



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

Is it really already May? As summer quickly approaches, I'm reflecting on my first few months with Meals on Wheels, and continue to be grateful for a wonderful and compassionate team, a caring community of volunteers and donors, the support of our greater community, an invested Advisory Council, a selfless and mission-focused Board, and the clients we are so lucky to serve. Even on days that are full of surprises and pivots, I leave the office feeling a deep appreciation for this program and forever fortunate to be a part of it all. Thanks to all who have been so welcoming to me!

Now, for the juicy update: most of you have probably heard that our 1998 Ford van was stolen in early April. Our team arrived early on a Monday to find that our security chain had been cut, and our van was missing. In review of security footage, we learned that the van had been busted loose around 3:50 in the morning. We alerted the Richland Police Department, who confirmed they had seen her (the van) via their camera footage just after 4am on George Washington Way. Shortly after 10am, we received a call from an observant volunteer with a keen eye, reporting that they had seen our van in Burbank, and saw someone jump out and hop into another car, leaving the van running and the door open. Our fearless leader, Grant, headed to Burbank to check it out, and sure thing, it was there! We contacted the Walla Walla Sheriff's office and once they were done checking it out, Grant drove the van to an auto shop and we held our breath, hoping for news that she could be repaired.

A few days later, Columbia Point Golf Course notified us that they found our cambro cabinets on their course. We retrieved them and confirmed that they can still be used (thankfully). While we haven't found our oven, we have received word that the van will be repaired and the oven replaced, all of which will be covered by insurance. This means soon enough, Mary Jane the Van will be back on our lot serving as backup meal transportation. This will happen *just* in time, as we have some appointments coming up for our daily vans and will rely on Mary Jane.

If you weren't already aware, this van has lived a wild life of crime, and was stolen once before in 2019. Let's all hope this was her final run, and she'll soon consider retiring from a life of crime.



Thank you to ALL that reached out regarding this unfortunate theft. Your support brightened our days and we thank you for thinking of us! Until next time, thanks for being here! *Cara Hernandez, Director of Meals on Wheels*

2023 Senior Farmers Market

The State of Washington is once again funding the Senior Farmers Market Nutrition Program, and we will administer the program on their behalf for the 2023 season. We will distribute these benefits to qualified seniors who are residents of Benton and Franklin Counties.

One major change to the program this year is the transition to **electronic benefits**. This means that the funds provided will be pre-loaded on to a card with a quick-response (QR) code for use at the market.

The Farmer's Market program provides funds via electronic card for low-income seniors to use at approved Farmers Markets. Seniors must be age 60 or older, meet the income requirements, be residents of the State of Washington, and supply a copy of their Driver's License or Legal Photo ID.

Participants are required to complete a new application each year. To be included on the list to receive an application, please call our office at 509-735-1911. We expect to mail applications on Monday, May 8.

You can mail your completed applications to:
Mid-Columbia Meals on Wheels
1824 Fowler Street
Richland WA 99352

Benefit cards are provided on a first-come, first-served basis, so it's important to fully complete and return the application as soon as possible. You can mail your applications in, or drop them off to our office or your closest dining site. The State of Washington has set June 1 as the first date the cards will be activated, so seniors who qualify will receive their cards in early June.



Sorry! Monday, May 29th in observance of
We're CLOSED Memorial Day

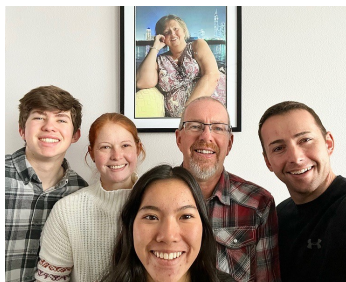




Volunteer Spotlight

Natalie Huggins, Volunteer Manager

We figuratively refer to everyone involved with Meals on Wheels as “family”. In the case of the Webster household, Meals on Wheels (MOW) is quite literally a family affair. In the autumn of 2011, the matriarch of the Webster family, Alison, joined the volunteer team as a home-delivery driver. With her kind and gentle nature, rock-solid knowledge of all musical genres, and her ability to generate smiles with her quick sense of humor and darling, young children accompanying her on deliveries, she quickly became a favorite among clients and staff. As her children grew up, her passion inspired them to officially join the Meals on Wheels team. Her oldest daughter, Katie, became a Meals on Wheels volunteer driver, and as high school students, Lia and Michael, volunteered in the Central Kitchen and in Dining Sites serving seniors. In the summer of 2022, Alison lost her hard-fought battle with cancer. Yet, her legacy of dedication to MOW clients continues with her family. On March 17th, Katie, a Life Flight paramedic and founder of INDY MedEd, along with brother Michael, facilitated an interactive, informative CPR class for 20 MOW volunteers. A few comments from participants were “*Thank you so much for making this available to us. It was very helpful, and I hope I never have to use it.*” and “*The class was amazing. It was very informative, and the teacher was excellent.*” In honor of Alison’s passion for serving seniors, her husband, Gordon, joined the volunteer team delivering meals on Fridays. No words can adequately express how much Alison is missed and the enduring gratitude we all have to Alison, and the Webster family, for their commitment to enhancing the quality of life for seniors!



The Webster family in front of a portrait of beloved Alison.
Left to right: Michael, Katie, Gordon, and Joe.
Front: Lia



Alison Webster inspired her family to join the Meals on Wheels volunteer team.



WELCOME to OUR NEWEST VOLUNTEERS



George Babenko
Cafe Driver



Becky Babenko
Café Driver



Laura Battles
Richland Driver



Tina Bruno-Jones
Café Dining Site



Anne Burnett
Café Dining Site



Leilani Chavez
Kennewick Driver



Robert Davenport
Richland Dining Site



Tom Floyd
Café Driver



Donni Hatchett
Kennewick Driver



Lindsey Hayes
Richland Dining Site



Gary Looiacono
Café Dining Site



April Murphy
Kennewick Driver



Ann Rayment
Pasco Driver



Danielle Ringo
Cafe Dining Site



2023 VOLUNTEER APPRECIATION LUNCHEON

On April 21st, the Meals on Wheels staff was delighted to have 200 volunteers join us for an Italian-themed appreciation luncheon, with live music provided by Gene Carbaugh and Micki Perry of Three Rivers FolkLife Society. The laughter and smiles were endless as good friends joined together to celebrate the vitally important work volunteers do to package, serve, and deliver seven meals a week to 800 grateful seniors in Benton and Franklin Counties. The afternoon merriment was made all the more exciting with the drawing of 19 raffle prizes donated by generous local businesses (see list of donors below). Mid-Columbia Meals on Wheels would also like to thank the Boys and Girls Clubs of Benton and Franklin Counties for loaning their sound system and New Vintage Church for loaning chairs, tables, and parking space for the event. Throughout Volunteer Appreciation Week, April 17-21, volunteers were treated to their favorite candy bar courtesy of Mike & Nikki Sims of Grocery Outlet, Queensgate, Richland. Because of another generous donation of hundreds of boxes of Girl Scout cookies from Joan Kessner, Amoret Bunn, Beth Conrad, Emmett and Cecil Richards, volunteers received another sweet treat! It is true, Meals on Wheels volunteers are loved and respected throughout our community!

THANK YOU, VOLUNTEERS!



Meals On Wheels Volunteer Appreciation Program

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

- | | |
|----------------------|--|
| Tire Discount | Les Schwab Tire Centers |
| 10% Off | Tap & Barrel |
| | 112 Keene Rd, Richland |
| | (509) 987-4561 |
| 20% Off | The Neighborhood Cleaners |
| | 8903 W Gage Boulevard, Kennewick |
| | (509) 735-7145 |
| 10% Off | Nothing Bundt Cakes |
| | 110 Gage Boulevard, 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, & Thank you, MOW Volunteers, for delivering kindness!

Thank you to the Businesses and Agencies that donated Door Prizes for the Luncheon

- Barnard Griffin Winery, 878 Tulip Lane, Richland
- Beaver Bark, 607 Aaron Drive, Richland
- Fiction & Fable Restaurants, J Bookwalter Winery, 1695 Malibu PR NE, Richland
- Divots Golf, 2450 North Columbia Center Blvd, Richland
- Grace Kitchen, 112 North 2nd Avenue, Pasco
- Hedges Family Estate, 53511 N Sunset Rd, Benton City
- Honey Baked Ham, 731 N Columbia Center Blvd, Kennewick
- Hooked Seafood Bar & Grill, 8108 West Gage Blvd, Kennewick
- Hops N Drops, 2675 Queensgate Drive, Richland Richland
- Rocco's Pizza, 7911 West Grandridge Blvd, Kennewick
- Sub Zero Ice Cream, 321 North Columbia Center Blvd, Kennewick
- Thai Elephant, 6030 West Clearwater Avenue, Suite A, Kennewick
- Viva La Glam, 346 Columbia Avenue, Connell

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2023 theme, **Aging Unbound**, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.



AGING UNBOUND: MAY 2023

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.



Improve your access to nutritious food with the Basic Food Program!



Mid-Columbia Meals on Wheels | 1824 Fowler St, Richland, WA 99352 | (509) 735-1911

The Basic Food Program

Basic Food, previously called "Food Stamps," is a USDA program that helps families and individuals increase their access to nutritious food. Eligible households receive an Electronic Benefits Transfer (EBT) Card that looks just like a credit card.

Frequently asked questions:

- Can I own my house and a car and still be eligible? **YES.** Only your monthly gross income is considered.
- Do you have to be a US citizen? **NO.** Washington State pays the Basic Food benefits to legal immigrants who do not meet the citizen rules for the federal program.
- Are there other benefits available? If you receive Basic Food, you may qualify for a free cell phone.

For more information, please call Mid-Columbia Meals on Wheels at 509-735-1911 to speak with one of our Service Coordinators. If you have internet access, applications can be completed online at WashingtonConnection.org. To apply by phone, please dial 211 to speak to a Referral Specialist.

Income Guidelines April 1, 2023– March 31, 2024	
Household Size	Monthly Gross Income
1	\$2,430
2	\$3,287
3	\$4,143
4	\$5,000

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance.

Parkside Menu

Enjoy homemade Hispanic meals on **Tuesdays** and **Fridays** 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 nutritionist.

To reserve your spot, please call 509.545.5706



May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	2 Chicken Tamale Pie Refried Beans Spanish Rice Cauliflower & Red Peppers Fruit, Milk	3 Chicken Fried Steak Mashed Potatoes Country Gravy Peas & Carrots Three Bean Salad Fruit, Milk	4 Turkey & Rice Casserole Beets Tossed Salad Fruit, Milk	5 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
8 Swedish Meatballs Egg Noodles Broccoli Tossed Salad Fruit, Milk	9 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	10 Teriyaki Chicken Fluffy Rice Asian Vegetables Poke Cake* Fruit, Milk	11 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk	12 Chicken Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk
15 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	16 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	17 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	19 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
22 Turkey Tetrizzini Green Beans Tossed Salad Fruit, Milk	23 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	24 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	25 Pork w/ Potatoes in Tomatillo Sauce Mixed Vegetables Fruit, Milk	26 Tuna Pasta Salad Pea & Cheese Salad Crackers Cookie* Fruit, Milk
29 Sorry! We're CLOSED	30 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	31 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	<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>	

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.

Cathy Spurgin is the Benton City Site Manager for Meals on Wheels. Cathy brings compassion and dedication to the clients and volunteers that she works with on a daily basis. Growing up in Seattle, Cathy moved to the Tri-Cities in 1980. She is the mother of two daughters and a stepson and she also has lots of grandchildren. If you live near Benton City, stop by the Dessert Rose Community Center for a fabulous meal and great company.

How long have you worked for Meals on Wheels?

Almost 9 years

What do you like best about your job?

The people I see every day, the volunteers, and knowing at the end of the day we have made someone's day a little better.

What are some things that you enjoy doing in your free time?

During nice weather I am always outside, whether I'm working in the yard or just enjoying the sunshine.

What is your favorite food/meal? Least favorite food?

I will never pass up Mexican food. Always pass on beets!

What is something that is on your bucket list?

I would love to travel through Europe.

What is your favorite movie, TV show, or book?

"Christmas Story" is my all time favorite movie, "Flowers in the Attic" is a book I have read many times. I'm still looking for a good tv show.

What is your favorite holiday and why?

Christmas is my favorite. The one time of year since I was young that my entire family would get together and to this day, we still do that.



Connie Stredwick is a Cook for Meals on Wheels. She works in the Central Kitchen not only preparing meals but also spreading laughter and kindness. Connie brings with her an infectious laugh and smile. She adds so much joy to our team! Connie and her family moved to the Tri-Cities from Clarkston, WA in 1962. Connie graduated from the first graduating class of Kamiakin in 1972! Connie has a heart for her community and the clients, she brings passion and talent to and is always eager to go the extra mile.

How long have you worked for Meals on Wheels?

I started working for Meals on Wheels April 15, 1999. It will be 24 years this April!

What do you like best about your job?

Besides all the great people that I work with, I enjoy the wonderful program.

What did you do before you came to work for Meals on Wheels?

I stayed at home raising my three children along with cooking, canning, raising a garden and chickens.

What is your favorite food/meal? Least favorite food?

Shrimp fettucine is my favorite; hot dogs are my least favorite.

What is something that is on your bucket list?

Going back to Canada to visit friends.

What is something most people do not know about you?

Years ago, I did different crafts. I had willow baskets, and pinecone arrangements for sale at a local Floral Shop in Pasco.

What is your favorite holiday and why?

Christmas morning. My kids come over for brunch and we dump out our Christmas stocking to see what all the surprises are inside!



OktoberFeast is back! Please save the date for our annual 5k fundraiser to outrun senior hunger! We will have a kid zone, bier garten, Bavarian-style lunch, 5k run-or-walk course that is kid- and dog-friendly and offers snacks along the way, and plenty of fun to be had by all!

Registration is live at this link or with the QR code below! New this year: team sign up! Grab your friends and register today to help us outrun senior hunger!

runsignup.com/Race/WA/Richland/Oktoberfeast2023

MID-COLUMBIA MEALS ON WHEELS ANNUAL FUNDRAISER 5K



OUTRUNNING SENIOR HUNGER

SAVE THE DATE

OCTOBER 7, 2023



10AM - 2PM

2588 N. COLUMBIA CENTER BLVD

RICHLAND WA

5K FUN RUN • FOOD • BEER • LIVE MUSIC

KIDS & DOGS ENCOURAGED | FAMILY FRIENDLY

RUN ON YOUR OWN OR IN A TEAM

SPONSORSHIP OPPORTUNITIES AVAILABLE



For additional information, please scan the QR code.

Please call 509.735.1911 if you're interested in sponsoring this event.

Proceeds benefit Mid-Columbia Meals on Wheels in Benton and Franklin Counties.



Dietitian's Corner

Samantha Mason, Registered Dietitian

Sodium

As we age, our bodies may become more sensitive to the effects of high sodium diets. Sodium is an essential mineral that our bodies need to function properly, but consuming too much of it can lead to health problems, especially for seniors. One way to combat this is by following a low-sodium diet.

The American Heart Association recommends no more than 2,300 mg a day and, ideally, no more than 1,500 milligrams of sodium per day for most adults. This may seem like a small amount, but many foods are high in sodium, including processed foods, canned goods, and fast food.

When following a low-sodium diet, it is important to read food labels carefully and avoid foods that are high in sodium. One way to limit your consumption of salt is to use herbs and spices to flavor your food instead. Fresh fruits and vegetables, lean proteins, and whole grains are all great choices for a low-sodium diet.

Here are sodium-related terms you may see on food packages:

Salt/Sodium-Free – Less than 5 milligrams of sodium per serving

Very Low Sodium – 35 milligrams or less per serving

Low Sodium – 140 milligrams or less per serving

Reduced Sodium – At least 25 percent less sodium per serving than the usual sodium level

Light in Sodium or Lightly Salted – At least 50 percent less sodium than the regular product

No-Salt-Added or Unsalted – No salt is added during processing – but these products may not be salt/sodium-free unless stated.

Some benefits of a low-sodium diet for seniors include a lower risk of high blood pressure, stroke, and heart disease. It can also help to reduce fluid buildup in the body, which can be a problem for those with heart or kidney disease. Be sure to discuss any changes to your diet with your healthcare provider to ensure that it is safe for 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 or smason@seniorliferesources.org.

Celebrate Your Pet!

May is National Pet Month! Thanks to some ambitious volunteers, Meals on Wheels offers a **Celebrate Your Pets** program, and the gifts will be delivered this month!

Be on the lookout for a goodie-filled bag for your pets, and maybe a little something for you, too!

From our Food Services Manager

Brian Kinner, Food Services Manager

Spring/Summer Meal Cycle

Mid-Columbia Meals On Wheels utilizes two menu cycles that we serve according to the time of year. We feel that these cycles reflect items that people would typically prepare at home. During the colder months, we serve a variety of hearty meals such as chili and chowder. As the weather gets warmer, we offer more cold-based meals such as our large salads.

Spring/Summer Cycle Menu Items:

- Chicken Caesar Salad
- Chef Salad
- Tuna Pasta Salad
- Chicken Salad Sandwich

Repeating Menu Items:

- Roast Beef
- Meatloaf
- Spaghetti
- Roast Turkey (has been availability issues)



We aim to have our meal cycles contain a good variety of proteins, side dishes, and starches. It can be challenging to maintain a healthy balance that also appeals to a wide range of taste preferences. We hope that our variety includes something for everyone!

If there are any menu items that you would like to see again or would like us to try out, please let us know! We value the feedback from our clients and will try our best to implement what we can.

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

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

Join us for Breakfast!

Breakfast is offered weekly on Wednesday at our Café at 1834 Fowler Street from 8am—10am.

Breakfast is sponsored by the gracious folks at 3 Rivers Community Foundation.

May 3rd: Scramble

May 10th: Pancakes

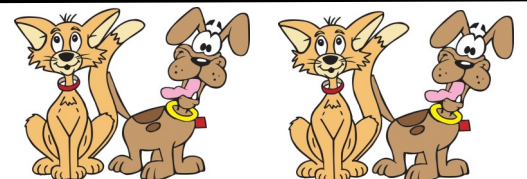
May 17th: Biscuits & Gravy

May 24th: Chicken Fried Steak

May 31st: Waffles



3 RIVERS
COMMUNITY FOUNDATION





Save the Date!

May 1-12: Spring coloring pages available at all congregate dining sites

May 5: Cinco De Mayo

May 14: Mother's Day

May 15: Legacy students visit Café (last visit before summer break)

May 24: Bingo with the Director at the Benton City dining site



AGING UNBOUND: MAY 2023

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!



Monday

Tuesday

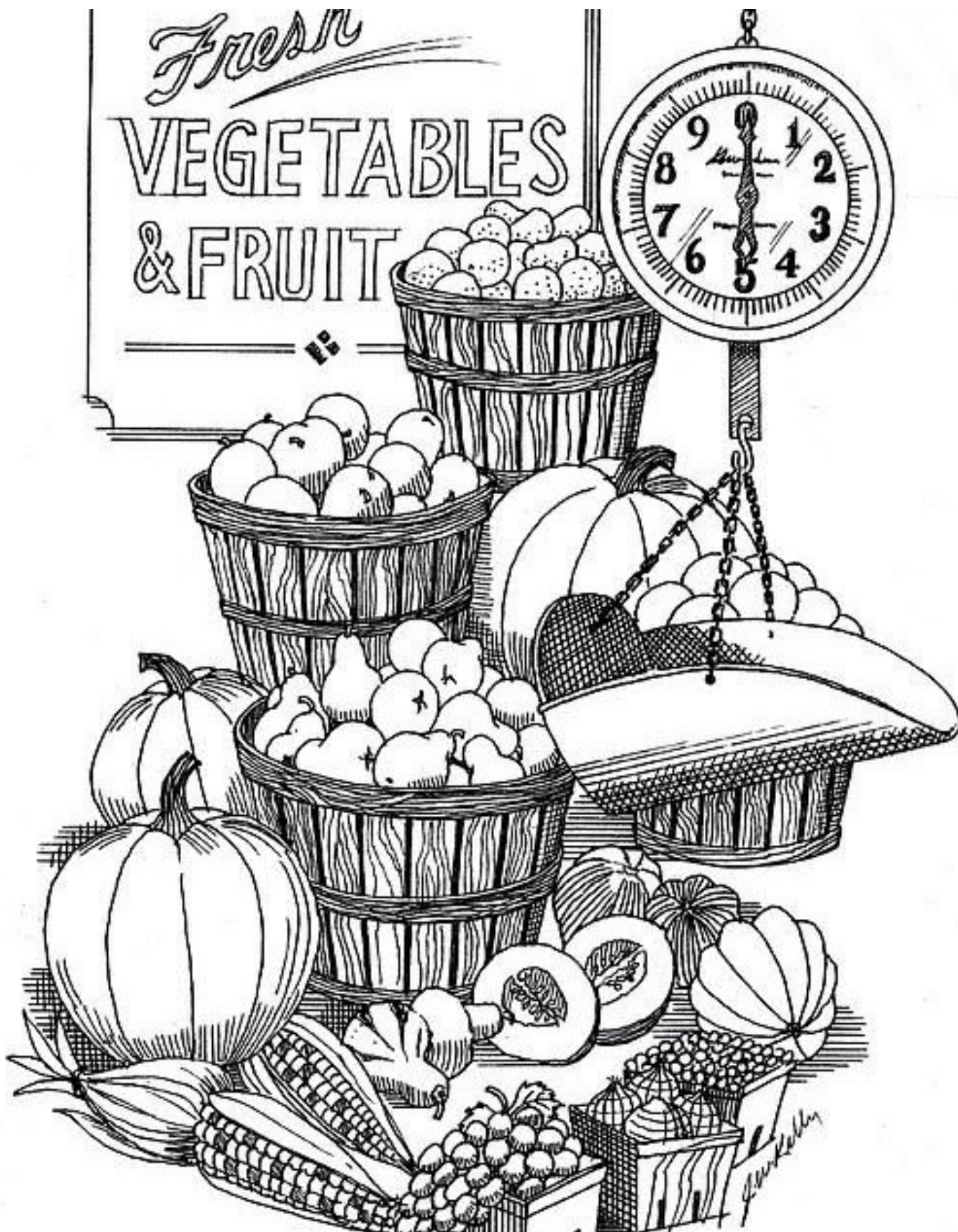
Wednesday

Thursday

Friday

1 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Fruit, Milk	2 Taco Tuesday Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	3 Tuna Noodle Casserole Lyonnais Carrots Fruit, Milk	4 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk	5 No Extended Service
8 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	9 Taco Tuesday Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	10 Swiss Steak Mashed Potatoes Garden Vegetables Poke Cake* Fruit, Milk	11 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	12 No Extended Service
15 Shepherd's Pie Spinach Salad Mixed Vegetables Fruit, Milk	16 Taco Tuesday Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	17 Chicken and Rice Casserole Glazed Carrots Fruit, Milk	18 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Ice Cream* Fruit, Milk	19 No Extended Service
22 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	23 Taco Tuesday Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	24 Cheese & Beef Pasta Broccoli Tossed Salad Breadstick Fruit, Milk	25 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	26 No Extended Service
29 Sorry! We're CLOSED	30 Taco Tuesday Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	31 Chicken Salad Sandwich Broccoli Salad Fruit, Milk	<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>	

In the dining sites this month we have coloring pages available—but why should the fun end there? Enjoy this Farmers Market coloring page in spirit of the return of Farmers Market season! Don't forget to call and inquire about the Farmers Market Nutrition Program benefits!





Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

May 2023

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

Monday Tuesday Wednesday Thursday Friday

1 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	2 Chicken Pot Pie Cauliflower & Red Peppers Fruit, Milk	3 Chicken Fried Steak Mashed Potatoes Country Gravy Peas & Carrots Three Bean Salad Fruit, Milk	4 Turkey & Rice Casserole Beets Tossed Salad Fruit, Milk	5 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
8 Swedish Meatballs Egg Noodles Broccoli Tossed Salad Fruit, Milk	9 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	10 Teriyaki Chicken Fluffy Rice Asian Vegetables Poke Cake* Fruit, Milk	11 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk	12 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
15 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	16 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	17 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	19 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk
22 Turkey Tetrizzini Green Peas Tossed Salad Fruit, Milk	23 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk	24 Sloppy Joes Mixed Vegetables Apple-Cabbage slaw Fruit, Milk	25 Roast Pork with Gravy Mashed Potatoes Beets Fruit, Milk	26 Tuna Pasta Salad Broccoli Salad Crackers Cookie* Fruit, Milk
29 Sorry! We're CLOSED	30 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	31 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	<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>	

*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 5 days a week, Monday through Friday.

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