



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

May 2022

Meals for seniors age 60+ are provided free-of charge on a donation-only basis.

Mon	Tue	Wed	Thu	Fri
2 BBQ Chicken Broccoli Potato Salad Cornbread Fruit, Milk	3 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	4 Chef Salad Ranch Dressing Wheat Roll Chilled Pineapple Milk	5 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	6 Salisbury Steak Mashed Potatoes Brown Gravy Glazed Carrots Fruit, Milk
9 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	10 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk	11 Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	12 Roast Pork with Gravy Mashed Potatoes Dilled Carrots Fruit, Milk	13 Chicken Salad Sandwich Broccoli Salad Fruit, Milk
16 Spaghetti & Meat Sauce Garden Vegetables Breadstick Fruit, Milk	17 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	18 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream**, Milk	20 Three Bean Chili Chuckwagon Corn Cornbread Chilled Peaches Milk
23 Sweet & Sour Chicken Fluffy Rice Asian Vegetables Fruit, Milk	24 Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fruit, Milk	25 Tuna Noodle Casserole Lyonnais Carrots Fruit, Milk	26 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk	27 Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Fruit, Milk
30 Closed for Memorial Day Holiday	31 Chicken Pot Pie Cauliflower with Red Peppers Fruit, Milk	<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. 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>		

Meal Service Options

Home Delivered Meals: Available in Tri-Cities, Benton City, & Prosser 4 days a week, Monday through Thursday.

Client Eligibility: 60+ years old, primarily homebound, unable to cook, no meal support.

Hot and/or frozen meals are available, up to 7 meals per week.

Senior Dining Centers: Meals are served at 11:30, Monday through Friday, **with advance reservations.**

Kennewick Community Center	500 S Auburn	509-585-4241
Richland Community Center	500 Amon Park Dr	509-943-0779
Benton City Desert Rose Complex	510 14th St	509-588-3094
Pasco First Avenue Center	505 N 1st Ave	509-543-5706
Pasco Ray Pflueger Center	253 Margaret St	509-545-2169
Prosser Community Center	1231 Dudley	509-786-1148
Connell Community Center	211 E Elm (Tues-Fri)	509-234-0766

****(Tues—Friday)**

Meals on Wheels Café: Meals are served 11 am to 1 pm, Monday—Friday. No reservations required **at this location only.**

1834 Fowler, Richland

509-736-0045