




Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Drive-Thru Hot Meal Three Bean Chili Mixed Vegetables Tossed Salad Cornbread Fruit, Milk	2 Home Delivery & Drive-Thru Sweet & Sour Chicken Fluffy Rice Asian Vegetables Fruit, Milk	3 Drive-Thru Hot Meal Chicken Fried Steak Mashed Potatoes Country Gravy Peas & Carrots Three Bean Salad Fruit, Milk	4 Home Delivery & Drive-Thru Roast Pork with Gravy Au Gratin Potatoes Scandinavian Veggies Fruit, Milk	5 Drive-Thru Hot Meal Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
8 Drive-Thru Hot Meal Cheese & Beef Pasta Broccoli Tossed Salad Breadstick Fruit, Milk	9 Home Delivery & Drive-Thru Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	10 Drive-Thru Hot Meal Chicken & White Bean Chili Cornbread Fruit, Milk	11 CLOSED	12 Drive-Thru Hot Meal Chicken and Rice Casserole Glazed Carrots Fruit, Milk
15 Drive-Thru Hot Meal Tuna Noodle Casserole Lyonnaise Carrots Fruit, Milk	16 Home Delivery & Drive-Thru Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	17 Drive-Thru Hot Meal Macaroni & Cheese Sausage Patty Broccoli Tossed Salad Fruit, Milk	18 Home Delivery & Drive-Thru Birthday Day! Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream**, Milk	19 Drive-Thru Hot Meal Chicken Enchiladas Refried Beans Mexican Coleslaw Fruit, Milk
22 Drive-Thru Hot Meal Breaded Chicken Sandwich & Fixings Corn Chowder Pea & Cheese Salad Fruit, Milk	23 Home Delivery & Drive-Thru Roasted Turkey Mashed Potatoes Turkey Gravy Stuffing, Green Beans Cranberry Sauce, Roll Fruit, Milk Pumpkin Bar**	24 Drive-Thru Hot Meal Spaghetti & Meat Sauce Seasoned Carrots Tossed Salad Breadstick Fruit, Milk	25 26 CLOSED FOR THANKSGIVING 	
29 Drive-Thru Hot Meal Teriyaki Chicken Fluffy Rice Asian Vegetables Sliced Bread Fruit, Milk	30 Home Delivery & Drive-Thru Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	<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>		

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