|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***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***