



# Mid-Columbia Meals on Wheels

A program of Senior Life Resources Northwest

www.seniorliferesources.org

\*- equals carbohydrate count

\*\*Connell\*\*

**September 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>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.</i></p>		<p>1</p> <p>Sweet &amp; Sour Pork Confetti Rice Broccoli Salad Oriental Vegetables Cookies</p> <p>*100</p>	
<p>4</p> <p><b>LABOR DAY</b></p> <p>Closed for Labor Day holiday</p>		<p>6</p> <p>Baked Cod w/ Dill Sauce Oven Roasted Potatoes Broccoli Carrot Raisin Salad Bread Cranberry Oat Bar</p> <p>*98</p>	<p>7</p> <p>8</p> <p>Herbed Chicken Mushroom Sauce Au Gratin Potatoes Peas &amp; Carrots Bread Pears</p> <p>*81</p>	
<p>11</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Glazed Baby Carrots Bread Sorbet</p> <p>*92</p>	<p>12</p>	<p>13</p> <p>Harvest Apple Pork Chop Rice Apple-Cabbage Slaw Green Peas Cranberry Oat Bar Bread</p> <p>*139</p>	<p>14</p> <p>15</p> <p>Chili Stuffed Potato Seasoned Broccoli Wheat Roll Spiced Apples</p> <p>*99</p>	
<p>18</p> <p>Lemon Pepper Cod Herbed Potatoes Honey Glazed Carrots Bread Pears</p> <p>*91</p>	<p>19</p>	<p>20</p> <p><u>Birthday Day!!!</u> Roast Beef w/ Gravy Mashed Potatoes w/ Gravy Italian Vegetables Wheat Roll Ice Cream</p> <p>*100</p>	<p>21</p> <p>22</p> <p>Chef Salad Chilled Pineapple Bread Oatmeal Cookies</p> <p>*90</p>	
<p>25</p> <p>Macaroni &amp; Cheese Sausage Patty Seasoned Beets Tossed Salad w/ Dressing Chilled Pears</p> <p>*96</p>	<p>26</p>	<p>27</p> <p>Meat Lasagna Green Peas Carrot Raisin Salad Breadstick Apple Crumble</p> <p>*112</p>	<p>28</p> <p>29</p> <p>Hamburger on Bun Baked Beans Coleslaw Lettuce/Tomato/Onion Fresh Fruit</p> <p>*104</p>	

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.