



# GRAND COULEE DAM

PLEASE CALL 509-633-2321 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Bacon & Eggs Hash Browns Juice Fruit Bowl Toast
4 Eggs & Sausage Links Waffles Strawberries Juice Fruit Bowl	5 Teriyaki Chicken Rice Stir Fry Veggies Asian Coleslaw Mandarin Oranges Egg Roll Dessert	6 Chicken Fried Steak Mashed Potatoes/Gravy Carrots Buttered Corn Fruit & Dip WW Bread Dessert	7 Shepherd's Pie Caesar Salad Fruit Bar WW Roll Dessert	8 Biscuits & Gravy Eggs Juice Fruit Bowl
11 CLOSED 	12 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans WW Bread Berry Crisp	13 Pork Chops Mashed Potatoes/Gravy Brussels Sprouts Trio Veggies Applesauce Dessert	14 Roast Turkey & Gravy Mashed Potatoes Stuffing Green Beans Green Salad Cranberry Sauce Pumpkin Pie	15 Sausage Patty Eggs Hash Browns Juice Fruit Bowl Toast
18 Ham & Eggs French Toast Juice Fruit Bowl	19 Beef Tacos—Hard or Soft Salad Bar Fruit Bar Dessert	20 Stuffed Sausage with Potatoes & Cheese Mixed Veggies Fruited Jell-O Cream Pie	21 Spaghetti & Meat Sauce Caesar Salad Mixed Fruit Cheesy Garlic Bread Dessert	22 Cheese Omelet Sausage Links Hash Browns Juice Fruit Bowl Toast
25 Denver Omelet Hash Browns Juice Fruit Bowl Toast	26 Beans & Ham Hocks BLT Sandwich Pears Cook's Choice Dessert	27 Pot Roast Potatoes & Carrots Chuck Wagon Corn Mixed Greens Salad Waldorf Salad WW Roll Dessert	28 CLOSED 	29 CLOSED

Visit our website at [www.octn.org](http://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 \$9.00



# COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Fish Sandwich Deluxe Potato Wedges Coleslaw Chilled Pears Dessert
4	5 Parmesan Chicken Pasta Marinara California Vegetables Green Salad Mandarin Oranges Dessert	6 Ham Au Gratin Potatoes Green Beans Pineapple WW Roll Apple Crisp	7 Stuffed Pepper Soup String Cheese Tossed Salad Pears Corn Bread Dessert	8 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad Chilled Peaches WW Roll Dessert
11 CLOSED 	12 Shrimp Fettuccine Buttered Peas Caesar Salad Chilled Peaches Dessert	13 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	14 Oven Fried Chicken Mashed Potatoes/Gravy Green Beans Grapes WW Roll Dessert	15 Baked Fish Fillet Wild Rice Caribbean Veggies Spinach Salad WW Roll Pudding/Berry Parfait
18	19 Hamburger Steak Mashed Potatoes/Gravy Buttered Corn Garden Salad WW Roll Apple Crisp	20 Ham Sandwich Deluxe Potato Soup Pea Salad Fresh Fruit Tray Dessert	21 Biscuits & Gravy Oven Brown Potatoes V-8 or Fruit Juice Orange Quarters	22 Chicken Cordon Blue Rosemary Potatoes Broccoli Salad Tropical Fruit WW Roll Dessert
25	26 BBQ Chicken Macaroni Salad Green Beans Tossed Salad Mixed Fresh Fruit Biscuit	27 Roast Turkey & Gravy Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	28 CLOSED 	29 CLOSED

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