



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>1 Bacon & Eggs Hash Browns Juice Fruit Bowl Toast</p>	<p>2 Beef Stroganoff Salad Bar Fruit Bar Garlic Toast Cook's Choice Dessert</p>	<p>3 Fish & Chips Coleslaw Pineapple Toast Ice Cream</p>	<p>4 </p>	<p>5 CLOSED FOURTH OF JULY HOLIDAY</p>
<p>8 Eggs Sausage Links Waffles & Strawberries Juice Fruit Bowl</p>	<p>9 BLT Wrap Macaroni Salad Green Salad Mixed Fruit Cook's Choice Dessert</p>	<p>10 Chicken & Dumplings Salad Bar Fruit Bar Biscuit Peaches n Cream</p>	<p>11 Country Fried Steak Mashed Potatoes/Gravy Corn & Carrots Sliced Fruit with Dip WW Bread Pudding Parfait</p>	<p>12 Biscuits & Gravy Eggs Juice Fruit Bowl</p>
<p>15 Scrambled Mess w/Cheese Hash Browns Juice Fruit Bowl Toast</p>	<p>16 Turkey & Stuffing Mashed Potatoes/Gravy Green Bean Casserole Applesauce Birthday Cake </p>	<p>17 Taco Bar Refried Beans Spanish Rice Salsa Melons Cookies</p>	<p>18 French Dip Sandwich Tater Tots Salad Bar Fruit Bar Berry Crisp</p>	<p>19 Eggs Sausage Patty Hash Browns Juice Fruit Bowl Toast</p>
<p>22 Ham & Eggs French Toast Juice Fruit Bowl</p>	<p>23 Lemon Pepper Fish Rice Pilaf Carrots Pineapple WW Bread Lemon Cake</p>	<p>24 Shepherd's Pie Salad Bar Fruit Bar WW Bread or Roll Cook's Choice Dessert</p>	<p>25 Cube Steak with Grilled Onions Baked Potato Cucumber Salad Melons Koolwich</p>	<p>26 Bacon & Eggs Hash Browns Juice Fruit Bowl WW Toast</p>
<p>29 Denver Omelet Hash Browns Fruit Bowl WW Toast</p>	<p>30 Spaghetti & Meat Sauce Salad Bar Fruit Bar Cook's Choice Dessert</p>	<p>31 Steak Baked Potato Buttered Broccoli Pears WW Bread or Roll Dessert</p>	<p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$9.00</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

