




Mid-Columbia Meals on Wheels

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

MAY 2024

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

| MON | TUES | WED | THUR | FRI |
|--|---|---|--|--|
| | | 1 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk | 2 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk | 3 Beef Tacos Rice & Beans Salsa & Sour Cream Fruit, Milk |
| 6 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk | 7 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk | 8 Teriyaki Chicken Fluffy Rice Asian Vegetables Oat Bar*, Milk | 9 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk | 10 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk |
| 13 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk | 14 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk | 15 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk | 16 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk | 17 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk |
| 20 Turkey Tetrazzini Vegetable Medley Tossed Salad Fruit, Milk | 21 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk | 22 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk | 23 Roast Pork with Gravy Mashed Potatoes Steamed Beets Fruit, Milk | 24 Chicken & White Bean Chili Cornbread Cookie*, Milk |
| 27  | 28 Spaghetti & Meat Sauce Garden Vegetables Breadstick Fruit, Milk | 29 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk | 30 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk | 31 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll 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.

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|---------------------------------|-------------------------|--------------|
| 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 |

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!