

Mid-Columbia Meals on Wheels

A program of Senior Life Resources Northwest

www.seniorliferesources.org



*- equals carbohydrate count

Connell

March 2018

*You are asked 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.

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 \$7.25.</i></p>				
			1	2
				Rosemary Chicken Mushroom Gravy Herbed Potatoes Green Beans Peaches *49
5	6	7	8	9
Lemon Pepper Cod Herbed Potatoes Mixed Vegetables Pea & Cheese salad Cranberry Oatmeal Bar *87		Meatloaf Mashed Potatoes w/ Gravy Beets Tossed Salad w/ Dressing Pudding *79		Blue Brigade Friday Roast Turkey w/ Gravy Mashed Potatoes w/ Gravy Peas & Carrots Dinner Roll Blue Poke Cake *86
12		14	15	16
Harvest Apple Pork Chop Fluffy Rice Green Beans Dinner Roll Pineapple *129		Baked Cod w/ Dill Sauce Herbed Potatoes Brussel Sprouts Carrot Raisin Salad Blueberry Oat Bar *88		St. Patricks Day Corn Beef w/ Cabbage Herb Roasted Potatoes Carrots Dinner Roll Ice Cream *89
19	20	21		23
Macaroni & Cheese Sausage Patty Broccoli Tossed Salad w/ Dressing Chilled Peaches *85		BirthDay Day Roast Beef w/ Gravy Mashed potatoes w/ Gravy Italian Veggies Dinner Roll Ice Cream *100		Smothered Pork Chops Mashed Potatoes w/ Gravy Mixed Veggies Dinner Roll Spiced Apples *110
26	27	28	29	30
Spaghetti & Meat Sauce Green Beans Tossed Salad w/ Dressing Breadstick Oatmeal Cookie *95		Hamburger Baked Beans Apple Cabbage Slaw Chilled Pineapple *117		Chicken Salad Sandwich Potato Salad Chilled Pears Peach Crumble *116

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