

Mid-Columbia Meals on Wheels

A program of Senior Life Resources Northwest

www.seniorliferesources.org

*- equals carbohydrate count

Connell Menu

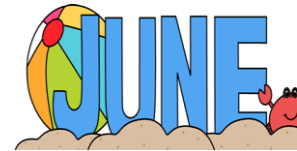
June 2018

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.



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



			1	1
			Chef Salad Beet and Onion Salad Wheat Roll Mandarin Oranges Cranberry Oat Bar	*86
4	5	6	7	8
Grilled Chicken Sandwich Coleslaw Applesauce Blueberry Crisp		Shepherd's Pie Broccoli Normandy Spinach Salad w/ Dressing Wheat Roll Chilled Apricots		Friday Blue Brigade Herbed Chicken w/ Mushroom Gravy Herbed Potatoes Carrot Raisin Salad Green Beans BLUE Fruit Jello
*96		*87		*77
11	12	13	14	15
Tuna Pasta Salad Three Bean Salad Wheat Roll Mandarin Oranges Peanut Butter Cookie		National Choc. Pudding Day Meatloaf Mashed Potatoes w/ Gravy Tossed Salad w/ Dressing Beets Chocolate Pudding		Chicken & Rice Casserole Glazed Carrots Dinner Roll Pineapple Cherry Crumble
*104		*83		*143
18		20	21	22
Cod w/ Dill Sauce Herbed Potatoes Carrot Raisin Salad Brussel Sprouts Apple Crisp		BirthDay Day Roast Beef w/ Gravy Mashed potatoes w/ Gravy Italian Veggies Dinner Roll Ice Cream		Beef Tacos Refried Beans Corn Chilled Pineapple
*83		*89		*108
25	26	27	28	29
Macaroni & Cheese Sausage Patty Broccoli Tossed Salad w/ Dressing Applesauce		Beef Lasagna Beets Tossed Salad w/ Dressing Dinner Roll Blueberry Bar		Smothered Pork Chops Mashed Potatoes w/ Gravy Mixed Veggies Dinner Roll Frosted White Cake
*83		*101		*128

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