

Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

Drive-Thru Hot Meals served 11 am to noon,
Monday, Wednesday, & Friday through 5/14
Monday thru Friday starting 5/17
1834 Fowler St in south Richland

May 2021 Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Drive-Thru Hot Meal Chicken Alfredo Green Beans Breadstick Fruit, Milk	4 HOME DELIVERY Chicken Alfredo Green Beans Breadstick Fruit, Milk	5 Drive-Thru Hot Meal Cinco de Mayo! Beef Tacos Rice & Beans Salsa & Sour Cream Citrus Salad Milk	6 HOME DELIVERY Beef Tacos Rice & Beans Salsa & Sour Cream Citrus Salad Milk	7 Drive-Thru Hot Meal Harvest Apple Pork Chop Mashed Sweet Potatoes Broccoli Normandy Bread w/ Margarine Fruit, Milk
10 Drive-Thru Hot Meal Meatloaf Mashed Potatoes/Gravy Mixed Vegetables Fruit, Milk	11 HOME DELIVERY Meatloaf Mashed Potatoes/Gravy Mixed Vegetables Fruit, Milk	12 Drive-Thru Hot Meal Chicken/White Bean Chili Cornbread Yogurt & Berries Milk	13 HOME DELIVERY Hamburger Baked Beans Potato Salad Lettuce, Tomato, Onion Apple Slices, Milk	14 Drive-Thru Hot Meal BBQ Grilled Hamburger Baked Beans Potato Salad Lettuce, Tomato, Onion Apple Slices, Milk
17 Drive-Thru Hot Meal Chicken Fiesta Spanish Rice Broccoli Fruit, Milk	18 HOME DELIVERY & Drive-Thru Swiss Steak Mashed Potatoes Scandinavian Vegetables Fruit, Milk	19 Drive-Thru Hot Meal Birthday Meal! Lemon Pepper Cod Brown Rice Pilaf Pea & Cheese Salad Bread w/ Margarine Fruit, Milk	20 HOME DELIVERY & Drive-Thru Birthday Meal! Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Roll w/ Margarine Ice Cream**, Milk	21 Drive-Thru Hot Meal Herbed Chicken Brown Rice Mushroom Gravy Carrots Fruit, Milk
24 Drive-Thru Hot Meal Cranberry Chicken Peas & Onions Bread w/ Margarine Fruit, Milk	25 HOME DELIVERY & Drive-Thru Swedish Meatballs Egg Noodles Broccoli Fruit, Milk	26 Drive-Thru Hot Meal Sweet & Sour Pork Asian Vegetables Fluffy Rice Fruit, Milk	27 HOME DELIVERY & Drive-Thru Chef Salad Ranch Dressing Bread w/ Margarine Fruit, Milk Oatmeal Raisin Cookie	28 Drive-Thru Hot Meal Cheese & Beef Pasta Green Beans Bread w/ Margarine Fruit, Milk
31 Closed for Memorial Day	**On May 20th, our Birthday Day, we serve ice cream with all meals in celebration of our May Birthdays.	<p style="text-align: center;">You are asked to self-monitor what you consume.</p> <p style="text-align: center;"><i>We are unable to provide specialized or allergy diets. With adequate notice, a substitute frozen meal may be provided upon request.</i></p> <p style="text-align: center;"><i>Meals on Wheels will not be held responsible for food safety or quality of items after meals leave our oversight. Leftovers should be refrigerated immediately and eaten within 2 days. Thank you!</i></p>		

Take-Out Frozen Meals Are Available:

Monday through Friday: 8 am to 4:30 pm, Meals on Wheels Admin Office, 1824 Fowler St. in south Richland.

Tuesdays Only: 10 am to noon, Kennewick Community Center, Richland Community Center, Benton City Desert Rose Complex, Pasco 1st Avenue Center, Pasco Parkside (Rosewood Park) Site, Prosser Community Center

***No Tuesdays in Connell. Thursday-Only Service: 10 am to noon**, Connell Community Center