



COULEE CITY

PLEASE CALL OR TEXT 509-632-8701 TO RESERVE MEALS

24 HOURS IN ADVANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Tater Tot Casserole Cucumber & Tomato Salad Apricots WW Roll Rice Krispies Treats	5 Chicken Cordon Bleu Rice Pilaf Venetian Vegetables Greek Salad Fruit Salad WW Roll Dessert	6 Cheeseburger Deluxe Jo Jo's Three Bean Salad Banana Dessert	7 Salmon with Dill Sauce Garlic Parmesan Pasta Normandy Vegetables Garden Salad Waldorf Salad Dessert
10	11 Pork Roast Mashed Potatoes / Gravy Buttered Corn Spinach Salad Apple Crisp	12 Chili Stuffed Potato Green Salad Peaches Corn Chips Dessert	13 Bacon & Swiss Quiche Steamed Broccoli Crunchy Pea Salad Grapes Blueberry Muffin	14 Corned Beef & Cabbage Potatoes & Carrots Tropical Fruit WW Roll Pistachio Pudding
17	18 Chicken Fettuccine Steamed Carrots Spring Salad Tropical Fruit Dessert	19 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Mixed Fruit Dessert	20 Country Fried Steak Mashed Potatoes / Gravy Buttered Corn Tossed Salad WW Roll Apple Crisp	21 Baked Fish Fillet Rice Pilaf Asian Vegetables Spinach Salad Grapes Lemon Bars
24	25 BBQ Country Style Ribs Mac & Cheese Green Beans Cabbage & Apple Slaw Orange Quarters Dessert	26 Baked Chicken Rosemary Potatoes Roasted Squash Peaches Bread Pudding	27 Beef Tacos Spanish Rice Fresh Salsa Cinnamon Pears Dessert	28 Tuna Noodle Casserole Peas & Carrots Spiced Salad Waldorf Salad Dessert
31	<div style="border: 2px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>Suggested donation for seniors over age 60 is \$5.00 FEE for persons under age 60 is \$9.00</p> </div>			

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





GRAND COULEE

PLEASE CALL 509-633-2321 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bacon & Eggs Hash Browns Juice Fruit Toast	4 Chicken Fettuccine Steamed Carrots Spinach Salad Tropical Fruit Dessert	5 Teriyaki Beef on Rice Stir Fry Veggies Asian Coleslaw Tropical Fruit Egg Roll Dessert	6 Country Fried Steak Mashed Potatoes/Gravy Buttered Corn Tossed Green Salad WW Roll Apple Crisp	7 German Sausage Scrambled Eggs Potatoes O'Brien Juice Fruit
10 Ham & Eggs Hash Browns French Toast Juice Fresh Fruit	11 Indian Tacos with Fixings Spanish Rice Mandarin Oranges Fresh Salsa Dessert	12 Pulled Pork Sandwich Sweet Potato Fries Coleslaw Apples Dessert	13 Pot Roast Potatoes & Carrots Trio Veggies Green Salad Mixed Fruit WW Roll Dessert	14 Biscuits & Gravy Hash Browns Juice Fruit Muffin
17 Ham & Eggs Potatoes & Onions with Gravy Juice Fruit Toast	18 Corned Beef & Cabbage Potatoes & Carrots Tropical Fruit WW Roll Pistachio Pudding	19 Baked Chicken Stuffing & Gravy Mixed Vegetables Tossed Salad Applesauce Dessert	20 Hawaiian Style Pizza Salad Bar Fruit Bar Dessert	21 2-2-2 Breakfast 2 Eggs 2 Sausage Links Hash Browns Juice Fruit 2 Toast
24 Breakfast Casserole Juice Fruit Toast	25 Cheeseburger Meatloaf Baked Potato Trio Veggies Tossed Salad Peaches WW Roll Dessert	26 Sweet & Sour Chicken Rice Spinach Salad Mandarin Oranges Dessert	27 Chili with Cheese Baked Potato Green Salad Apricots Dessert	28 Omelet with Meat Hash Browns Juice Fruit Toast
31 Biscuits & Gravy Hash Browns Juice Fruit Muffin	<div style="border: 2px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Suggested donation for seniors over age 60 is \$5.00</p> <p>FEE for persons under age 60 is \$9.00</p> </div>			

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