

Mid-Columbia Meals on Wheels

A program of Senior Life Resources Northwest

www.seniorliferesources.org



*- equals carbohydrate count

CONNELL

January 2018

You are required to self-monitor what you consume. We are unable to provide specialized or allergy diets. With adequate notice, a substitute frozen meal may be provided upon request.

If you remove food from our premises, Meals on Wheels will not be held responsible for food safety or quality of items. Leftovers should be refrigerated immediately and eaten within 2 days.

 Closed for New Years Day		Herbed Chicken w/ Mushroom Sauce, Wheat roll, Au Gratin Potatoes Brussel Sprouts Tossed Salad w/ Dressing Cherry Oat Bar		Salisbury Steak w/ Gravy Mashed Potatoes w/ Gravy Broccoli Bread Yogurt & Berries
Sweet & Sour Pork Fluffy Rice Oriental Veggies Dinner Roll Apricots		Beef Tacos Spanish Rice Refried Beans Salsa & Sour Cream Chocolate Chip Cookies	11	<u>Seahawks Blue Friday</u> Rosemary Chicken Mushroom Gravy Herbed Potatoes Green Beans BLUEberry Crumble
 Closed for Martin Luther King Jr. Day		<u>Birthday Day</u> Roast Beef w/ Gravy Mashed Potatoes w/ Gravy Italian Vegetables Dinner Roll Ice Cream	18	Chicken & Rice Casserole Glazed Carrots Dinner Roll Chocolate Cake
Macaroni & Cheese Sausage Patty Broccoli Tossed Salad w/ Dressing Peaches		Roast Turkey w/ Gravy Mashed Potatoes w/ Gravy Peas & Carrots Dinner Roll Cranberry Oat Bar	25	Beef Stew Biscuit Seasoned Green Beans Pumpkin Bar
Spaghetti & Meat Sauce Green Beans Tossed Salad w/ Dressing Breadstick Oatmeal Cookie		Hamburger Baked Beans Warm German Potato Salad Apple Cabbage Slaw Rice Crispy Treat	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 \$7.25.	

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