


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

**March  
2020**

*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
<b>2</b> <b>Spaghetti &amp; Meat Sauce</b> <b>Green Beans</b> <b>Tossed Salad w/ Dressing</b> <b>Breadstick</b> <b>Citrus Salad</b>  <b>*86</b>	<b>3</b>	<b>4</b> <b>Hamburger</b> <b>Lettuce, Tomato &amp; Onion</b> <b>Baked Beans</b> <b>Cabbage &amp; Apple Slaw</b> <b>Chocolate Chip Cookies</b>  <b>*104</b>	<b>5</b>	<b>6</b> <b>Dijon Chicken</b> <b>Sweet Potatoes</b> <b>Peas &amp; Onions</b> <b>Bread w/ Margarine</b> <b>Cherry Oat Bar</b>  <b>*126</b>
<b>9</b> <b>Salisbury Steak</b> <b>Mashed Potatoes w/ Gravy</b> <b>Broccoli</b> <b>Bread w/ Margarine</b> <b>Fruit Cocktail</b>  <b>*85</b>	<b>10</b>	<b>11</b> <b>Teriyaki Chicken</b> <b>Fluffy Rice</b> <b>Oriental Vegetables</b> <b>Bread w/ Margarine</b> <b>Pear Crisp</b>  <b>*111</b>	<b>12</b>	<b>13</b> <b>Shepherd's Pie</b> <b>Spinach Salad</b> <b>Wheat Roll w/ Margarine</b> <b>Peaches</b>  <b>*80</b>
<b>16</b> <b>Corned Beef w/ Cabbage</b> <b>Herb Roasted Potatoes</b> <b>Carrots</b> <b>Dinner Roll</b> <b>Frosted Cake</b>  <b>*89</b>	<u><b>St. Patrick's Day</b></u> <b>17</b>	<u><b>Birthday Day</b></u> <b>18</b> <b>Roast Beef</b> <b>Mashed Potatoes w/ Gravy</b> <b>Italian Vegetables</b> <b>Roll w/ Margarine</b> <b>Ice Cream</b>  <b>*89</b>	<b>19</b>	<b>20</b> <b>Beef Tacos</b> <b>Refried Beans</b> <b>Lettuce &amp; Tomato</b> <b>Salsa &amp; Sour Cream</b> <b>Citrus Salad</b>  <b>*84</b>
<b>23</b> <b>Lemon Pepper Cod</b> <b>White Rice</b> <b>Pea &amp; Cheese Salad</b> <b>Bread w/ Margarine</b> <b>Cranberry Oat Bar</b>  <b>*113</b>	<b>24</b>	<b>25</b> <b>Chicken &amp; Rice Casserole</b> <b>Glazed Baby Carrots</b> <b>Bread w/ Margarine</b> <b>Chocolate Cake</b>  <b>*116</b>	<b>26</b>	<b>27</b> <b>Baked Ziti</b> <b>Broccoli</b> <b>Tossed Salad w/ Dressing</b> <b>Breadstick</b> <b>Mandarin Oranges</b>  <b>*92</b>
<b>30</b> <b>Meatloaf</b> <b>Mashed Potatoes w/ Gravy</b> <b>Tossed Salad w/ Dressing</b> <b>Bread w/ Margarine</b> <b>Chocolate Pudding</b>  <b>*96</b>	<b>31</b>			

*Meals on Wheels is supported by participant donations. For seniors age 60 and over, the suggested donation is \$3.00 per meal. Meals may be purchased by those under age 60 for \$7.55.*

**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**

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<p>2</p> <p><i>Espagueti con Carne Ejotes Ensalada con Aderezo Pan Ensalada Cítrica</i></p> <p>*86</p>	<p>3</p>	<p>4</p> <p><i>Hamburguesas Lechugas, Tomate, y Cebolla, Frijoles al Horno, Ensalada de Col y Manzana, Galleta con Chispas de Chocolate</i></p> <p>*104</p>	<p>5</p>	<p>6</p> <p><i>Pollo Dijon Camote Chicharos y Cebolla Pan y Mantequilla Postre de Cereza</i></p> <p>*126</p>
<p>9</p> <p><i>Filete Salisbury Puré de Papa Brócoli Pan y Mantequilla Cóctel de Fruta</i></p> <p>*85</p>	<p>10</p>	<p>11</p> <p><i>Pollo Teriyaki Arroz Verduras Orientales Pan y Mantequilla Postre de Pera</i></p> <p>*111</p>	<p>12</p>	<p>13</p> <p><i>Pastel de Res y Papa Ensalada de Espinacas Pan de Trigo y Mantequilla Duraznos</i></p> <p>*80</p>
<p>16</p> <p><i>Carne de Res en Conserva con Repollo, Papas Rostizadas, Zanahorias, Pan Pastel</i></p> <p>*89</p>	<p>17</p>	<p><u>Birthday Day</u> 18</p> <p><i>Res Rostizado Puré de Papa Verduras Pan con Mantequilla Helado</i></p> <p>*89</p>	<p>19</p>	<p>20</p> <p><i>Taco Frijoles Fritos Lechuga y Tomate Salsa y Crema Agría Ensalada Citrica</i></p> <p>*84</p>
<p>23</p> <p><i>Pescado con Salsa de Pimienta y Limón, Arroz Ensalada de Chicharos y Queso, Pan y Mantequilla Postre de Arándanos</i></p> <p>*113</p>	<p>24</p>	<p>25</p> <p><i>Cacerola de Pollo y Arroz Zanahorias Glaseadas Pan y Mantequilla Pastel de Chocolate</i></p> <p>*116</p>	<p>26</p>	<p>27</p> <p><i>Ziti al Horno Brócoli Ensalada con Aderezo Pan Mandarinas</i></p> <p>*92</p>
<p>30</p> <p><i>Pastel de Carne Puré de Papa Ensalada de Aderezo Pan y Mantequilla Pudin de Chocolate</i></p> <p>*96</p>	<p>31</p>	<p><i>Para aquellos que tienes más de 60 años, la donación sugerida es \$3.00 por comida. Los que son menores de 60 años, pueden comprar las comida por \$7.55.</i></p>		



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