

Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911



September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>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.</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 im-</i></p>		<p>1 Drive-Thru Hot Meal Spaghetti & Meat Sauce Green Beans Tossed Salad w/ Dressing Breadstick Fruit, Milk</p>	<p>2 HOME DELIVERY & Drive-Thru Chicken & Rice Casserole Glazed Carrots Fruit, Milk</p>	<p>3 Drive-Thru Hot Meal Roast Turkey Mashed Potatoes with Gravy Mixed Vegetables Fruit, Milk</p>
<p>6 Drive-Thru Hot Meal Closed</p>	<p>7 HOME DELIVERY & Drive-Thru Harvest Apple Pork Chop Mashed Sweet Potatoes Broccoli Normandy Fruit, Milk</p>	<p>8 Drive-Thru Hot Meal Turkey Tetrazzini Green Peas Tossed Salad with Dressing Fruit, Milk</p>	<p>9 HOME DELIVERY & Drive-Thru Pulled Pork Sandwich Coleslaw Baked Beans Fruit, Milk</p>	<p>10 Drive-Thru Hot Meal Chicken & White Bean Chili Cornbread Fruit, Milk</p>
<p>13 Drive-Thru Hot Meal Swedish Meatballs Egg Noodles Broccoli Tossed Salad w/ Dressing Fruit, Milk</p>	<p>14 HOME DELIVERY & Drive-Thru Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk</p>	<p>15 Drive-Thru Hot Meal Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk</p>	<p>16 HOME DELIVERY & Drive-Thru Birthday Meal! Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream**, Milk</p>	<p>17 Drive-Thru Hot Meal Meatloaf Mashed Potatoes with Gravy Tossed Salad w/ Dressing Fruit, Milk</p>
<p>20 Drive-Thru Hot Meal Cheese & Beef Pasta Mixed Vegetables Fruit, Milk</p>	<p>21 HOME DELIVERY & Drive-Thru Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk</p>	<p>22 Drive-Thru Hot Meal Chicken Fried Steak Mashed Potatoes & Gravy Peas & Carrots Three Bean Salad Fruit, Milk</p>	<p>23 HOME DELIVERY & Drive-Thru Brazilian Beef & Black Bean Stew Rice Fresh Orange, Milk Chocolate Cake**</p>	<p>24 Drive-Thru Hot Meal Herbed Chicken With Mushroom Gravy Au Gratin Potatoes Tossed Salad with Dressing Yogurt & Berries, Milk</p>
<p>27 Drive-Thru Hot Meal BBQ Chicken Broccoli Potato Salad Cornbread Fruit, Milk</p>	<p>28 HOME DELIVERY & Drive-Thru Swiss Steak Mashed Potatoes Green Beans Fruit, Milk</p>	<p>29 Drive-Thru Hot Meal Macaroni & Cheese Sausage Patty Broccoli Tossed Salad w/ Dressing Fruit, Milk</p>	<p>30 HOME DELIVERY & Drive-Thru Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Apple Slices, Milk</p>	

Take-Out Meals Are Available:

Frozen Meals:

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

Hot Meals:

Monday through Friday: 11 am to noon, Meals on Wheels Café, 1834 Fowler St in south Richland

Tuesdays & Thursdays, 11 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

Thursdays Only, 11 am to noon: Connell Community Center