



# COULEE CITY

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 Turkey & Cheese Sandwich Corn Chowder Fresh Fruit Tray Dessert	4 Lasagna w/Meat Sauce Key West Veggies Caesar Salad Pears Garlic Bread Dessert	5 Pork Chops Mashed Potatoes Roast Carrots Garden Salad Applesauce WW Roll Dessert	6 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit Dessert
9	10 Swiss Steak & Gravy Mashed Potatoes California Vegetables Chopped Salad Fruit Salad Biscuit Dessert	11 Chicken Cacciatore Shell Pasta Italian Vegetables Grapes Bread Stick Dessert	12 Ham & Cheese Quiche Steamed Broccoli Garden Salad Orange Quarters Blueberry Muffin	13 Chicken Burger Deluxe Potato Salad Chilled Peaches Dessert
16	17 Pork Roast Stuffing & Gravy Steamed Carrots Garden Salad Waldorf Salad Dessert	18 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	19 7 Can Taco Soup Tortilla Chips Tossed Green Salad Orange Quarters Mozzarella Breadstick Dessert	20 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Pears Garlic Bread Dessert
23	24 CLOSED	25 CLOSED	26 Baked Ham Scalloped Potatoes Chopped Salad Pineapple & Cherries WW Roll Rice Krispies Treats	27 Chef's Salad Potato Soup Cinnamon Applesauce WW Roll Oatmeal Cookies
30	31 Roast Beef Baked Potato & Fixings Green Bean Casserole 7 Layer Salad Fruit Ambrosia Special Dessert			

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



# GRAND COULEE DAM

PLEASE CALL 509-633-2321 TO RESERVE MEALS

509-826-7979 FOR HOME DELIVERED MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sliced Ham & Eggs French Toast Juice Fruit Bowl	3 Swedish Meatballs Rice Mixed Vegetables Mixed Greens Salad Sliced Oranges Dessert	4 Crispy Chicken Caesar Salad with Pasta Sliced Apples with Dip WW Roll Berry Crisp	5 Meatloaf Mashed Potatoes & Gravy Garden Salad Mixed Fruit WW Roll Dessert	6 Bacon & Eggs Hash Browns Juice Fruit Bowl Toast
9 Sausage Patty Eggs Pancakes Juice Fruit Bowl	10 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	11 Country Fried Steak Mashed Potatoes/Gravy Green Beans Tossed Salad Fruit Cocktail WW Roll Dessert	12 Chicken Fettuccine Alfredo Italian Vegetables Caesar Salad Mixed Fruit Breadstick Dessert	13 Biscuits & Gravy Eggs Oven Brown Potatoes V-8 or Fruit Juice Fresh Fruit
16 Breakfast Sandwich Hash Browns Juice Fruit Bowl Dessert	17 Hamburger Steak with Grilled Onions Mashed Potatoes Cheesy Cauliflower Chopped Salad Applesauce Birthday Cake	18 Sweet & Sour Pork Steamed Rice Stir Fry Vegetables Asian Slaw Mandarin Oranges Egg Roll Dessert	19 Hawaiian Chicken Burger Salad Bar Fruit Bar Dessert	20 Ham Scramble with Cheese Hash Browns Juice Fruit Bowl Toast
23 Cheese Omelet Sausage Links Hash Browns Juice Fruit Bowl Toast	24 CLOSED	25 CLOSED	26 Chicken Enchiladas Spanish Rice Fresh Salsa Baja Veggies Mandarin Oranges Dessert	27 Bacon & Eggs Potato Cakes Juice Fruit Bowl Toast
30 Biscuits & Gravy Eggs Juice Fruit Bowl	31 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Roll Special Dessert			



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