



Mid-Columbia Meals on Wheels

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

OCTOBER 2024

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

| MON | TUES | WED | THUR | FRI |
|--|---|--|--|---|
| | 1 Chicken Pot Pie Cauliflower with Red Peppers Fruit, Milk | 2 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk | 3 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk | 4 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk |
| 7 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk | 8 Apple Pork Chop Mashed Sweet Potatoes Seasoned Beets Fruit, Milk | 9 Chili Mixed Vegetables Cornbread Fruit, Milk | 10 Chicken and Rice Casserole Green Beans Fruit, Milk | 11 Tuna Noodle Casserole Lyonnaise Carrots Berry Crisp Milk |
| 14 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk | 15 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk | 16 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk | 17 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk | 18 Pulled Pork Sandwich Baked Beans Coleslaw Fruit, Milk |
| 21 Swedish Meatballs Egg Noodles Normandy Vegetables Cookie Milk | 22 Lemon Pepper Cod Fluffy Rice Green Peas Fruit, Milk | 23 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk | 24 Roast Turkey w/ Gravy Mashed Potatoes Green Beans Wheat Roll Fruit, Milk | 25 Beef Stir Fry Fluffy Rice Asian Vegetables Tossed Salad Fruit, Milk |
| 28 Herbed Chicken Mushroom Gravy Au Gratin Potatoes Tossed Salad Yogurt & Berries Milk | 29 Smothered Pork Chop Mashed Potatoes Mixed Vegetables Fruit, Milk | 30 Beef Lasagna Italian Vegetables Caesar Salad Breadstick Fruit, Milk | 31 Chicken Fajitas Rice & Beans Flour Tortilla 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.

Congregate 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.

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!