



Wheels In Motion



1824 Fowler St, Richland WA 99352

(509) 735-1911

www.seniorliferesources.org

It's not about us. It's about the people we serve.  Find us on Facebook

Cara's Update

Hello! I would like to take a moment to introduce myself. I am Cara Hernandez, the new Director for Meals on Wheels. I am a Tri-Cities Native that moved away to obtain my undergraduate and graduate degrees, then moved back to the Tri-Cities in 2013, once my grandparents needed additional help. I am grateful that I had the opportunity to be a part of their everyday lives as they aged. One way that I assisted in their care from afar and maintaining their independence was enrolling them in the Mid-Columbia Meals on Wheels program. More than once, our family received calls after a concern was prompted by their volunteer driver, and each time I was so grateful for that second set of eyes when we weren't able to be there. For this and many reasons, I am excited to be a part of this wonderful organization and to serve our community in a way that is meaningful and with which I have a heartfelt connection.

I reside in Richland with my husband, David, and our dog and cat, Dottie and Simon. We spend our free time hiking, cycling, reading, walking shelter dogs, finding new food to try and regions to explore. I was fortunate to be hired in June 2022 as the Associate Director to train under and learn from Kristi as she planned for her retirement and because of that, I have already had the opportunity to meet many wonderful folks! I feel incredibly lucky to have learned from Kristi and orient myself with this incredible program. The most impactful part of my training has been witnessing the dedication of our team and the community involvement with Meals on Wheels, and meeting and interacting with our wonderful clients. Wow! The way that area organizations, community members, and supporters come together with our passionate team to facilitate the work that we do is awe-inspiring. I thank YOU for being a part of that, and I cannot wait to work together with you and continue the good work we do. If you have any questions for me at all or want to introduce yourself, please feel free to reach out any time.

Phone: 509.735.1911 email: chernandez@seniorliferesources.org

Cara Hernandez, Director of Meals on Wheels



This month in our dining sites, check out an assortment of St. Patrick's themed puzzles and activities during the week of March 13—17th. All diners are encouraged to try one or try them all! You can get warmed up with the shamrock word search on page 4 of the newsletter. We look forward to seeing you for some shamrock shenanigans!

Save the Date!

March 13—17: St Patrick's themed activities at dining sites

March 14: Pi Day at the Pasco Site! Join for pie and a celebration of Pi (Sponsored by Kennewick Shari's)

March 16: Legacy Students Visit the Café

March 16: Bingo with the Director at the Kennewick Site (call to make your reservation. Limit 25 people)

March 17: St. Patrick's Day - wear **green** to lunch or for your delivery! Be on the look out for a **green** cake dessert!

March 20: First day of Spring!

March 22: Nutrition Education with Samantha Mason, RD at the **Richland** and **Café** dining sites

March 23: Nutrition Education with Samantha Mason, RD at the **Pasco** and **Parkside** dining sites

March 23: Active4Life's Senior Prom! (see p. 7)

March 28: Birthday Cake + Coffee at the Richland Community Center (sponsored by Aetna)

Vegetarian Meals Available!

Did you know that we offer Vegetarian Meal Packs for clients who don't wish to eat meat?

Meal packs include 7 frozen vegetarian meals:



3-Bean Chili



Veggie Spaghetti



Vegetarian Potato Mushroom Bowl



Lentil & Potato Stew



Vegetarian Swedish Meatballs

Vegetarian Teriyaki Stir-Fry

Chickpea & Rice Bake



If you are interested in receiving vegetarian meals, please contact our office at 509.735.1911.



staff spotlight



Zulema Zavala is the Parkside Site Manager. Zulema has been with Meals on Wheels for 20 years, bringing excitement, compassion, and joy to all those she meets. Twice a week, Zulema prepares authentic Mexican cuisine at the Parkside location.

Zulema is a wife of 36 years, a mother, and grandmother, you will hear her refer to her family as her world. In her spare time, Zulema enjoys sewing, making aprons for herself, her family, and her friends, as well as crafting, diamond painting, and baking. Please be sure to say "Hi!" the next time you see Zulema, and visit her site for one of her delicious homemade Hispanic meals (menu below)!

What do you like best about your job? Serving elders and knowing they can come into the site and have a warm meal, and their company. I like that I have a great support from our team. Our program is the best.

What did you do before you came to work at Meals on Wheels? I worked 2 different jobs before I started working for MOW. I moved from Oregon, I worked in Boardman, OR for 11 years for the health department. When I moved to Pasco, WA I worked for Washington OIC for 3 months.

What is your favorite food or meal? I love Chinese food especially shrimp.

What is something that is on your bucket list? To retire in Texas and Mexico.

What is your favorite movie, TV show, or book? My favorite movie is Cruella with Emma Stone, "Estella." TV: Novelas in Spanish. My favorite book, I don't have one.

What is something that many people do not know about you? I don't think I have anything people don't know :)

What is your favorite holiday? Christmas

Parkside Menu

Enjoy homemade Hispanic meals on **Tuesdays** and **Thursdays** at our **Parkside** location. Meals are prepared by our wonderful site manager, Zulema!

All other days of the week, enjoy the same wonderful menu offered at our 7 other dining sites.

All meals have been approved by our staff Registered Dietitian.

To reserve your spot, please call 509.545.5706



March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	2 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Cookie* Fruit, Milk	3 Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk
6 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	7 Mexican Meatball Soup Refried Beans Corn Tortilla Fruit, Milk	8 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	9 Roast Turkey w/ Gravy Mashed Potatoes Broccoli Normandy Wheat Roll Fruit, Milk	10 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
13 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Fruit, Milk	14 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	15 Beef Lasagna Italian Vegetables Tossed Salad Garlic Bread Fruit, Milk	16 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	17 Sloppy Joes Mixed Vegetables Coleslaw Cake* Fruit, Milk
20 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	21 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	22 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	23 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	24 Turkey Tetrazzini Squash Medley Tossed Salad Fruit, Milk
27 Chicken Pot Pie Green Beans Tossed Salad Fruit, Milk	28 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	29 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	30 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk	31 Chicken Fried Steak Mashed Potatoes Country Gravy Peas & Carrots Three Bean Salad Fruit, Milk

Meals on Wheels, a program of Senior Life Resources NW, is funded by Aging and Long Term Care of Southeastern Washington, United Way of Benton & Franklin Counties, Prosser UGN, Kennewick CDBG and your donations. This community meals program does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, sexual orientation, political ideology, or the presence of any sensory, mental or physical handicap.

Volunteer Spotlight

Natalie Huggins, Volunteer Manager

William Cowper first coined the phrase, “Variety is the spice of life that gives it all its flavor!” Keeping this adage in mind, along with research that shows volunteering combats depression and increases feelings of happiness, Diana Shankle, Doug Heider, and Kathy Portsmouth must be three joyful and zesty individuals. Between the three of them, they have accepted all volunteer roles offered at Meals on Wheels.

Each Tuesday, the terrific threesome can be found at the Café carefully bagging frozen meals, produce, and milk as requested by home-delivery clients. All three have also volunteered in the Central Kitchen packaging hot and frozen meals as well as serving seniors in a Meals on Wheels Dining Site. Kathy, who joined the team in 2020, shared “*I first learned about Meals on Wheels 30 years ago when my Mom had cancer. Someone told me about the organization and I made arrangements to have meals dropped off for her. Although she only lived a few weeks after they started, I always thought that this was such an awesome program and that when I retired I would volunteer, and here I am.*”

Diana delivers to homebound seniors twice a week and is a treasured phone buddy to many clients on her delivery route. Reflecting on her experiences at Meals on Wheels she stated, “*Meals on Wheels is a great place to volunteer due to the wonderful clients I deliver food to during the week and the opportunity to work alongside so many fabulous volunteers and staff. It truly gives me purpose in my life as I so look forward to my shifts each week! And of course this includes listening to the best of the ‘80s music each week courtesy of Tobin.*”

Every Wednesday Doug drives a MOW van transporting meals from the Central Kitchen to the Richland Site for home-delivery drivers to pick up as well as for seniors to enjoy at the Dining Site. When asked about the past year, he said “*I look forward to volunteering at Meals on Wheels every week. I enjoy working with a great group of people, and it is rewarding to know that we are providing a valuable service to so many seniors in our community.*”

These volunteers also assist with special projects such as preparing monthly client mailings and helping to facilitate our annual fundraiser OktoberFeast (save the date 10/7/23). We are grateful for Diana, Doug, Kathy, and each of our 400 volunteers, who by sharing their wealth of talents, abundance of kindness, and valuable time, make it possible to provide over 800 seniors seven nutritious meals a week (at no charge) —and all served with kindness!



Kathy Portsmouth (left) and Diana Shankle packing meals for home delivery.



Doug Heider, a very busy volunteer, on Meals on Wheels' Fowler Street Campus.

WELCOME to OUR NEWEST VOLUNTEERS



Richard Bernstien
Transport/Home Delivery Driver



Terra Dabling
Café Driver



Cindy Jones
Central Kitchen/Kennewick



Rob Kandle
Café Driver



Marilyn Keeser
Café Dining Site



Taylor Lee
Pasco Driver



Priscilla Long
Café Driver



Grant McCallum
Pasco Driver



Joe Peterson
Pasco Driver



Shere Pool
Central Kitchen



Joanne Shadel
Pasco Driver



Missy Somers
Central Kitchen

We're grateful for the businesses who support Meals On Wheels Volunteer Appreciation Program

Show your volunteer badge when patronizing the following businesses and receive:

- Tire Discount Les Schwab Tire Centers, Benton & Franklin Counties
- 20% Off The Neighborhood Cleaners, 8903 W Gage Boulevard, Kennewick, (509) 735-7145
- 10% Off Nothing Bundt Cakes, 110 Gage Boulevard, Suite 200, Richland, (509) 392-7196
- 20% Off Sub Zero Nitrogen Ice Cream, 321 N Columbia Center Blvd, Kennewick, (509) 396-9402

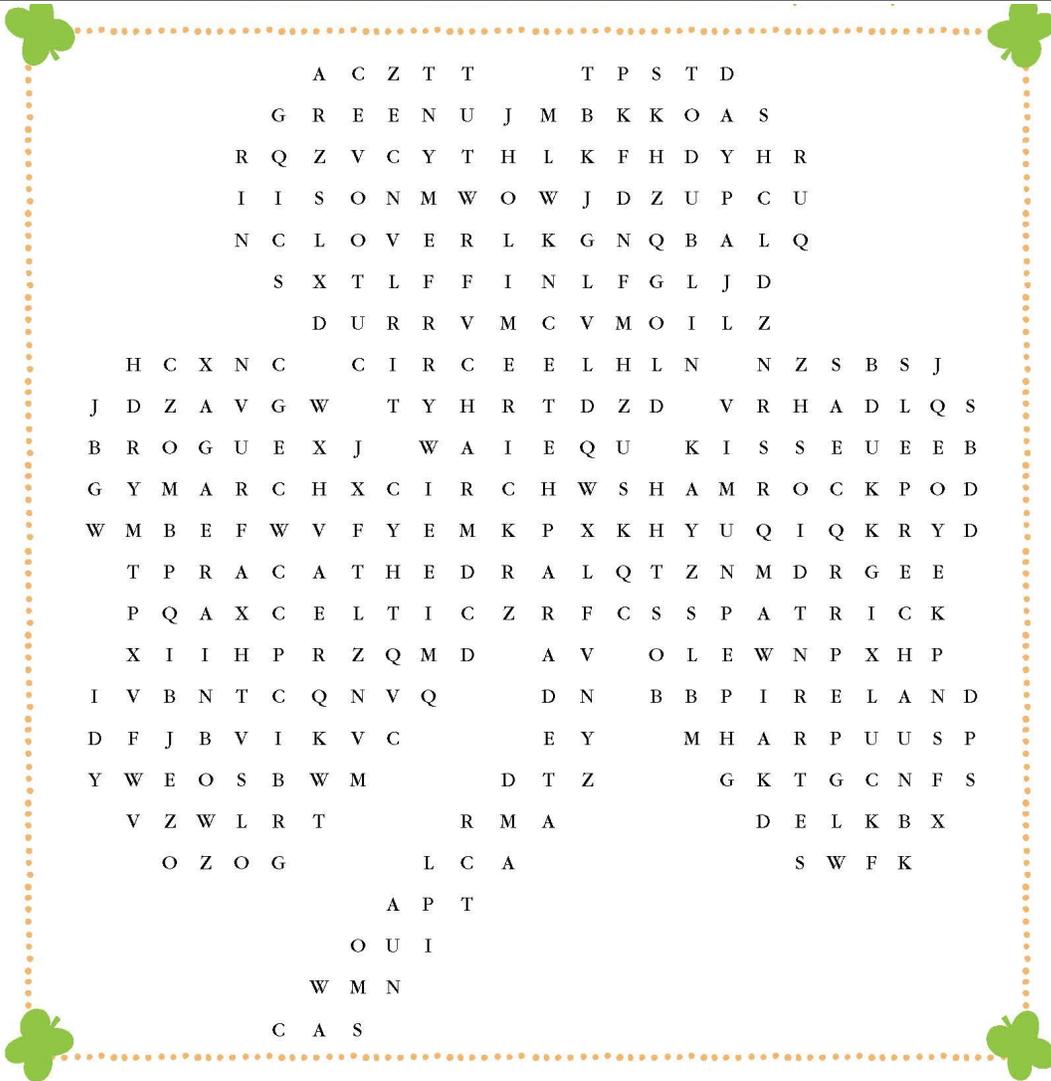
Please thank these businesses for their support of the Meals on Wheels Volunteer Program!

Senior Life Resources NW Board of Directors for 2023

Our Board of Directors are community members who make up our governing body. They focus on high-level strategy, oversight, and accountability of our organization. They are in place to represent and address the public's interest through our work. Together they bring a wealth of knowledge and experience that is invaluable to our organization. They act as a guiding voice for the large decisions we must make to meet our mission and sustain our services.

Our Board Directors show a strong commitment to our cause, a real passion to advocate for us, give us the gift of their time, and a willingness to use personal and professional resources to advance our mission. They are an integral part of the SLR team and major contributors to our success.

- Dave Sanford: Board President
- Wendy Krause: Board Vice President
- Jeff Maddison: Board Secretary/Treasurer
- Tory Christensen: Board Director
- Cameron Fancher: Board Director
- Reza Kaleel: Board Director
- Joan Kessner: Board Director
- Candi Looney: Board Director
- Sharon Lute: Board Director
- Horst Rogalsky: Board Director
- Annette Ziari: Board Director
- Jane Thomas: Mid-Columbia Meals on Wheels Advisory Council liaison on the Board



March Shamrock Word Search

MARCH
PARADE
PATRICK
RAINBOW
SHAMROCK

BROGUE
CATHEDRAL
CELTIC
CHARM
CLOVER
DUBLIN
GOLD

GREEN
HARP
IRELAND
KISS
LEPRECHAUN
LIMERICK
LUCK

Dietitian's Corner

Samantha Mason, Registered Dietitian

Healthy Tips for Bone Health

As you get older, calcium is an important nutrient to incorporate into your diet, especially for women. Calcium can help build bone density, which lowers the risk of osteoporosis, fractures, or injury. The recommended daily calcium allowance (RDA) for people over 70 is 1,200 mg per day. Good sources of calcium include dairy products such as milk, cheese, yogurt, green leafy vegetables such as spinach, turnip greens, and kale, and calcium fortified orange juice. Talk to your doctor before starting a calcium supplement.

I've included a one-pan Chicken & Broccoli Casserole recipe (find on page 6) that is flavorful, healthy and has at least 20% of the recommended daily value of calcium.

Annual Nutrition Education

Starting this month, I will be making my rounds to the dining sites to provide annual nutrition education. I will be discussing the benefits of probiotics in your diet and answering any questions.

I will be at the Richland dining site and the Café on March 22, and I will be at the Pasco dining site and Parkside on March 23. I look forward to meeting some of you!

Meals on Wheels strives to provide practical information to help you make healthy lifestyle choices. If you have any questions about your diet, please contact our Registered Dietitian, Samantha Mason, at 509-735-1911

Pet Food Available

While we are on the subject of nutrition and tasty meals, please remember that we have pet food available for our clients' pets. We cannot guarantee that we will always have food on hand, or that we can provide exactly what your pet eats, but we do have a pet food pantry for emergent situations. If you find yourself in a situation and you are unable to provide food for your cat or dog, please give us a call at 509.735.1911 and ask for Amy. She will explain the process for you and we will do whatever we can to help.

This pet food pantry is made possible by lovely community members and donors that answer our pleas when we are running low to ensure that even the adorable furry members of our community have the opportunity for a good meal, and for that, we are most grateful!



Woof! Thanks a pawful lot!

From our Food Services Manager

Brian Kinner, Food Services Manager

Healthy Spices: Boosting your food's flavor and your health!

When cooking, it can sometimes be difficult to create a great tasting meal that is also good for your health. Often times people tend to go for the typical spices like salt and pepper as it is what they are comfortable and familiar with. There are some spices and herbs available that will not only add new flavors to your dishes, but studies have shown they can have health benefits as well.

-Turmeric—best known for use in Indian food like curries. Research suggests that it may reduce inflammation in the brain, which has been linked to Alzheimer's and depression. It also has other anti-inflammatory qualities, it can be effective at reducing pain and swelling for people with arthritis.

**Meal Tip-Rub it on roasted vegetables and meats, sprinkle it in tacos, or enjoy a curry dish.*

-Ginger—best known for use in Asian foods. Research finds that it is effective at calming nausea and helping to reduce upset stomach after surgery. Some studies have found that it can cut the severity of motion sickness or prevent it.

**Meal Tip-Use in stir-fry dishes, add a little to your tea, and use in salad dressing for a little zip. On the shelves: ginger lollipops, candies, capsules, and ginger teas.*

-Garlic—very commonly used spice. Researchers have linked garlic with keeping blood vessels flexible and may even reduce cholesterol and triglycerides.

**Meal Tip-Mix with other spices to season your vegetables, meats, or boost the flavor of almost any meal. A little goes a long way, so be mindful when adding it.*

-Cayenne—Commonly used spice to add heat to food. The capsaicin that it contains is what brings the spiciness, but it can also provide pain relief. Capsaicin reduces the number of pain signals sent to your brain which can make it so you don't register as much discomfort. Works on pain caused by arthritis, diabetes-related nerve damage, aids in reducing ulcers.

**Meal Tip-Use with anything you want to add a little heat to. You can add a dash to hot chocolate for some extra warmth. Be cautious as too much could cause the item to become too spicy.*

-Cinnamon—Well known spice. Cinnamon is great for people who have high blood sugar. Cinnamon can sweeten food without adding sugar, and studies indicate it can help lower blood sugar levels. Cinnamon may also provide heart-healthy benefits, such as reducing high blood cholesterol and triglyceride levels.

As always, if you have any questions or comments, please contact me at:

bkinner@seniorliferesources.org or 509-735-1911.

Source: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-spices-with-healthy-benefits>

Chicken & Broccoli Casserole

(from eatwell.com)

Ingredients

- 1 tablespoon canola oil
- 1 ½ pounds boneless, skinless chicken breasts, trimmed and cut into bite-size pieces
- 1 small onion, finely chopped
- ⅓ cup all-purpose flour
- 4 cups reduced-fat milk
- 3 cups broccoli florets
- 2 tablespoons water
- 2 (9 ounce) packages precooked brown rice
- 1 ½ cups shredded reduced-fat sharp Cheddar cheese
- 1 teaspoon dry mustard
- ½ teaspoon garlic powder
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 1 cup prepared crispy fried onions

Directions

Step 1. Preheat oven to 400°F.

Step 2. Heat oil in a large high-sided ovenproof skillet over medium-high heat. Add chicken and chopped onion; cook, stirring occasionally, until the chicken is no longer pink on the outside, about 7 minutes. Sprinkle the mixture with flour and cook, stirring occasionally, for 1 minute. Add milk to the pan and bring to a boil, stirring frequently. (Be careful, the pan will be very full.) Boil, stirring, for 1 minute.

Step 3. Meanwhile, place broccoli and water in a microwave-safe container. Cover and microwave on High until the broccoli is tender, about 3 minutes. Drain.

Step 4. Remove the pan from the heat and carefully stir in rice, cheese, dry mustard, garlic powder, salt, pepper, and the broccoli. Sprinkle with crispy onions.

Step 5. Bake the casserole until it bubbles at the edges, about 10 minutes. Let stand for 5 minutes before serving.



Do you have a topic or question that you would like our Dietitian or Food Services Manager to cover? Please email or call with your ideas!

bkinner@seniorliferesources.org or 509.735.1911

Smoke Alarms!

Do you need a smoke alarm?

If you cannot afford to purchase smoke alarms or are physically unable to install a smoke alarm, the Red Cross may be able to help.



Do you want to learn how to make your home safer from fire risk?

Along with their partners, they are also pleased to offer in-home education sessions on Home Fire Safety for residents of the Northwest Region in the comfort of your home.

To inquire about smoke alarms or in-home education, please call (509) 783-6195 and press "0" to leave a message, or submit a request online at redcross.org/nwhomefire

Contact person: Michele Roth at the Red Cross. michele.roth@redcross.org

Celebrate Your Pet! May is National Pet Month, and we're getting a jump start in preparation for the celebration! Thanks to some ambitious volunteers, Meals on Wheels will be sponsoring a **Celebrate Your Pets** program in May! It's an opportunity for some of our seniors to get a little help with the care of their pets.

We'll be sending home a wish list for all our home delivery clients who have pets at the end of March and they'll be due back in April.

We can't promise to fill every wish, but we'll try!

Please be on the lookout for your wish list at the end of the month!



2-1-1

Get Connected. Get Help.™

Dial the numbers 211 for information on:



BASIC NEEDS

- * rental & utility assistance
- * food pantries
- * temporary shelter
- * transportation



HEALTH CARE

- * health clinics & screening services
- * counseling & addiction services
- * dental clinics & assistance
- * specialized treatment



FAMILY RESOURCES

- * individual & family support groups
- * volunteer opportunities
- * child care & children's services
- * holiday assistance



SPECIALIZED NEEDS

- * disability support & advocacy
- * legal
- * employment



LANGUAGE SERVICES

- * trained bilingual I&R specialists
- * TTY & interpreter services for 140+ languages



TEXT
898211



DIAL
211



SEARCH
www.wa211.org

2-1-1

Washington



For more information go to wa211.org or dial 877-211-WASH (9274) if you have trouble connecting using the number 211



Thank You!



Prosser, WA | Est. 1956

Thank you to Prosser United Good Neighbor (UGN) for their ongoing support of our Meals on Wheels clients and seniors. Once again, UGN has demonstrated their commitment to their community with a \$1,520 donation to be used for meals for Prosser seniors. Over the past 6 years, Prosser UGN has provided around 5,500 meals in Prosser. We're so grateful for this support of our rural clients.
THANK YOU!

Thank you to our friends at Ennis Fine Furniture for their donation to our program. It's so nice to have good neighbors who support our mission to keep seniors living independently and in their own homes! Thank you!



A big heartfelt THANKS to the Richland Public Library, Legacy High School Leadership Class, and other groups and individuals who donated Valentines for our seniors! Some of the Valentines showed up without us knowing who donated them. We thank everyone who contributed to this effort and our volunteers who spread the love on Valentine's Day! Thank you!

active **4** life

presents

SENIOR PROM

MARCH

23

4-6:30 PM

UPTOWN THEATRE

1300 JADWIN AVE RICHLAND

DINNER-LIVE MUSIC-GAMES-PHOTO BOOTH
RECOMMENDED ATTIRE: ROARING 20'S

TICKETS ARE \$10 EACH
PROCEEDS WILL BE DONTATED TO A LOCAL NON-PROFIT
<https://bit.ly/A4L-SeniorProm>



Extended Hours Menu

See below for our menu offerings during our extended hours, Monday-Thursday from 1:30pm-4pm, only at our Café location on Fowler. Extended hours would not be possible without the funding support received from HMIS. We look forward to seeing you one afternoon!

Answers	
A	C Z T T
G R E E N U	J M B K K O A S
R Q Z V C Y T H L K F H D Y H R	
I I S O N M W O W J D Z U P C U	
N C L O V E R L K G N Q B A L Q	
S X T L F F I N L F G L J D	
D U R R V M C V M O I L Z	
H C X N C C I R C E E L H L N	N Z S B S J
J D Z A V G W T Y H R T D Z D	V R H A D L Q S
B R O G U E X J W A I E Q U K I S S E U E E B	
G Y M A R C H X C I R C H W S H A M R O C K P O D	
W M B E F W V F Y E M K P X K H Y U Q I Q K R Y D	
T P R A C A T H E D R A L Q T Z N M D R G E E	
P Q A X C E L T I C Z R F C S S P A T R I C K	
X I I H P R Z Q M D	A V O L E W N P X H P
I V B N T C Q N V Q	D N B B P I R E L A N D
D F J B V I K V C	E Y M H A R P U U S P
Y W E O S B W M	D T Z G K T G C N F S
V Z W L R T	R M A D E L K B X
O Z O G	L C A S W F K
A P T	
O U I	
W M N	
C A S	

Monday	Tuesday	Wednesday	Thursday	Friday
Extended hours offered Monday - Thursday from 1:30 pm—4pm at our café site only.	HMIS	1 Cheese & Beef Pasta Broccoli Tossed Salad Breadstick Fruit, Milk	2 Chicken and Rice Casserole Glazed Carrots Fruit, Milk	3 No Extended Service
6 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	7 Taco Tuesday Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	8 Tuna Pasta Salad Pea & Cheese Salad Crackers Fruit, Milk	9 Chili Mixed Vegetables Cornbread Fruit, Milk	10 No Extended Service
13 Shepherd's Pie Spinach Salad Mixed Vegetables Fruit, Milk	14 Taco Tuesday Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	15 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	16 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	17 No Extended Service
20 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	21 Taco Tuesday Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	22 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	23 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	24 No Extended Service
27 Spaghetti & Meat Sauce Garden Vegetables Breadstick Fruit, Milk	28 Taco Tuesday Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	29 Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fruit, Milk	30 Sweet & Sour Chicken Fluffy Rice Asian Vegetables Fruit, Milk	31 No Extended Service

Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

March 2023

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

Monday Tuesday Wednesday Thursday Friday

<p><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></p>									
		1	Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	2	Pulled Pork Sandwich Baked Beans Coleslaw Cookie* Fruit, Milk	3	Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk		
6	Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	7	Swedish Meatballs Egg Noodles Mixed Vegetables Fruit, Milk	8	BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	9	Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk	10	Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
13	Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	14	Roast Pork with Gravy Mashed Potatoes Dilled Carrots Fruit, Milk	15	Beef Lasagna Italian Vegetables Tossed Salad Garlic Bread Fruit, Milk	16	Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	17	Sloppy Joes Mixed Vegetables Coleslaw Cake* Fruit, Milk
20	 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	21	Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	22	Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	23	Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	24	Turkey Tetrazzini Vegetable Medley Tossed Salad Fruit, Milk
27	Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	28	Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	29	Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad	30	Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk	31	Chicken Fried Steak Mashed Potatoes Country Gravy Country Veggie Blend Three Bean Salad Fruit, Milk

*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