



# 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.*

## Thank You, McCurley Subaru!

Thank You!



Thank You!

We were blown away when we attended the check presentation at McCurley Subaru in Pasco to wrap up the 2022 Subaru Share the Love Event. In conjunction with Subaru of America, McCurley Subaru presented us with a donation of \$42,040 to our program. This is our tenth year as the Hometown Charity for the McCurley Subaru Share the Love Event, and we are forever grateful for the support we receive from our local Subaru dealer. The support continues beyond the dealership; you may recall, members of the McCurley Subaru Sales Team also joined our volunteers to deliver meals to our clients. The team at McCurley Subaru is a great group of folks and we appreciate getting to partner with them for this event and throughout the year. **Thank you, McCurley Subaru!**

### 2023 Farmers Market Program

Applications are rolling in for the 2023 Washington State Senior Farmers Market Nutrition Program. New this year: benefits will be uploaded to a card, which will be electronically scanned at the Market!

The Farmers Market Program provides \$80 in benefits for low-income seniors to use at approved Farmers Markets. To qualify for participation, seniors must be age 60 or older, meet the income requirements, and be residents of Benton or Franklin Counties. Participants are required to complete a new application each year.

Applications are now available. If you'd like one and haven't yet received one, please call our office at 509-735-1911. We will happily mail an application to you. Home delivery clients can also call their individual Site Managers to request to have one dropped off by the volunteer drivers.

Seniors who are unable to shop for themselves can appoint a trusted friend or family member to act as a proxy to shop on their behalf. The proxy form is on the back side of the application.

Qualified seniors should legibly complete ALL parts of the application and **mail it or drop it off** at our office as soon as possible after receiving the application. Benefit cards are awarded on a first-come/first-served basis. Seniors who qualify and fully complete the application will receive their card in early June. Address to mail application can be found on the front of the application.

### Save the Date!

**June 1:** Volunteer Training, Pasco Site

**June 7:** Nutrition Education with Samantha Mason, RD, at the Prosser Site!

**June 7:** Volunteer Training, Connell Site

**June 9:** Volunteer Training, Prosser Site

**June 21:** Bingo with Director, Connell Site

**June 29:** Meals on Wheels Fundraiser at Mod Pizza (see page 3)



# Volunteer Spotlight

Natalie Huggins, Volunteer Manager

One of my favorite terms is “difference maker”. It is defined in the Webster dictionary as a Noun: 1) An ordinary person who accomplishes extraordinary things by creating positive change in her or his community and in the lives of others. 2) A dedicated person who can make a big impact even with just a small action or a few words. 3) Someone who improves the lives of others. 4) One who rallies or encourages others to propel themselves forward and bring about positive change.

How very fortunate we are at Mid-Columbia Meals on Wheels to have over 400 “difference makers”—over 400 volunteers—who are each walking, living, breathing, examples of the dictionary definition of “difference maker”. Volunteers who befriend clients as phone buddies, package meals in the Central Kitchen, transport meals to one of our seven satellite locations in Benton & Franklin Counties, deliver meals to homebound seniors, or assist with special event or administrative tasks, they are ALL “difference makers”. We hear from clients daily how volunteers are brightening their days. One client in a Dining Site shared, “I love them all...every volunteer and person here! This place, the delicious meals, the kind people, have been a life changer for me. I wake up happy to know I can come here!” Recently another client called the office to say, “I want to thank the person who brought my meal today. He stayed with me till I got my paramedics coming and he did an awesome job and I want to thank him and thank you for having him work for you. Thank you.” The staff and clients say a unanimous and resounding “THANK YOU!” to all of the difference makers on the volunteer team!

For information on how to join the Meals on Wheels volunteer team, contact Natalie Huggins, 509-735-1911; nhuggins@seniorliferesources.org.

## NEW MEMBERS to the VOLUNTEER TEAM



Kim Adams  
Kennewick Driver



Sandra Ball  
Café Dining Site



Sonja Cooley  
Café Driver



Brittany & Emme Evans  
Café Driver



Lucy Evans  
Driver Assistant



Lydia Galaviz  
Central Kitchen/Richland



Maria Gulluni  
Central Kitchen



Martha Holt  
Connell Driver



Renee Kerr  
Kennewick Driver



Elizabeth Tobon  
Central Kitchen



Jerry Wallis  
Central Kitchen



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

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

- Tire Discount
- 10% Off
- 20% Off
- 10% Off
- 20% Off

- Les Schwab Tire Centers, Benton & Franklin Counties
- Tap & Barrel, 112 Keene Road, Richland, (509) 987-4561
- The Neighborhood Cleaners, 8903 W Gage Boulevard, Kennewick, (509) 735-7145
- Nothing Bundt Cakes, 110 Gage Boulevard, Suite 200, Richland, (509) 392-7196
- 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, and thank you, Meals on Wheels volunteers, for delivering and serving kindness!**



# RAISE SOME DOUGH

## JOIN MOD IN SUPPORTING

**ORGANIZATION NAME: SENIOR LIFE RESOURCES / MEALS ON WHEELS**

**FUNDRAISER DATE: June 29, 2023**

Bring this flyer in or order online through the MOD app or website and use the provided coupon code and MOD will donate 20% of your bill to support their great work!



**ADDRESSES: 2803 Queensgate Dr, Richland  
1659 N Columbia Center Blvd, Suite 130, Kennewick**

**FUNDRAISER CODE: MODGIVES20**

*Offer valid only on the date(s) and at the MOD Pizza identified on this flyer. Offer valid for dine-in, take out, or delivery, when ordered through MOD app or website only. For online or in-app orders, please use the code provided. For delivery, customer must be within delivery boundary. Only non-profit organizations and non-profit schools are eligible to participate in the MOD fundraising program. MOD will donate 20% of food and beverage sales to the organization. Tax, gift cards and retail sales are excluded from the donation. Offer not if flyer is distributed in or near the restaurant.*

*For more information about fundraising, visit <https://modpizza.com/fundraisers/>*

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# HAZ QUE GREZGA LA "MASA"

## JOIN MOD IN SUPPORTING

**ORGANIZATION NAME: SENIOR LIFE RESOURCES / MEALS ON WHEELS**

**FECHA DE RECAUDACIÓN: junio 29, 2023**

Presenta este flyer o haz un pedido en línea a través de la aplicación MOD o el sitio web y utiliza el código que aparece en el cupón. MOD donará el 20% de tu factura para apoyar su gran trabajo.



**DIRECCIONES: 2803 Queensgate Dr, Richland  
1659 N Columbia Center Blvd, Suite 130, Kennewick**

**CÓDIGO DE RECAUDACIÓN: MODGIVES20**

*Oferta válida solo en las fechas y en el MOD Pizza identificado en este flyer. El pedido es válido para cenar, llevar o entregar cuando se ordena a través de la aplicación MOD o el sitio web. Para pedidos en línea o por la aplicación, utilice el código proporcionado. Para entregas a domicilio, el cliente debe vivir dentro de los límites de entrega. Solo las organizaciones y escuelas sin fines de lucro pueden participar en el programa de recaudación de fondos MOD. MOD donará el 20% de las ventas de comida y bebida a la organización. Quedan excluidas de la donación las tazas, las tarjetas de regalo y las ventas minoristas. Oferta no válida si el flyer se distribuye dentro o cerca del restaurante. Para obtener más información sobre la recaudación de fondos, visite <https://modpizza.com/fundraisers/>*

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# staff spotlights

First up, Donna McClure! Donna is a cook in our Central Kitchen; she works with the kitchen staff prepping and preparing our delicious meals. Donna has been cooking for Meals on Wheels for 26 years! She is an incredible asset to our program. Donna is quite the team member and leader, her skills, abilities and willingness to serve are just a few of the attributes that describe how special she is. Donna grew up in Richland and has 2 dogs, Pixie and Puddles, and two parakeets, Batman and Robin.

**What do you like best about your job?**

Helping seniors is so rewarding, knowing that we are helping people.

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

Stayed home and raised my family.

**What are some things you enjoy doing during your free time?**

I love renting beach houses, riding my bike along the river, camping and kayaking, which I want to do more.



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

Mexican, vegetables, chocolate, German pancakes; I love food!

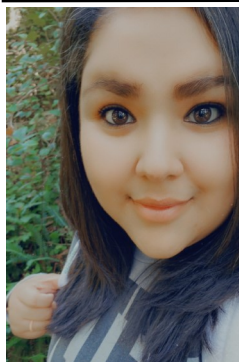
**What is something on your bucket list?**

To go traveling around the United States.



**What is your favorite holiday and why?**

Christmas and Easter it is a Celebration of my religion.



Victoria Zavala is the Administrative Assistant for Meals on Wheels. She provides a wealth of information, knowledge, and compassion to staff, volunteers, and clients. Victoria started her Meals on Wheels journey as a prep cook, and then became the Café Site Manager. Her skill set and desire to help on an even larger scale allowed her to transition to Administrative Specialist. Victoria and her family moved to Washington from Oregon when she was 13 years old. She and her husband are the proud parents of a fur-son named Dozer whom they love dearly and love spending time with.

They have lots of nieces and nephews that they enjoy spending time with and spoiling since they are the cool aunt and uncle. Both family and community are important to Victoria.

**How long have you worked for Meals on Wheels?**

It will be 7 years in August. Time flies when you are having fun!

**If you could have a superpower (invisibility, super-speed, etc.), what would you pick?**

Super-speed! It would definitely help in my position.

**Where is your ideal vacation destination?**

Mexico, for a month! I would love to see where my husband is from and visit where my family is from again.

**What is your favorite meal that we serve?**

Meals on Wheels lasagna is pretty awesome!

**What is your favorite season?**

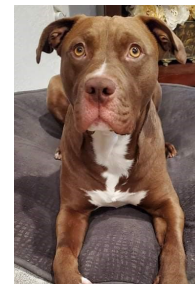
Fall & Winter, because of the weather and holidays.

**If you could go back in time, where would you go and what would you do?**

Maybe back a few years, so I could visit with my grandparents.

**What is your favorite animal?**

Dozer, he is my favorite!



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.

**Beat the Heat!** We still have fans available to distribute to those who are in need before the hot(ter) weather hits! Please call our office to request one! These fans are leftover from last year, and they were purchased with funds from a *generous* grant from the fine folks of Three Rivers Community Foundation! We have both box fans and tabletop fans to keep the air moving. If you are a Meals on Wheels client who needs a cooling fan, please contact our office at 509.735.1911.

**OCT 7  
2023**

Fundraise the most  
and win!



**Teams  
Wanted!**



scan with your  
smartphone camera  
for info!

**Oktoberfest 2023  
OUTRUNNING  
SENIOR HUNGER**

Saturday, October 7th 2023 at 10am  
2588 N Columbia Center Blvd | Richland WA 99352  
Participate as a Team or Individual!  
5k fun-run | food | biergarten for 21+ | kid zone | live music | dogs & kids welcome

**How to Participate:**

**Register for the Event:**      **Start Sharing and Fundraising:**      **Join us on October 7:**

- |   |  |  |
|---|--|--|
| Sign up options:<br>Team Captain<br>Team member<br>Individual | OktoberFeast provides<br>nutrition meals to seniors in<br>Benton and Franklin Counties.<br>RunSignUp makes it easy to<br>share information and raise<br>funds leading up to the event! | Come together for a day<br>full of fun, food, and<br>feeling good!<br>Help us celebrate our<br>commitment to<br>outrunning senior<br>hunger. |
|---|--|--|

Register at

<https://runsignup.com/Race/WA/Richland/Oktoberfeast2023>

Held annually, OktoberFeast is a 5k fun-run benefitting Mid-Columbia Meals on Wheels, serving seniors in Benton and Franklin Counties.

Our friends at the Alzheimer’s Association are getting jazzed for their Walk to End Alzheimer’s event, and they’ve asked us to share some information regarding their current Quilt Raffle Fundraiser. Their event occurs on Saturday, October 14th, one week after our Oktober-Feast event, so you can have back-to-back weekends of fun for a good cause!

Please see the flyer to the left to learn more about the quilt raffle and the Walk to End Alzheimer’s!

**Team Pasty**

**Quilt Raffle Fundraiser**



**\$1 per  
Chance**  
**WALK  
TO  
END  
ALZHEIMER'S**  
ALZHEIMER'S ASSOCIATION

Need Not Be Present To Win  
Drawing will take place at the  
Walk to End Alzheimer's  
Saturday, October 14th, 2023  
John Dam Plaza, Richland WA  
@ 11am

Pick up your Raffle Tickets at Sandy's Fabric and Machines!  
[24 N Benton St Kennewick, WA 99336](https://www.sandysfabric.com/)

Or stop by our table at one of these events!

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| May 27th: Pasco Farmer's Market   | July 15th: Pasco Farmer's Market   |
| June 3rd: Mule Days, Reardan      | August 12th: Summer Saturdays, Ken |
| June 10th: Summer Saturdays, Kenn | August 26th: Pasco Farmer's Market |
| June 24: Pasco Farmer's Market    | September 16th: Pasco Farmer's Mkt |
| July 8th: Summer Saturdays, Kenn  | October 7th: Pasco Farmer's Market |

For more information please contact: Val at 509-531-2681 (text ok)

## Dietitian's Corner

Samantha Mason, Registered Dietitian

### National Fruit and Vegetables Month!

June is National Fresh Fruit and Vegetables Month, and National Eat Your Vegetable Day is observed on June 17th. Both serve as a reminder to include a variety of fruits and vegetables in your diet.

The American Heart Association recommends filling at least half your plate with fruits and veggies for a recommended 4 ½ cups of each per day. The good news is that all produce counts, which means canned, fresh, and frozen varieties can help you reach your goal.

Even if you love eating your veggies, finding effortless ways to incorporate more of them is a great way to boost the nutrition of a meal.

*Start shredding!* Grab a box grater or the grating attachment on your food processor to shred zucchini, beets, carrots, or parsnips to add to all sorts of recipes. Add a vegetable serving to your favorite whole grain muffins and quick breads by mixing shredded zucchini into your batter before baking. You can also sauté shredded carrots, summer squash or butternut squash for about five minutes before adding them to pasta sauce for a quick, veggie-filled meal. Even your pickiest of eaters may not notice!

*More mushrooms!* Replace half the ground meat in recipes like burgers, meatloaf, and meatballs with cooked chopped mushrooms. Finely chop your choice of mushrooms using a knife or a food processor, then sauté in a little olive oil until soft. Once the mushrooms are cool, gently mix them with your lean ground chicken, turkey or beef and follow the recipe as is.

*Orange veggies!* Cooked and pureed orange vegetables like butternut squash, sweet potatoes and carrots can be blended, unnoticed, into cheesy dishes we all love like macaroni and cheese, lasagna, or baked enchiladas. You end up using less cheese, which reduces some of the saturated fat and sodium.

*Dust off the blender!* When you are making your favorite fruit smoothie, add a frozen banana and spinach, carrots, squash, or any vegetable. The frozen banana makes for a sweet, thick, and creamy smoothie and it adds a strong banana flavor that helps hide the flavor of the veggies. Want a more colorful smoothie? Try adding beet, avocado, or sweet potato to change the tint. You will be surprised at how bright – and healthy -- your breakfast will be!

*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.*

## From our Food Services Manager

Brian Kinner

### Mid-Columbia Meals on Wheels Recipe Feature: Broccoli Salad

One of our fan-favorite dishes is our Broccoli Salad. We always get lots of compliments when this is served! Recently, the recipe was requested so we thought it would be a great featured recipe for our newsletter. The recipe has been converted to small servings to allow this to be made for a couple people or for a small group. We hope you try this out

#### Broccoli Salad: Yield 2 servings/ 5 servings

- Broccoli, fresh florets– 6.5 ounces/ 1 pound
- Cauliflower, fresh– 1.5 ounces/ 3 ounces
- Red Onion– one-eighth of onion/ one-third of onion
- Bacon Bits– 2 teaspoon/ 1.5 tablespoon
- Sunflower Seeds– 2 teaspoon/ 1.5 tablespoon
- Raisins– 1 & 1/3rd tablespoon/ 3 & 1/3rd tablespoon
- Sugar– 3 teaspoon/ 2 & 1/3rd tablespoon
- White Vinegar– 1/2 teaspoon/ 1 teaspoon
- Apple Cider Vinegar– 1 teaspoon/ 1 & 1/3rd tablespoon
- Mayonnaise– 1/3rd cup/ 3/4th cup

#### Procedure:

- Wash all produce
- Cut broccoli and cauliflower
- Dice onions
- Combine all vegetables
- Add bacon, sunflower seeds, and raisins to veggies
- Mix remaining ingredients to make dressing. Ensure sugar is fully dissolved.
- Combine with other ingredients. Refrigerate for 4 hours before serving.

We hope you experience the same joy from this dish at home and would love to hear how it goes for those making this at home! If there are any other recipes you would like to see featured in our newsletter, please let us know!

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

[bkinner@seniorliferesources.org](mailto:bkinner@seniorliferesources.org) or 509-735-1911.

## Join us for Breakfast!

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

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

June 7th– Breakfast Scramble

June 14th– Pancakes

June 21st– Biscuits & Gravy

June 28th– Chicken Fried Steak



# Parkside Menu—June 2023

Enjoy homemade Hispanic meals twice each week 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 509.545.2169



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 Mexican Meatball Soup Refried Beans Corn Tortilla Fruit, Milk	2 Roast Turkey w/ Gravy Mashed Potatoes Broccoli Normandy Wheat Roll Fruit, Milk
5 Sweet & Sour Chicken Fluffy Rice Asian Vegetables Fruit, Milk	6 Beef Tamale Pie Refried Beans Spanish Rice Mixed Vegetables Fruit, Milk	7 Tuna Noodle Casserole Lyonnaise Carrots Cherry Oat Bar* Fruit, Milk	8 Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Fruit, Milk	9 Chicken Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk
12 Chickpea & Rice Bake Peas & Carrots Tossed Salad Fruit, Milk	13 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	14 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	15 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	16 Tuna Tostada Mexican Rice Garden Vegetables Tossed Salad Fruit, Milk
19 Pulled Pork Sandwich Baked Beans Corn Strawberry Ice Cream* Fruit, Milk	20 Chicken Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	21 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	22 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	23 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
26 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	27 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk	28 Chef Salad Ranch Dressing Wheat Roll Chilled Pineapple Milk	29 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	30 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Chocolate Cake* Fruit, Milk

# Extended Hours Menu—June 2023

The Café location is open 11am—4pm Monday—Thursday. The extended menu is offered from 1pm to close as a second meal offering.

Extended hours and the second meal is a program sponsored by our friends at Hanford Mission Integration Solutions.

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 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	2 <b>No Extended Service</b>
5 Baked Cod w/Dill Sauce Herbed Potatoes Spring Vegetables Fruit, Milk	6 <b>Taco Tuesday</b> Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	7 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cherry Oat Bar* Fruit, Milk	8 Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk	9 <b>No Extended Service</b>
12 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk	13 <b>Taco Tuesday</b> Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	14 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	15 Turkey Tetrazzini Green Beans Tossed Salad Ice Cream* Fruit, Milk	16 <b>No Extended Service</b>
19 Tuna Noodle Casserole Lyonnaise Carrots Fruit, Milk	20 <b>Taco Tuesday</b> Chicken Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	21 Spaghetti & Meat Sauce Garden Vegetables Breadstick Fruit, Milk	22 Sweet & Sour Chicken Fluffy Rice Asian Vegetables Fruit, Milk	23 <b>No Extended Service</b>
26 Breaded Fish Sandwich & Fixings Garden Vegetables Tossed Salad Fruit, Milk	27 <b>Taco Tuesday</b> Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	28 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	29 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	30 <b>No Extended Service</b>



# Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

# June 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	2
					Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	Roast Turkey w/ Gravy Mashed Potatoes Broccoli Normandy Wheat Roll Fruit, Milk
5	6	7	8	9		
Sweet & Sour Chicken Fluffy Rice Asian Vegetables Fruit, Milk	Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fruit, Milk	Tuna Noodle Casserole Lyonnais Carrots Cherry Oat Bar* Fruit, Milk	Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Tomato, Onion Fruit, Milk	Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk		
12	13	14	15	16		
Chickpea & Rice Bake Peas & Carrots Tossed Salad Fruit, Milk	Chicken Pot Pie Cauliflower & Red Peppers Fruit, Milk	Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	Turkey & Rice Casserole Garden Vegetables Tossed Salad Fruit, Milk		
19	20	21	22	23		
*Kennewick Closed Pulled Pork Sandwich Baked Beans Corn Strawberry Ice Cream* Fruit, Milk	Swedish Meatballs Egg Noodles Broccoli Fruit, Milk	Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk	Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk		
26	27	28	29	30		
BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Chocolate Cake* 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.**

<b>Kennewick Community Center</b>	<b>500 S Auburn</b>	<b>509-585-4241</b>	
<b>Richland Community Center</b>	<b>500 Amon Park Dr</b>	<b>509-943-0779</b>	
<b>Benton City Desert Rose Complex</b>	<b>510 14th St</b>	<b>509-588-3094</b>	
<b>Pasco First Avenue Center</b>	<b>505 N 1st Ave</b>	<b>509-543-5706</b>	
<b>Pasco Ray Pfleuger Center</b>	<b>253 Margaret St</b>	<b>509-545-2169</b>	
<b>Prosser Community Center</b>	<b>1231 Dudley</b>	<b>509-786-1148</b>	
<b>**Connell Community Center</b>	<b>211 E Elm (Tues-Fri)</b>	<b>509-234-0766**</b>	<b>** (Tues—Friday)</b>

**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**