



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>2</p> <p>CLOSED</p> 	<p>3</p> <p>Sloppy Joe's Jo Jo's Cuke & Watermelon Salad Waldorf Salad Dessert</p>	<p>4</p> <p>Chef's Salad Fresh Fruit Tray WW Roll Cereal Bar</p>	<p>5</p> <p>Chicken Fried Steak Buttered Corn Potatoes & Gravy Garden Salad Peaches WW Roll Dessert</p>	<p>6</p> <p>Bacon & Eggs Hash Brown Potatoes Juice Fruit Toast</p>
<p>9</p> <p>Ham & Eggs Hash Browns French Toast Juice Fruit</p>	<p>10</p> <p>Mac & Cheese w/Bacon Peas & Carrots Green Salad Tropical Fruit Dessert</p>	<p>11</p> <p>Chicken Pot Pie Cottage Cheese Garden Salad Fruit Tray WW Roll Dessert</p>	<p>12</p> <p>German Sausage and Sauerkraut Roasted Red Potatoes Spring Salad Apple Celery Salad Dessert</p>	<p>13</p> <p>Biscuits & Gravy Hash Browns Juice Fruit</p>
<p>16</p> <p>Breakfast Sandwich With German Sausage Hash Browns Juice Fruit</p>	<p>17</p> <p>Hamburger Steak with Grilled Onions Mashed Potatoes/Gravy Buttered Corn Mixed Greens Salad Mandarin Oranges WW Roll Dessert</p>	<p>18</p> <p>Spaghetti w/Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert</p>	<p>19</p> <p>Chicken Fried Steak Mashed Potatoes/Gravy Green Beans Peaches WW Roll Dessert</p>	<p>20</p> <p>Scrambled Mess with Eggs, Meat, Cheese & Potatoes Juice Fruit Toast</p>
<p>23</p> <p>Cheese Omelet Sausage Links Hash Brown Potatoes Juice Fruit Toast</p>	<p>24</p> <p>Fish & Chips Coleslaw Garlic Bread Berries over Ice Cream</p>	<p>25</p> <p>Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert</p>	<p>26</p> <p>Hot Chicken Sandwich Mashed Potatoes Green Beans Peaches Oatmeal Cookies</p>	<p>27</p> <p>Ham Scramble with Cheese Hash Brown Potatoes Juice Fresh Fruit Biscuit</p>
<p>30</p> <p>Eggs & Sausage Links Hash Browns Pancakes Juice Fruit</p>				

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

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 509-632-8701 TO RESERVE MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED 	3 Hamburger Steak with Grilled Onions Mashed Potatoes/Gravy Buttered Corn Mixed Greens Salad Mandarin Oranges WW Roll Dessert	4 Tuna Salad Sandwich Steamed Zucchini Cucumber Salad Dessert	5 Taco Salad Refried Beans Spanish Rice Mixed Fruit Chips & Salsa Dessert	6 Chili Dog Potato Salad Veggie Sticks Fruit Bowl Dessert
9	10 Chicken Fried Steak Buttered Corn Potatoes & Gravy Garden Salad Peaches WW Roll Dessert	11 Crunchy Chicken Salad Pasta Salad Fruited Jell-O WW Roll Dessert	12 Fish Sandwich Deluxe Three Bean Salad Potato Salad Fruit Bowl Dessert	13 Chicken Enchilada Casserole Spanish Rice Mixed Vegetables Green Salad w/tomatoes Pears Dessert
16	17 Salmon Fillet Fresh Veggie Medley Cucumber Salad Tropical Fruit Garlic Bread Dessert	18 Sweet & Sour Meatballs Wild Rice Oriental Veggies Asian Slaw Pineapple Roll Dessert	19 Fiesta Chicken Salad Tortilla Chips Watermelon Dessert	20 Spaghetti w/Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert
23	24 Meatloaf Mashed Potato & Gravy Carrots WW Roll Mixed Berries on Angel Food Cake	25 Orange Chicken Steamed Rice Mixed Vegetables Garden Salad Fruit Salad Dessert	26 Chili Dog Tater Tots Green Salad Grapes Dessert	27 Chicken Patties w/Gravy Broccoli & Cauliflower Coleslaw Fruit Medley WW Roll Rice Krispy Treats
30		Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$9.00		

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

