

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

**June
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.*

3 Spaghetti & Meat Sauce Green Beans Tossed Salad w/ Dressing Breadstick Citrus Salad *86	4	5 Hamburger Lettuce/Tomato/Onion Baked Beans Cabbage & Apple Slaw Chocolate Chip Cookie *104	6	7 Roasted Pork Chop w/ Gravy Mashed Potatoes Glazed Baby Carrots Bread Lemon Bar *127
10 Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Bread Mandarin Oranges *123	11	12 Teriyaki Chicken Fluffy Rice Oriental Vegetables Bread Pear Crisp *111	13	14 Beef Lasagna Mixed Vegetables Tossed Salad w/ Dressing Bread Brownie *106
17 Beef Tacos Refried Beans Lettuce, Tomato, Cheese Salsa & Sour Cream Citrus Salad *82	18	19 Birthday Day Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Dinner Roll Ice Cream *89	20	21 Herbed Chicken w/ Mushroom Gravy Au Gratin Potatoes Tossed Salad w/ Dressing Green Beans Bread Yogurt & Berries *86
24 Lemon Pepper Cod White Rice Pea & Cheese Salad Bread Cranberry Oatmeal Bar *112	25	26 Chicken & Rice Casserole Glazed Baby Carrots Bread Chocolate Cake *116	27	28 Pulled Pork Sandwich Baked Beans Coleslaw Mandarin Oranges Oatmeal Cookie *144



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.

