

**July 2017**

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

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

*www.seniorliferesources.org*

***\*- equals carbohydrate count***

***\*Parkside Menu\****

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** |
| *3*  *Hamburger*  *Potato Salad*  *Three Bean Salad*  *Lettuce/Tomato/Onion*  *Ice Cream*  *\*105* | *4*    *Closed for Independence Day* | *5*  *Chicken Salad Sandwich*  *Lettuce/Tomato*  *Broccoli Salad*  *Fresh Fruit*  *Apple Crisp*  *\*120* | *6*  *Pork Carnitas*  *Spanish Rice*  *Refried Beans*  *Corn Tortilla*  *Cranberry Oat Bar*  *\*117* | *7*  *Spinach Frittata*  *Chuck Wagon Potatoes*  *Bran Muffin*  *Fresh Fruit*  *\*75* |
| *10*  *Chicken Fiesta*  *Spanish Rice*  *Refried Beans*  *Broccoli w/ Peppers*  *Bread*  *Yogurt & Berries \*121* | *11*  *Macaroni & Cheese*  *Sausage Patty*  *Baby Lima Beans*  *Tossed Salad w/ Dressing*  *Chilled Pears*  *\*96* | *12*  *Pork Roast w/ Gravy*  *Roasted Sweet Potatoes*  *English Pea Salad*  *Bread*  *Cookies*  *\*75* | *13*  *Mexican Meatball Soup*  *Spanish Rice*  *Mexican Coleslaw*  *Corn Tortilla*  *Peach Crisp*  *\*100* | *14*  *Meatloaf & Gravy*  *Mashed Potatoes w/ Gravy*  *Brussel Sprouts*  *Wheat Roll*  *Cherry Oat Bar*  *\*99* |
| *17*  *Rosemary Chicken*  *Mushroom Sauce*  *Fluffy Rice*  *Seasoned Broccoli*  *Wheat Roll*  *Cookies \*82* | *18*  *Chicken Enchilada Casserole*  *Refried Beans*  *Spanish Rice*  *Seasoned Corn*  *Fresh Watermelon Cubes*  *\*96* | *19*  *Smothered Pork Chop*  *Roasted Sweet Potatoes*  *Peas*  *Wheat Roll*  *Cookies*  *\*82* | *20*  *Fish Tacos*  *Seasoned Carrots*  *Mexican Coleslaw*  *Corn Tortilla*  *Blueberry & Cherry Crisp*  *\*100* | *Birthday Day!!! 21*  *Roast Beef w/ Gravy*  *Mashed Potatoes w/ Gravy*  *Italian Vegetables*  *Wheat Roll*  *Ice Cream*  *\*100* |
| *24*  *Swedish Meatballs*  *Seasoned Egg Noodles*  *Seasoned Broccoli*  *Bread*  *Chilled Pears*  *\*93* | *25*  *Beef & Bean Burrito*  *Spanish Rice*  *Seasoned Green Peas*  *Corn Tortilla*  *Apple Crisp*  *\*85* | *26*  *Tuna Pasta Salad*  *Three Bean Salad*  *Crackers*  *Chilled Peaches*  *Yogurt & Berries*  *\*105* | *27*  *Turkey Mole*  *Mexican Rice*  *Mixed Vegetables*  *Corn Tortilla*  *Brownie*  *\*130* | *28*  *Sweet & Sour Pork*  *Confetti Rice*  *Broccoli Salad*  *Oriental Vegetables*  *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****.* | | | |

***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***



**Julio 2017**

***Programa de Nutricion***

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

*[www.seniorliferesources.org](http://www.seniorliferesources.org)*

***\* - es igual conteo de carbohidratos***

***\* Parkside Menu \****

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***Lunes*** | ***Martes*** | ***Miercoles*** | ***Jueves*** | ***Viernes*** |
| *3*  *Hamburguesa*  *Ensalada de Papas*  *Ensalada de Frejoles*  *Lechuga/Tomate/Cebolla*  *Nevera*  *\*105.* | *4*    *Cerrado por vacaciones de Día de la Independencia* | *5*  *Pollo en Barbacoa*  *Frejoles*  *Brocoli con Pimientos*  *Panecillo*  *Pastel con Coco*  *\*108* | *6*  *Carnitas de Cerdo*  *Arroz Espanol*  *Frejoles Refritos*  *Tortilla de Maiz*  *Barra de Avena del Arandano*  *\*117* | *7*  *Frittata de Espinacas*  *Croquetas de Patata*  *Bollo*  *Fruta Fresca*  *\*75* |
| *10*  *Pollo Fiesta*  *Arroz Espanol*  *Frejoles Refritos, Pan,*  *Brocoli con Pimientos*  *Yogur con Bayas*  *\*121* | *11*  *Maccarones con Queso y Salchichas*  *Frejoles Lima*  *Ensalada Verde con Relleno*  *Peras*  *\*96* | *12*  *Carne de Puerco Asado con Jugo, Pan, Camotes,*  *Ensalada de Guisantes*  *Galletas de Mantequilla de Cacahuete*  *\*75* | *13*  *Sopa de Albondigas Mexicano, Arroz Espanol,*  *Ensalada de Col Mexicana*  *Tortilla de Maiz*  *Postre de Duraznos*  *\*100* | *14*  *Hogasa de Carne Picada con Jugo, Panecillo,*  *Pure de Papas con Jugo*  *Col de Bruselas*  *Barra de Avena del Cereza*  *\*99* |
| *17*  *Pollo al Romero con salsa de Setas, Arroz,*  *Brocoli*  *Panecillo*  *Galletas*  *\*82* | *18*  *Cazuela de Pollo Enchilada*  *Frejoles Refritos*  *Arroz Espanol*  *Maiz*  *Sandia*  *\*96* | *19*  *Chuleta de Puerco con Jugo*  *Chicharos*  *Camotes*  *Panecillo*  *Galletas*  *\*82* | *20*  *Tacos de Pescado*  *Zanahorias*  *Ensalada de col Mexicana*  *Tortilla de Maiz*  *Postre de Arándano y Cereza* | ***Dia de Cumpleanos*** *21*  *Rosbif con Jugo*  *Pure de Papas con Jugo*  *Vegetales*  *Panecillo de Trigo*  *Nevera*  *\*100* |
| *24*  *Albondigas al estilo Sueco con pasta*  *Brocoli*  *Pan*  *Peras*  *\*93* | *25*  *Burrito de Carne y Frejoles*  *Arroz Espanol*  *Chicharos*  *Tortilla de Maiz*  *Postre de Manzana*  *\*85* | *26*  *Ensalada de Pasta de Atún*  *Ensalada de Frejoles*  *Galletas*  *Duraznos*  *Yogur con Bayas*  *\*105* | *27*  *Mole de Guajolote*  *Arroz a la Mexicana*  *Vegetales*  *Tortilla de Maiz*  *Pastelillo de Chocolate*  *\*130* | *28*  *Carne de Puerco con Salsa Dulce y Agrio, Vegetales,*  *Ensalada de Brocoli*  *Arroz Confetti*  *Galletas*  *\*100* |
| *31*  *Pollo con Hierbas*  *Guiso de Papas con Queso*  *Chicharos y Zanahorias*  *Pan*  *Peras*  *\*77* | *Para aquellos que tienes mas de 60 anos de edad, la donacion sugerida es $2.75 por comida.*  *Los que son menores de 60 anos,*  *pueden comprar las comida por $7.14.* | | | |

***Para reservaciones, llame un dia antes en Medio de las 9:00 a.m. y las 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*

***Ocasionalmente pueden aparecer sustituciones de menú***

***Café también sirve sopa, ensalada y sándwiches sin reservas requeridas de 11 am a 1 pm.***