



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

**May
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.*

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 \$3.00 per meal. Meals may be purchased by those under age 60 for \$7.45.</i></p>		<p>1 Shepherd's Pie Broccoli Normandy Spinach Salad w/ Dressing Wheat Roll Chilled Peaches *86</p>	<p>2</p>	<p>3 Beef Lasagna Mixed Vegetables Tossed Salad w/ Dressing Bread Brownie *106</p>
<p>Cinco De Mayo 6 Beef Tacos w/ Flour Tortilla Spanish Rice Bean Salad Salsa & Sour Cream Chilled Applesauce *82</p>	<p>7</p>	<p>8 Sweet & Sour Pork Fluffy Rice Oriental Vegetables Bread Chilled Peaches *108</p>	<p>9</p>	<p>10 Herbed Chicken w/ Mushroom Gravy Au Gratin Potatoes Tossed Salad w/ Dressing Mixed Vegetables Bread Yogurt & Berries *108</p>
<p>13 Pulled Pork Sandwich Baked Beans Coleslaw Mandarin Oranges Oatmeal Cookie *157</p>	<p>14</p>	<p>Birthday Day 15 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Dinner Roll Ice Cream *89</p>	<p>16</p>	<p>17 Chicken & Rice Casserole Glazed Baby Carrots Bread Chocolate Cake *116</p>
<p>20 Meatloaf Mashed Potatoes w/ Gravy Tossed Salad w/ Dressing Bread Chocolate Pudding *96</p>	<p>21</p>	<p>22 Harvest Apple Pork Chop Glazed Sweet Potatoes Broccoli Normandy Bread Brownie *150</p>	<p>23</p>	<p>24 Chicken Sandwich Lettuce & Tomato & Mayo Corn Chowder Pea & Cheese Salad Apple Slices *98</p>
<p>27  Closed for Memorial Day</p>	<p>28</p>	<p>29 Roast Turkey w/ Gravy Mashed Potatoes Peas & Carrots Bread Cranberry Oatmeal Bar *108</p>	<p>30</p>	<p>31 Macaroni & Cheese Sausage Patty Broccoli Tossed Salad w/ Dressing Citrus Salad *108</p>