



# 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 <b>Sorry! We're CLOSED</b>	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