



GRAND COULEE DAM

PLEASE CALL 509-633-2321 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Meatloaf Mashed Potatoes / Gravy Mixed Veggies Pears WW Roll Fruit Cobbler</p>	<p>2 Tuna Noodle Casserole Peas & Carrots Green Salad Oregon Berries Dessert</p>	<p>3 Chicken Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Applesauce WW Roll Cook' Choice Dessert</p>	<p>4 Bacon & Eggs Hash Brown Potatoes Juice Fruit Bowl Toast</p>
<p>7 Meat & Cheese Omelet Hash Browns Juice Fruit Bowl Toast</p>	<p>8 Chicken Strips French Fries Green Beans Fruit Salad WW Roll Cook's Choice Dessert</p>	<p>9 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Fruit Dessert</p>	<p>10 Pulled Pork Sandwich Green Salad Sweet Slaw Fruit Crisp</p>	<p>11 Biscuits & Sausage Gravy Eggs Orange Juice Fruit Bowl</p>
<p>14 Breakfast Sandwich Hash Browns Juice Fruit Bowl</p>	<p>15 Oven Fried Chicken Baked Potato Mixed Veggies Fruit Cocktail Garlic Bread Cook's Choice Dessert</p>	<p>16 Lasagna Caesar Salad Peaches Bread Stick Dessert</p>	<p>17 Beef Taco's / Hard or Soft Salad Bar Fruit Bar Cook's Choice Dessert</p>	<p>18 Country Scramble Hash Browns Juice Fruit Bowl Toast</p>
<p>21 German Sausage & Eggs Waffles Juice Fruit Bowl</p>	<p>22 Pork Chops Mashed Potatoes / Gravy Green Salad Applesauce WW Roll Dessert</p>	<p>23 Hearty Beef Stew String Cheese Tossed Green Salad Fruit Cup WW Roll Oatmeal Cookies</p>	<p>24 Broccoli Chicken Bake Garden Salad Waldorf Salad WW Roll Chocolate Pears</p>	<p>25 Cheese Omelet Bacon Hash Browns Juice Fruit Bowl Toast</p>
<p>28 Sausage & Eggs Hash Browns Juice Fruit Bowl Toast</p>	<p>29 Orange Chicken Rice Asian Vegetables Coleslaw Mandarin Oranges WW roll Cook's Choice Dessert</p>	<p>30 Fish & Chips Coleslaw Applesauce Koolwich</p>	<p>31 Frito Pie Fiesta Corn Monster Salad Carmel Apples</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



Suggested donation for seniors over age 60 is \$5.00

FEE for persons under age 60 is \$12.00



COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Shepherd's Pie Tossed Salad Mandarin Oranges WW Bread Dessert</p>	<p>2 Baked Chicken Thighs Mashed Potatoes/Gravy Buttered Corn Apple Wedges Veggie Tray WW Roll Dessert</p>	<p>3 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert</p>	<p>4 Lemon Baked Fish Garlic Pasta Glazed Carrots Spinach Salad Peaches Dessert</p>
7	<p>8 Chicken Fried Steak Mashed Potatoes & Gravy Buttered Corn Lettuce & Tomato Salad Cherry Crisp</p>	<p>9 Hot Dogs Potato Salad Pea Salad Fruited Jell-O</p>	<p>10 Beef Stroganoff Steamed Carrots Tossed Green Salad Mixed Berries Dessert</p>	<p>11 Fish Sandwich Deluxe Potato Wedges Three Bean Salad Grapes Rice Krispies Treats</p>
14	<p>15 Crunchy Chicken Salad on a Bed of Greens Buttered Veggies Grapes WW Roll Dessert</p>	<p>16 Hamburger Soup Spiced Salad Apple Slices Multi Grain Bread Dessert</p>	<p>17 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Dessert</p>	<p>18 Tater Tot Casserole Greek Salad Chilled Peaches WW Roll Dessert</p>
21	<p>22 Hamburger Steak with Grilled Onions Baked Potato Green Beans WW Roll Pear Crisp</p>	<p>23 Hearty Chicken Noodle Soup Cottage Cheese Tossed Green Salad Apple Wedges 9 Grain Bread Oatmeal Cookies</p>	<p>24 French Dip Sandwich Broccoli & Cauliflower Green Salad Waldorf Salad Dessert</p>	<p>25 Tuna Noodle Casserole Peas & Carrots Spiced Salad Oregon Berries Dessert</p>
28	<p>29 Chicken Sandwich Deluxe Roasted Red Potatoes Mixed Veggies Sliced Pears Oatmeal Cookier</p>	<p>30 Sweet & Sour Pork Fried Rice Stir Fry Veggies Asian Style Slaw Tropical Fruit Dessert</p>	<p>31 Pork Roast Stuffing & Gravy Roasted Fall Veggies Tossed Salad Applesauce Dessert</p>	

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