



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW

www.seniorliferesources.org or 509-735-1911

1824 Fowler St. Richland, WA

January 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sorry! We're CLOSED	2 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	3 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	4 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	5 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk
8 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	9 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	10 Chili Mixed Vegetables Cornbread Fruit, Milk	11 Chicken and Rice Casserole Broccoli Fruit, Milk	12 Tuna Noodle Casserole Lyonnais Carrots Cookie* Milk
15 Sorry! We're CLOSED	16 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	17 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	19 Chicken Parmesan Casserole Cauliflower with Red Peppers Fruit, Milk
22 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	23 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	24 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	25 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk	26 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
29 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	30 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Fruit, Milk	31 Beef Lasagna Italian Vegetables Caesar Salad Breadstick 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>	

*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 11:30am, 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 St., 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
1 Sorry! We're CLOSED	2 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	3 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk	4 Macaroni & Cheese Sausage Patty Garden Mix Vegetables Tossed Salad Fruit, Milk	5 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk
8 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	9 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	10 Chili Mixed Vegetables Cornbread Fruit, Milk	11 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	12 Tuna Noodle Casserole Lyonnais Carrots Cookie* Milk
15 Sorry! We're CLOSED	16 Chicken Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	17 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	19 Arroz con Pollo with rice Mexican Coleslaw Fruit, Milk
22 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk	23 Beef Gisada Roasted Carrots Corn Tortilla Fruit, Milk	24 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	25 Turkey Mole Mexican Rice Seasoned Peas Corn Tortilla Fruit, Milk	26 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk
29 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk	30 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	31 Beef Lasagna Italian Vegetables Tossed Salad Garlic Bread 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>	

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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.