






Mid-Columbia Meals on Wheels

A program of Senior Life Resources Northwest

www.seniorliferesources.org
 *- equals carbohydrate count
 Parkside Menu

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
2 Chicken Fried Steak w/ Gravy Mashed Potatoes Brussel Sprouts Oatmeal Cookie *90	3 Pork Fajitas Spanish Rice Black Beans Tortilla Spiced Apples *92	4 <u>National Taco Day</u> Beef Tacos Spanish Rice Refried Beans Salsa & Sour Cream Apricots *109	5 Tuna & Corn Tostada Seasoned Carrots Tossed Salad w/ Dressing Tortilla Blueberry Crisp *97	6 Rosemary Chicken Mushroom Gravy Herbed Potatoes Green Beans Peaches *49	
9  Closed for All Staff Training Day *97	10 Beef & Bean Burrito Spanish Rice Tossed Salad w/ Dressing Broccoli Tortilla, Sorbet *97	11 Chicken & Rice Casserole Glazed Carrots Dinner Roll Chocolate Cake *114	12 Fish Tacos Mexican Coleslaw Refried Beans Seasoned Veggies Ice Cream *82	13 <u>Blue Brigade Friday</u> Pulled Pork Sandwich Cole Slaw Baked Beans Green Beans Blue Poke Cake *143	
16 Harvest Apple Pork Chop Rice Pilaf Green Beans Dinner Roll Pineapple *129	17 Chicken Fettucine Alfredo Breadstick Mixed Veggies Tossed Salad w/ Dressing Brownie *120	18 Baked Cod w/ Dill Sauce Herbed Potatoes Brussel Sprouts Carrot Raisin Salad Blueberry Oat Bar *88	19 Chicken Tostada Refried Beans Seasoned Peas Tortilla Yogurt & Berries *72	20 <u>Birthday Day</u> Roast Beef w/ Gravy Mashed potatoes w/ Gravy Italian Veggies Dinner Roll Ice Cream *89	
23 Macaroni & Cheese Sausage Patty Broccoli Tossed Salad w/ Dressing Peaches *85	24 Chicken Enchilada Casserole Spanish Rice Refried Beans Mexican Slaw Carrot Cake *133	25 Roast Turkey w/ Gravy Mashed Potatoes w/ Gravy Peas & Carrots Dinner Roll Cranberry Oat Bar *85	26 <u>National Pumpkin Day</u> Mexican Meatball Soup Green Beans Mexican Coleslaw Tortilla Pumpkin Bar *100	27 Smothered Pork Chops Mashed Potatoes w/ Gravy Mixed Veggies Dinner Roll Spiced Apples *110	
30 Spaghetti & Meat Sauce Green Beans Tossed Salad w/ Dressing Breadstick Oatmeal Cookie *95	31 <u>Happy Halloween</u> Hamburger Baked Beans Warm German Potato Salad Apple Cabbage Slaw Orange Rice Crispy Treat *140				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



Programa de Nutricion
 A program of Senior Life Resources Northwest
www.seniorliferesources.org
 * - es igual conteo de carbohidratos

Octubre 2017

*** Parkside Menu ***

Lunes	Martes	Miercoles	Jueves	Viernes	
2 Steak de Gallina con Jugo Pure de Papas Col de Bruselas Galletas de Avena *90	3 Fajitas de Cerdo Arroz Espanol Frejoles Negro, Tortilla, Compote de Manzana con Canela *92	4 <u>Día Nacional del Taco</u> Tacos de Carne Arroz Espanol Frejoles Refritos Salsa y Crema Agria Albaricoque *109	5 Tostada de Atun y Maiz Zanahorias Ensalada Verde con Relleno Tortilla Postre de Arandano *97	6 Pollo de Romero Salsa de Hongo Patatas de Hierbas Ejotes Duraznos *37	
9  Cerrado para el día de entrenamiento	10 Burrito de Frejoles & Carne Arroz Espanol Ensalada Verde con Relleno Brocoli, Tortilla, Sorbete *97	11 Cazuela de Pollo y Arroz Zanahorias Panecillo Pastel de Chocolate *114	12 Tacos de Pescado Ensalada de Col Mexicana Frejoles Refritos Vegetales Nevera *82	13 <u>Seahawk Blue Friday</u> Sandwich de Cerdo Tirado Ensalada de Repollo Frejoles Ejotes Pastel Azul *143	
16 Chuleta de Cerdo de Manzana Arroz, Ejotes, Panecillo Pina *129	17 Pollo Fettucine Alfredo Vegetales Ensalada Verde con Relleno Palitos de Pan Pastelillo de Chocolate *120	18 Bacalao con Salsa de Eneldo Patatas de Hierbas Col de Bruselas, Ensalada de Zanahoria y pasas, Barra de avena de Arándano *88	19 Tostada de Pollo Frejoles Refritos Chicharos Tortilla Yogur y Bayas *72	20 <u>Día de Cumpleanos</u> Rosbif con Jugo Pure de Papas con Jugo Vegetales Panecillo de Trigo Nevera *100	
23 Maccarones con Queso y Salchichas Brocoli Ensalada Verde con Relleno Duraznos *85	24 Cazuela de Pollo Enchilada Arroz Espanol Frejoles Refritos Ensalada de Col Mexicana Pastel de Zanahoria *133	25 Pavo Asado con Jugo Pure de Papas con Jugo Chicharos con Zanahorias Panecillo Barra de Avena del Arandano *85	26 <u>Día Nacional de Calabaza</u> Sopa de Albondigas Mexicano, Ejotes, Ensalada de Col Mexicana Tortilla Barra de Calabasa *100	27 Chuleta de Puerco con Jugo Pure de Papas con Jugo Vegetales, Panecillo, Compote de Manzana con Canela *110	
30 Spaguetis con Salsa de Carne, Ejotes, Ensalada Verde con Relleno Palitos de Pan Galletas de Avena *95	31 <u>Feliz Halloween</u> Hamburguesa Frejoles Ensalada de Papas Manzana Col Repollo Naranja Arroz Crujiente *140	 <p>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.</p>			

**Para reservaciones, llame un día 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