

Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

**On special menu days, we add a dessert to the meal for all clients unless they request no dessert.

July 2021 Hot Meal Menu


Drive-Thru Hot Meals served 11 am to noon,

Monday—Friday: Meals on Wheels Café

Tuesdays & Thursdays: Kennewick, Richland, Pasco, Prosser, Benton City

***Tuesdays Only:** Pasco Ray Pfleuger Center

***Thursdays Only:** Connell

Mon	Tue	Wed	Thu	Fri
<p>You are asked to self-monitor what you consume.</p> <p><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><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>			<p>1 HOME DELIVERY & Drive-Thru Macaroni & Cheese Sausage Patty Broccoli Tossed Salad & Dressing Fruit, Milk</p>	<p>2 Drive-Thru Hot Meal Herbed Chicken w/ Mushroom Gravy Herbed Rice Green Beans Fruit, Milk</p>
<p>5 Closed for Independence Day</p> 	<p>6 HOME DELIVERY & Drive-Thru at all sites* Harvest Apple Pork Chop Mashed Sweet Potatoes Broccoli Normandy Fruit, Milk</p>	<p>7 Drive-Thru Hot Meal Tuna Pasta Salad Three Bean Salad Crackers Fruit, Milk</p>	<p>8 HOME DELIVERY & Drive-Thru at all sites* Hamburger Baked Beans Potato Salad Lettuce, Tomato, Onion Fruit, Milk</p>	<p>9 Drive-Thru Hot Meal Breaded Chicken Sandwich Corn Chowder Carrot Raisin Salad Lettuce & Tomato Fruit, Milk</p>
<p>12 Drive-Thru Hot Meal Meatloaf Mashed Potatoes w/ Gravy Tossed Salad w/ Dressing Fruit, Milk</p>	<p>13 HOME DELIVERY & Drive-Thru at all sites* Sweet & Sour Pork Fluffy Rice Oriental Vegetables Fruit, Milk</p>	<p>14 Drive-Thru Hot Meal Chicken Parm Casserole Spaghetti Noodles Cauliflower & Red Pepper Fruit, Milk</p>	<p>15 HOME DELIVERY & Drive-Thru at all sites* Birthday Meal! Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables, Roll, Fruit, Milk, Ice Cream**</p>	<p>16 Drive-Thru Hot Meal Chicken Salad Sandwich Lettuce & Tomato Broccoli Salad Fruit, Milk</p>
<p>19 Drive-Thru Hot Meal Lemon Pepper Cod Rice Pilaf Tossed Salad w/ Dressing Fruit, Milk</p>	<p>20 HOME DELIVERY & Drive-Thru at all sites* Swiss Steak Mashed Potatoes Scandinavian Vegetables Fruit, Milk</p>	<p>21 Drive-Thru Hot Meal Turkey Tetrazzini Glazed Carrots Tossed Salad w/ Dressing Fruit, Milk</p>	<p>22 HOME DELIVERY & Drive-Thru at all sites* Jamaican Jerk Chicken Rice & Beans Green Peas Fruit, Milk Coconut Macaroons**</p>	<p>23 Drive-Thru Hot Meal Spaghetti & Meat Sauce Green Beans Tossed Salad w/ Dressing Breadstick Fruit, Milk</p>
<p>26 Drive-Thru Hot Meal Dijon Chicken Mashed Sweet Potatoes Peas & Onions Fruit, Milk</p>	<p>27 HOME DELIVERY & Drive-Thru at all sites* Cheese & Beef Pasta Green Beans Fruit, Milk</p>	<p>28 Drive-Thru Hot Meal Three Bean Chili Mixed Vegetables Tossed Salad w/ Dressing Cornbread Fruit, Milk</p>	<p>29 HOME DELIVERY & Drive-Thru at all sites* Roast Turkey Mashed Potatoes w/ Gravy Peas & Carrots Fruit, Milk</p>	<p>30 Drive-Thru Hot Meal Swedish Meatballs Egg Noodles Broccoli Tossed Salad w/ Dressing Fruit, Milk</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

Thursday-Only Service: 10 am to noon, Connell Community Center