



Mid-Columbia Meals on Wheels

A program of Senior Life Resources NW
 www.seniorliferesources.org or 509-735-1911
 1824 Fowler St. Richland, WA

APRIL 2024

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

MON	TUES	WED	THUR	FRI
1 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	2 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	3 Chef Salad Dressing Wheat Roll Pineapple Milk	4 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	5 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cookie*, Milk
8 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	9 Cranberry Chicken Confetti Rice Garden Vegetables Fruit, Milk	10 Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	11 Roast Pork Mashed Potatoes Pork Gravy Beets Fruit, Milk	12 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
15 Spaghetti w/ Meat Sauce Green Beans Breadstick Fruit, Milk	16 Baked Cod Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	17 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	19 3 Bean Chili Chuckwagon Corn Cornbread Fruit, Milk
22 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	23 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	24 Tuna Noodle Casserole Lyonnais Carrots Berry Crisp* Milk	25 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	26 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
29 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	30 Chicken Pot Pie Cauliflower & Red Pepper 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.

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

Meals on Wheels Café: Meals are served 11 am to 1 pm, Monday – Friday. No reservations are required at this location only. Cafe is located at 1834 Fowler St., Richland. To contact the cafe please call 509-736-0045.

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. Hot and/or frozen meals are available, up to 7 meals per week.

Client Eligibility: 60+ years old, primarily homebound, unable to cook, no meal support.

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!




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Parkside Menu (Pasco)

MON	TUES	WED	THUR	FRI
1 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	2 Beef Soup Green Beans Flour Tortilla Fruit, Milk	3 Chef Salad Dressing Wheat Roll Pineapple Milk	4 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	5 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Cookie*, Milk
8 Turkey Tetrazzini Green Peas Tossed Salad Fruit, Milk	9 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk	10 Sloppy Joes Mixed Vegetables Apple Cabbage Slaw Fruit, Milk	11 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	12 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
15 Spaghetti w/ Meat Sauce Green Beans Breadstick Fruit, Milk	16 Fish Tacos Spanish Rice Mexican Coleslaw Corn Tortilla Fruit, Milk	17 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	19 Tuna Tostada Mexican Rice Seasoned Corn Tossed Salad Fruit, Milk
22 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	23 Conchitas Con Carne Mixed Vegetables Corn Tortilla Fruit, Milk	24 Tuna Noodle Casserole Lyonnaise Carrots Berry Crisp* Milk	25 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	26 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk
29 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	30 Chicken w/ Red Sauce Beans & Rice Tossed Salad Corn Tortilla Fruit, Milk		HAPPY EASTER	

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Pasco Ray Pflueger Center	253 Margaret St.	509-545-2169
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Parkside menu is available only at the Pasco Ray Pflueger Center.

**253 Margaret St., Pasco
509-545-2169**

Meals are served Monday through Friday with advance reservations.

If you would like a copy of the menu served at other locations, please ask the Site Manager.

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