

**Mid-Columbia Meals on Wheels**  
**A program of Senior Life Resources Northwest**

www.seniorliferesources.org



\*- equals carbohydrate count

**May 2018**

**\*\*Connell\*\***

*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
	1	2 Baked Cod w/ Dill Sauce Herbed Potatoes Brussel Sprouts Carrot Raisin Salad Blueberry Oat Bar *88	3	4 <b>Cinco de Mayo</b> Beef Tacos Spanish Rice Refried Beans Salsa & Sour Cream Pineapple *108
7 Macaroni & Cheese Sausage Patty Broccoli Tossed Salad w/ Dressing Apple Sauce *83	8	9 Roast Turkey w/ Gravy Mashed Potatoes w/ Gravy Peas & Carrots Bread Pears *82	10	11 <b>Blue Brigade Friday</b> Smothered Pork Chops Mashed Potatoes w/ Gravy Mixed Veggies Dinner Roll Frosted Cake *128
14 Spaghetti & Meat Sauce Green Beans Tossed Salad w/ Dressing Dinner Roll Oatmeal Cookie *97	15	16 <b>BirthDay Day</b> Roast Beef w/ Gravy Mashed potatoes w/ Gravy Italian Veggies Dinner Roll Ice Cream *89	17	18 Grilled Chicken Sandwich Carrot Raisin Salad Pineapple Blueberry Oat bar *108
21 Chili Stuffed Potato Mixed Veggies Tossed Salad w/ Dressing Dinner Roll Brownie *112	22	23 Tuna Pasta Salad Three Bean Salad Dinner Roll Fruit Cocktail Peanut Butter Cookies *121	24	25 Beef Lasagna Broccoli Tossed Salad w/ Dressing Dinner Roll Hot Apples *87
28  Closed for Memorial Day	29	30 Lemon Pepper Cod Herbed Potatoes Mixed Veggies Pea & Cheese Salad Oatmeal Raisin Cookies *84	31	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