potatoes Chipped Salad Pineapple & Cherries WW Roll Rice Krispies Treats	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS DAY	26 Ham Sandwich Deluxe Vegetable Medley Soup Coleslaw Waldorf Salad Dessert
29	30 Chicken Burger Deluxe Potato Salad Chilled Peaches Dessert	31 Garden Chili Cottage Cheese Cucumber Salad Applesauce Cornbread 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 BY NOON TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY 8-10am

TUESDAY 5pm

WEDNESDAY 5pm

THURSDAY 5pm

FRIDAY 8-10am

1 Bacon & Eggs Hash Browns V-8 or Fruit Juice Fruit Bowl Toast	2 Hawaiian Chicken Sandwich Potato Wedges Green Salad Pineapple & Cottage Cheese Cook's Choice Dessert	3 Meatloaf Mashed Potatoes /Gravy Trio Veggies Garden Salad WW Roll Blueberry Cobbler	4 Fish & Chips Coleslaw Applesauce Garlic Bread Dessert	5 Scrambled Eggs Ham Slice Hash Browns V-8 or Fruit Juice Fruit Bowl French Toast
8 Country Scramble (Eggs, Potatoes, Cheese, & Veggies) Juice Fruit Bowl Toast	9 Supreme Style Pizza Salad Bar Fruit Bar Cook's Choice Dessert	10 Chili Green Salad Sliced Pears Cornbread Dessert	11 Country Fried Steak Mashed Potatoes & Gravy Corn & Carrots Mixed Fruit WW Roll Cook's Choice Dessert	12 Biscuits & Sausage Gravy Eggs Your Way Oven Brown Potatoes V-8 or Fruit Juice Fresh Fruit
15 Breakfast Sandwich (Egg, Meat, and Cheese) Hash Browns Juice Fruit Bowl	16 Stuffed Sausage Mixed Vegetables Fruit Salad WW Bread Cook's Choice Dessert	17 Loaded Potato Soup BLT Sandwich (Lettuce & Tomato) Green Salad Peaches Cook's Choice Dessert	18 Pork Roast Mashed Potatoes & Gravy Steamed Carrots Applesauce WW Bread Dessert	19 Scrambled Eggs Sausage Patty Potato Cakes Juice Fruit Bowl Toast
22 Waffle & Eggs Bacon Juice Fruit Bowl	23 Baked Ham Potatoes Au Gratin Winter Veggies Fruit Salad WW Roll Dessert	24 CLOSED FOR CHRISTMAS EVE	25 CLOSED FOR CHRISTMAS DAY	26 Bacon & Eggs Hash Browns Juice Fruit Bowl Toast
29 Cheese Omelet Hash Browns Juice Fruit Bowl Toast	30 Chicken Strips Potato Wedges Green Beans w/ Onions Apple Sliced w/ Dip Cook's Choice Dessert	31 Roast Beef Baked Potato Cheesy Broccoli Fruit Ambrosia WW Roll Special Dessert	Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$10.00	

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