

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 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