



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

November 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 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	2 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk	3 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
6 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	7 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Fruit, Milk	8 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk	9 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk	10 Sorry! We're CLOSED
13 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk	14 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	15 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk	17 Turkey Tetrazzini Green Beans Tossed Salad Fruit, Milk
20 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	21 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	22 Roasted Turkey Mashed Potatoes Turkey Gravy Stuffing, Green Beans Cranberry Sauce, Roll Fruit, Milk Pumpkin Bar*	23 Sorry! We're CLOSED	24 Sorry! We're CLOSED
27 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	28 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	29 Chili Mixed Vegetables Cornbread Fruit, Milk	30 Chicken and Rice Casserole Garden Vegetables 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 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 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 1pm, Monday—Friday. No reservations are required at this location only.
1834 Fowler, Richland 509-736-0045

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Parkside Menu (Pasco)

Parkside menu is available only at the Pasco Ray Pfleuger Center.

253 Margaret St., Pasco 509-545-2169

Meals are served Monday through Friday with advance reservations.

Monday Tuesday Wednesday Thursday Friday

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<p>6 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Fruit, Milk</p>	<p>7 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk</p>	<p>8 Beef Lasagna Italian Vegetables Tossed Salad Garlic Bread Fruit, Milk</p>	<p>9 Chicken Fajitas Rice & Beans Flour Tortilla Fruit, Milk</p>	<p>10 <i>Sorry!</i> We're CLOSED</p>
<p>13 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Fruit, Milk</p>	<p>14 Chicken Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk</p>	<p>15 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk</p>	<p>16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll, Fruit Ice Cream*, Milk</p>	<p>17 Enchilada Casserole Mexican Rice Mexican Coleslaw Green Beans Fruit, Milk</p>
<p>20 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk</p>	<p>21 Mexican Meatball Soup Refried Beans Corn Tortilla Fruit, Milk</p>	<p>22 Roasted Turkey Mashed Potatoes Turkey Gravy Stuffing, Green Beans Cranberry Sauce, Roll Fruit, Milk Pumpkin Bar**</p>	<p>23 <i>Sorry!</i> We're CLOSED</p>	<p>24 <i>Sorry!</i> We're CLOSED</p>
<p>27 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk</p>	<p>28 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk</p>	<p>29 Chili Country Vegetables Cornbread Fruit, Milk</p>	<p>30 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk</p>	

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If you would like a copy of the menu served at our other dining centers, please request from the Site Manager.