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| --- | --- | --- | --- | --- |
| ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** |
| *3**Hamburger**Potato Salad**Three Bean Salad**Lettuce/Tomato/Onion**Ice Cream \*105* | *4**Closed for 4th of July* | *5**BBQ Chicken Breast**Baked Beans**Broccoli w/ Peppers* *Wheat Roll**Coconut Cake \*108* | *6* | *7**Harvest Apple Pork Chop**Fluffy Rice**Green Beans**Cabbage Slaw**Cranberry Oat Bar #141* |
| *10**Meatloaf & Gravy**Mashed Potatoes w/ Gravy**Brussel Sprouts**Wheat Roll**Cherry Oat Bar* *\*99* | *11* | *12**Chef Salad**Mandarin Oranges**Wheat Roll**Peach Crisp* *\*90* | *13* | *14**Pork Roast w/ Gravy**Roasted Sweet Potatoes**English Pea Salad**Bread**Peanut Butter Cookies* *\*75* |
| *17**Rosemary Chicken**Mushroom Sauce**Fluffy Rice**Seasoned Broccoli**Wheat Roll**Oatmeal Raisin Cookie \*82* | *18* | *19**Birthday Day!!!* *Roast Beef w/ Gravy**Mashed Potatoes w/ Gravy**Italian Vegetables**Wheat Roll**Ice Cream \*100* | *20* |  *21* *Smothered Pork Chop**Roasted Sweet Potatoes**Peas**Wheat Roll**Chocolate Chip Cookies*  *\*82*  |
| *24**Roast Turkey w/ Gravy**Parslied Potatoes**Pea & Cheese Salad**Wheat Roll**Brownie* *\*103* | *25* | *26**Tuna Pasta Salad**Three Bean Salad**Crackers**Chilled Peaches**Yogurt & Berries**\*105* | *27* | *28**Sweet & Sour Pork**Confetti Rice**Broccoli Salad**Oriental Vegetables**Chocolate Chip Cookies**\*100* |
| *31**Herbed Chicken**Au Gratin Potatoes**Peas & Carrots**Bread**Chilled Pears**\*77* |  ***Meals on Wheels is supported by participant donations*** ***For those age 60 and over,*** ***the suggested donation is $2.75 per meal.*** ***Meals may be purchased by those under age 60 for $7.15****.* |



***Mid-Columbia Meals on Wheels***

***A program of Senior Life Resources Northwest***

*www.seniorliferesources.org*

\*- equals carbohydrate count

Connell

**July 2017**

***For reservations, call the day before******between 9:00 a.m. and 12:00 p.m.: RICHLAND*** *943-0779* ***KENNEWICK***  *585-4241*

***PASCO***  *543-5706* ***PARKSIDE***  *545-2169* ***BENTON CITY*** *588-3094* ***PROSSER*** *786-1148* ***CONNELL***  *234-0766* ***CAFÉ*** *736-0045*

***Menu substitutions may occasionally occur.***

***Café also serves soup, salad & sandwiches with no reservations required from 11 am to 1 pm***