

Mid-Columbia Meals on Wheels
A program of Senior Life Resources Northwest
www.seniorliferesources.org
*- equals carbohydrate count
CONNELL

**March
2019**

*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 \$3.00 per meal.
Meals may be purchased by those under age 60 for \$7.45.*



				Beef Stew Biscuit Steamed Beets Pumpkin Bar *90	1
4 Spaghetti & Meat Sauce Green Beans Bread Stick Citrus Salad *89	5	6 Hamburger Baked Beans Apple Cabbage Slaw Cookies *110	7	8 Pork Roast w/Gravy Mashed Potatoes Glazed Baby Carrots Bread Lemon Bar *127	
11 Salisbury Steak w/ Gravy Mashed Potatoes w/ Gravy Broccoli Bread Mandarin Oranges *86	12	13 Beef Lasagna Mixed Veggies Breadstick Brownie *95	14	15 Teriyaki Chicken Fluffy Rice Oriental Veggies Bread Pear Crumble *74	
<u>St. Patrick's Day</u> 18 Corn Beef w/ Cabbage Herb Roasted Potatoes Carrots Dinner Roll Frosted White Cake *89	19	<u>Birthday Day</u> 20 Roast Beef w/ Gravy Mashed Potatoes w/ Gravy Italian Veggies Dinner Roll Ice Cream *89	21	22 Breaded Fish Sandwich Clam Chowder Coleslaw Tartar Sauce Oatmeal Raisin Cookies *112	
25 Tuna Noodle Casserole Lyonnaise Carrots Dinner Roll Blueberry Crumble *90	26	27 Sweet & Sour Pork Fluffy Rice Oriental Vegetables Wheat Roll Fruit Cocktail *105	28	29 Herbed Chicken w/ Mushroom Gravy Herbed Potatoes Green Beans Carrot Cake *82	

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