



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

Suggested donation for seniors over age 60 is \$5.00
 FEE for persons under age 60 is \$9.00

3 Ham & Eggs Hash Browns Oranges Toast	4 All American Beef Hot Dog Potato Wedges Three Bean Salad Watermelon Cook's Choice Dessert	5 Sliced Ham Au Gratin Potatoes California Vegetables Fruit Salad White or Wheat Bread Cook's Choice Dessert	6 Burger Dip Sandwich Salad Bar Fruit Bar Ice Cream	7 Bacon & Eggs Hash Browns Juice Fresh Fruit Toast
10 Eggs Sausage Patty Blueberry Pancakes Juice Fruit Bowl	11 Country Fried Steak Mashed Potatoes / Gravy Corn & Carrots Mixed Fruit Cook's Choice Dessert	12 Hot Turkey Sandwich Mashed Potatoes /Gravy Salad Bar Fruit Bar Cookies	13 Spaghetti & Meat Sauce Tossed Salad Peaches Jell-O Parfait	14 Biscuits & Gravy Eggs Juice Fruit Bowl
18 Ham & Eggs French Toast Juice Fruit Bowl	19 Pork Roast Mashed Potatoes / Gravy Broccoli & Cauliflower Applesauce WW Roll Birthday Cake 	20 White Lasagna Salad Bar Fruit Bar Breadstick Cook's Choice Dessert	21 Taco Wrap Green Salad Melons Pudding Parfait	22 Corned Beef Hash Eggs Juice Fruit Bowl Toast
25 Eggs German Sausage Waffles Juice Fruit Bowl	26 Dr. Pepper Chicken Twice Bake Potato Carrots Tropical Fruit WW Bread or Roll Ice Cream	27 Chicken Fried Pork Steak Mashed Potatoes /Gravy Mixed Vegetables Applesauce WW Bread Cook's Choice Dessert	28 Bacon Cheeseburger French Fries Salad Bar Fruit Bar Chocolate Pears	29 Meat & Cheese Omelet Hash Browns Juice Fruit Bowl 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 509-470-0522 for information on Meals on Wheels



Established 1975