



# Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

# January 2022

Meals for seniors age 60+

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 Drive-Thru Hot Meal</b> Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Yogurt & Berries Milk	<b>4 Home Delivery &amp; Drive-Thru</b> Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	<b>5 Drive-Thru Hot Meal</b> Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Fruit, Milk	<b>6 Home Delivery &amp; Drive-Thru</b> Smothered Pork Chop Mashed Potatoes Mixed Vegetables Sliced Bread Fruit, Milk	<b>7 Drive-Thru Hot Meal</b> Chicken Curry Fluffy Rice Vegetable Medley Fruit, Milk
<b>10 Home Delivery &amp; Drive-Thru</b> Chicken and Rice Casserole Glazed Carrots Sliced Bread Fruit, Milk	<b>11 Home Delivery &amp; Drive-Thru</b> Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	<b>12 Home Delivery</b> Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	<b>13 Home Delivery</b> Beef Lasagna Mixed Vegetables Tossed Salad Garlic Bread Fruit, Milk	<b>14 Drive-Thru Hot Meal</b> Chicken Enchiladas Refried Beans Mexican Coleslaw Fruit, Milk
<b>17 Home Delivery &amp; Drive-Thru</b> Closed	<b>18 Home Delivery &amp; Drive-Thru</b> Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	<b>19 Home Delivery</b> Chicken & White Bean Chili Cornbread Fruit, Milk	<b>20 Home Delivery &amp; Drive-Thru Birthday Day!</b> Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream**, Milk	<b>21 Drive-Thru Hot Meal</b> Breaded Chicken Sandwich & Fixings Corn Chowder Pea & Cheese Salad Fruit, Milk
<b>24 Home Delivery &amp; Drive-Thru</b> Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	<b>25 Home Delivery &amp; Drive-Thru</b> Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	<b>26 Home Delivery &amp; Drive-Thru</b> Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	<b>27 Home Delivery &amp; Drive-Thru</b> Chicken Parmesan Casserole Cauliflower with Red Peppers Sliced Bread Fruit, Milk	<b>28 Drive-Thru Hot Meal</b> Chicken Fried Steak Mashed Potatoes Country Gravy Peas & Carrots Three Bean Salad Fruit, Milk
<b>31 Home Delivery</b> Tuna Noodle Casserole Lyonnaise Carrots Fruit, Milk	<p><b>You are asked to self-monitor what you consume.</b></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>			

## Coming Soon: Hot Meal Home Delivery Monday through Thursday!

Effective Monday, January 10th, Home Delivery of hot meals will be available in Tri-Cities, Benton City, & Prosser 4 days a week, Monday through Thursday. Hot meals will also be available for take-out from the following sites, **with advance reservations**, 11 am to noon, Monday through Thursday:

**Kennewick Community Center, Richland Community Center, Benton City Desert Rose Complex, Pasco First Avenue Center, Prosser Community Center.**

Hot and Frozen meals are available at the Connell Community Center each Thursday, 10 am to noon, and at the Pasco Ray Pflueger Center on Tuesdays.

Our Meals on Wheels Café drive-thru offers hot and/or frozen meals Monday through Friday, 11 am to noon.

Frozen meals can be picked up from our Administrative Office Monday through Friday, 8 am to 4:30 pm.