




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

**April  
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.*

 Closed for All Staff Training Day		3 Lemon Pepper Cod Rice Pea & Cheese Salad Bread Cranberry Oat Bar *112	4	5 Chicken & Rice Casserole Glazed Baby Carrots Bread Chocolate Cake *116
8 Meatloaf Mashed Potatoes w/ Gravy Tossed Salad w/ Dressing Bread Chocolate Pudding *96	9	10 Harvest Apple Pork Chop Glazed Sweet Potatoes Broccoli Normandy Bread Brownie *150	11	12 Grilled Chicken Sandwich Lettuce & Tomato Clam Chowder Pea & Cheese Salad Apple Slices *98
15 Macaroni & Cheese Sausage Patty Broccoli Tossed Salad w/ Dressing Citrus Salad *108	16	17 <u><b>Birthday Day</b></u> Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Dinner Roll Ice Cream *89	18	19 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Bread Chilled Pears *106
22 Spaghetti & Meat Sauce Green Beans Tossed Salad w/ Dressing Breadstick Citrus Salad *86	23	24 Hamburger Lettuce/Tomato/Onion Baked Beans Cabbage & Apple Slaw Chocolate Chip Cookie *104	25	26 Roasted Pork Chop w/ Gravy Mashed Potatoes Glazed Baby Carrots Bread Lemon Bar *127
29 Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Bread Mandarin Oranges *86	30	<div style="display: flex; align-items: center; justify-content: space-between;"> <div data-bbox="877 1174 1142 1344">  </div> <div data-bbox="1192 1166 1640 1344"> <p>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.</p> </div> <div data-bbox="1696 1166 1864 1360">  </div> </div>		

**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**