






Mid-Columbia Meals on Wheels

A program of Senior Life Resources Northwest

www.seniorliferesources.org
 *- equals carbohydrate count
CONNELL

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>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.</p>		
<p><i>Seahawk Blue Friday</i> 1 Pulled Pork Sandwich Cole Slaw Baked Beans Green Beans Blue Poke Cake</p> <p style="text-align: right;">*143</p>				
<p>4 Baked Cod w/ Dill Sauce Herbed Potatoes Brussel Sprouts Carrot Raisin Salad Blueberry Oat Bar</p> <p style="text-align: right;">*88</p>	<p>5</p>	<p>6 Harvest Apple Pork Chop Rice Pilaf Green Beans Dinner Roll Pineapple</p> <p style="text-align: right;">*129</p>	<p>7</p>	<p>8 Beef Stew Biscuit Seasoned Green Beans Yogurt & Berries</p> <p style="text-align: right;">*89</p>
<p>11 Macaroni & Cheese Sausage Patty Broccoli Tossed Salad w/ Dressing Peaches</p> <p style="text-align: right;">*85</p>	<p>12</p>	<p>13 Roast Turkey w/ Gravy Mashed Potatoes w/ Gravy Peas & Carrots Dinner Roll Cranberry Oat Bar</p> <p style="text-align: right;">*8</p>	<p>14</p>	<p>15 Smothered Pork Chops Mashed Potatoes w/ Gravy Mixed Veggies Bread Spiced Apples</p> <p style="text-align: right;">*110</p>
<p>18 Spaghetti & Meat Sauce Green Beans Tossed Salad w/ Dressing Breadstick Oatmeal Cookie</p> <p style="text-align: right;">*95</p>	<p>19</p>	<p><u>Birthday Day</u> 20 Roast Beef w/ Gravy Mashed Potatoes w/ Gravy Italian Vegetables Dinner Roll Ice Cream</p> <p style="text-align: right;">*100</p>	<p>21</p>	<p><u>Christmas Dinner</u> 22 Baked Ham w/ Raisin Sauce Sweet Potato Casserole Green Bean Casserole Dinner Roll Gingerbread w/ Whip Topping</p> <p style="text-align: right;">*121</p>
<p>25  Closed for Christmas Day</p>	<p>26</p>	<p>27 Shephard's Pie Seasoned Broccoli Spinach Salad Wheat Roll Hot Spiced Apples</p> <p style="text-align: right;">*86</p>	<p>28</p>	<p>29 Chili Stuffed Potato Mixed Veggies Tossed Salad w/ Dressing Dinner Roll Brownie</p> <p style="text-align: right;">*112</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. Café also serves soup, salad & sandwiches with no reservations required from 11 am to 1 pm.