



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

September 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>				<p>1 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk</p>
<p>4 Sorry! We're CLOSED</p>	<p>5 Chicken Pot Pie Cauliflower & Red Peppers Fruit, Milk</p>	<p>6 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk</p>	<p>7 Turkey & Rice Casserole Peas & Carrots Tossed Salad Fruit, Milk</p>	<p>8 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk</p>
<p>11 Swedish Meatballs Egg Noodles Broccoli Yogurt & Berries Milk</p>	<p>12 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk</p>	<p>13 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk</p>	<p>14 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk</p>	<p>15 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk</p>
<p>18 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk</p>	<p>19 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk</p>	<p>20 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk</p>	<p>21 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk</p>	<p>22 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk</p>
<p>25 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk</p>	<p>26 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk</p>	<p>27 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk</p>	<p>28 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk</p>	<p>29 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk Cherry Oat Bar*</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. Connell meals are served Tuesday 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 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 1pm, Monday—Friday. No reservations are required **at this location only.**

1834 Fowler, Richland 509-736-0045