



GRAND COULEE DAM

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>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$9.00</p>			<p>1 Meatloaf Mashed Potatoes/Gravy Salad Bar Mixed Fruit WW Roll Cook's Choice Dessert</p>	<p>2 Bacon & Eggs Hash Browns Juice Fruit Bowl WW Toast</p>
<p>5 Eggs Sausage Patty Hash Browns Pancakes Juice Fruit Bowl</p>	<p>6 All American Beef Hot Dog Potato Wedges Pasta Veggie Salad Melon Pudding</p>	<p>7 Pulled Pork Sandwich Salad Bar Fruit Bar Cookie</p>	<p>8 Chicken Fried Steak Mashed Potatoes/Gravy Peas & Carrots Mixed Fruit WW Bread or Roll Brownies</p>	<p>9 Biscuits & Gravy Eggs Juice Fruit Bowl</p>
<p>12 Breakfast Sandwich German Sausage Hash Browns Juice Fruit Bowl</p>	<p>13 Hawaiian Chicken Sandwich Salad Bar Fruit Bar Rice Krispies Treats</p>	<p>14 Teriyaki Beef on Rice Stir Fry Veggies Orange Salad WW Roll Ice Cream</p>	<p>15 Country Ribs Baked Potato Buttered Corn Watermelon Cupcake</p>	<p>16 Ham Scramble & Cheese Hash Browns Juice Fruit Bowl Toast</p>
<p>19 Cheese Omelet Sausage Links Hash Browns Juice Fruit Bowl Toast</p>	<p>20 Pot Roast Potatoes, Carrots & Onions Mixed Fruit WW Roll Birthday Cake</p> 	<p>21 Fish & Chips Coleslaw Fruited Jell-O Garlic Toast Cook's Choice Dessert</p>	<p>22 Lasagna with Meat Sauce Salad Bar Fruit Bar Bread Stick Jell-O Parfait</p>	<p>23 Bacon & Eggs Potato Cakes Juice Fruit Bowl WW Toast</p>
<p>26 Biscuits & Gravy Eggs Juice Fruit Bowl</p>	<p>27 Tater Tot Casserole Tossed Salad Apples w/Dip WW Roll Cook's Choice Dessert</p>	<p>28 Pizza-Supreme Style Salad Bar Fruit Bar Dessert</p>	<p>29 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Mixed Fruit WW Roll Ice Cream</p>	<p>30 Ham & Eggs French Toast Juice Fruit Bowl</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





COULEE CITY

PLEASE CALL OR TEXT 509-632-8701 THE DAY BEFORE
TO RESERVE MEALS

MONDAY—CLOSED

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$9.00</p>			<p>1 BBQ Ribs Potato Salad Corn Fresh Fruit Bread or Roll Cook's Choice Dessert</p>	<p>2 Roasted Chicken Mashed Potatoes / Gravy Green Beans Pea Salad Pears Cook's Choice Dessert</p>
<p>5</p>	<p>6 Tuna Noodle Casserole Peas & Carrots Tossed Salad Fruit Dessert</p>	<p>7 Taco Salad Spanish Rice Tortilla Chips & Salsa Fruited Jell-O Dessert</p>	<p>8 Meatloaf Mashed Potatoes/Gravy Carrot Coins Peaches Whole Wheat Roll Dessert</p>	<p>9 Navy Bean Soup Veggie Sticks Fruit Bowl Cornbread Dessert</p>
<p>12</p>	<p>13 Corned Beef & Cabbage Potatoes & Carrots Tossed Salad Fruit Bread or Roll Dessert</p>	<p>14 French Dip Sandwich Jo Jo Potatoes Caesar Salad Apple Wedges Dessert</p>	<p>18 Baked Chicken Thighs Baked Potatoes Steamed Zucchini Mandarin Oranges Bread or Roll Dessert</p>	<p>16 Sausage with Peppers and Onions Macaroni Salad Sliced Cucumbers Fruit Bread or Roll Dessert</p>
<p>19</p>	<p>20 Spaghetti & Meat Sauce Green Salad Garlic Bread Orange Quarters Dessert</p>	<p>21 Crispy Chicken Sandwich Potato Salad Coleslaw Fresh Fruit Dessert</p>	<p>22 Chicken Fried Steak Mashed Potatoes / Gravy Green Beans Fruit Bread or Roll Dessert</p>	<p>23 Tuna Salad Sandwich Pea Salad Veggie Sticks Fruit Dessert</p>
<p>26</p>	<p>27 Vegetable Beef Soup Coleslaw Watermelon Garlic Bread Dessert</p>	<p>28 Chili Dogs Macaroni Salad Veggie Sticks Apple Wedges Dessert</p>	<p>29 Roasted Pork Loin Stuffing & Gravy Zucchini & Tomato Bake Fresh Fruit Bread or Roll Dessert</p>	<p>30 Chicken Enchilada Casserole Spanish Rice Green Salad Cinnamon Pears Dessert</p>

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