



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

June 2022

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

Mon	Tue	Wed	Thu	Fri
<p>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!</p>				
		1 Chicken Fried Steak Mashed Potatoes Country Gravy Peas & Carrots Three Bean Salad Fruit, Milk	2 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	3 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Yogurt & Berries Milk
6 Swedish Meatballs Egg Noodles Broccoli Tossed Salad Fruit, Milk	7 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	8 Chicken Chop Salad Salad Greens Chocolate Cake Milk	9 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	10 Tuna Pasta Salad Pea & Cheese Salad Crackers Fruit, Milk
13 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	14 Beef Stroganoff Garlic Noodles Broccoli Fruit, Milk	15 Chef Salad Ranch Dressing Wheat Roll Chilled Pineapple Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream**, Milk	17 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
20 Turkey Tetrazzini Green Peas Tossed Salad Chocolate Chip Cookie Fruit, Milk	21 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk 1st Day of Summer!	22 Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	23 Roast Pork with Gravy Mashed Potatoes Dilled Carrots Fruit, Milk	24 Chicken Salad Sandwich Broccoli Salad Fruit, Milk
27 Spaghetti & Meat Sauce Garden Vegetables Breadstick Fruit, Milk	28 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	29 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	30 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	

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