



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

August 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	2 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk	3 Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	4 Roast Pork with Gravy Mashed Potatoes Dilled Carrots Fruit, Milk	5 Chicken Salad Sandwich Broccoli Salad Fruit, Milk
8 Spaghetti & Meat Sauce Garden Vegetables Breadstick Fruit, Milk	9 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	10 Chicken Chop Salad Salad Greens Oatmeal Raisin Cookie* Fruit, Milk	11 Roast Turkey w/ Gravy Mashed Potatoes Broccoli Normandy Wheat Roll Fruit, Milk	12 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk
15 Sweet & Sour Chicken Fluffy Rice Asian Vegetables Fruit, Milk	16 Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fruit, Milk	17 Tuna Noodle Casserole Lyonnais Carrots Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk	19 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
22 Turkey & Rice Casserole Beets Tossed Salad Fruit, Milk	23 Chicken Pot Pie Cauliflower with Red Peppers Fruit, Milk	24 Hamburger Lettuce, Tomato, Onion Baked Beans Apple Cabbage Slaw Fruit, Milk	25 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	26 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Green Beans Peach Crisp* Fruit, Milk
29 Swedish Meatballs Egg Noodles Broccoli Tossed Salad Fruit, Milk	30 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	31 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	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.	

*Dessert items are served occasionally, and all clients receive the dessert unless they have explicitly indicated that they do not want desserts. We apologize if we inadvertently serve you a dessert in error, and we ask you to please dispose of the item.

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