


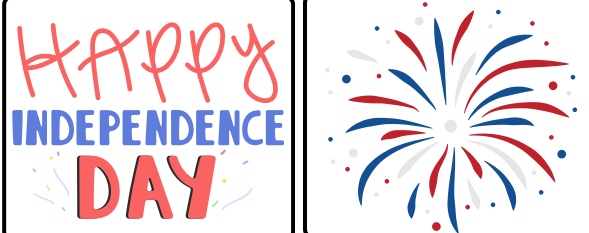


Mid-Columbia Meals on Wheels

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

JULY 2024

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

MON	TUES	WED	THUR	FRI
1 Turkey Tetrizzini Green Peas Tossed Salad Fruit, Milk	2 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	3 Sloppy Joes Mixed Vegetables Coleslaw Rainbow Sherbet* Milk	4 	5 Tuna Pasta Salad Broccoli Salad Crackers Fruit, Milk
8 Spaghetti & Meat Sauce Green Beans Breadstick Fruit, Milk	9 Baked Cod w/Dill Sauce Herbed Potatoes Squash Medley Fruit, Milk	10 Chicken Chop Salad Salad Greens Carrot Sticks Fruit, Milk	11 Three Bean Chili Chuckwagon Corn Cornbread Fruit, Milk	12 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk
15 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	16 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	17 Tuna Noodle Casserole Lyonnaisse Carrots Fruit, Milk	18 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	19 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
22 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	23 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk	24 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	25 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	26 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
29 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	30 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	31 Teriyaki Chicken Fluffy Rice Asian Vegetables Frosted Cake* 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.

Congregate 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 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.

Home Delivered Meal Service

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!