



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

January 2023

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

Monday Tuesday Wednesday Thursday Friday

2 Sorry! We're CLOSED HAPPY NEW YEAR	3 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	4 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	5 Chicken Fried Steak Mashed Potatoes Country Gravy Peas & Carrots Three Bean Salad Fruit, Milk	6 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk
9 Turkey Tetrazzini Squash Medley Tossed Salad Fruit, Milk	10 Apple Pork Chop Mashed Sweet Potatoes Garden Vegetables Fruit, Milk	11 Chili Mixed Vegetables Cinnamon Roll* Fruit, Milk	12 Chicken and Rice Casserole Glazed Carrots Fruit, Milk	13 Tuna Noodle Casserole Green Beans Fruit, Milk
16 Sorry! We're CLOSED MARTIN LUTHER KING JR. DAY	17 Cranberry Chicken Confetti Rice Peas & Onion Fruit, Milk	18 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	20 Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk
23 Lemon Pepper Cod Fluffy Rice Green Peas Cookie* Fruit, Milk	24 Swedish Meatballs Egg Noodles Broccoli Fruit, Milk	25 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	26 Roast Turkey w/ Gravy Mashed Potatoes Beets Wheat Roll Fruit, Milk	27 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
30 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	31 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Fruit, Milk	<p>You are asked to self-monitor what you consume. <i>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.</i> Thank you!</p>		

*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 Pfleuger 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