








## Mid-Columbia Meals on Wheels

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

# NOVEMBER 2024

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

MON	TUES	WED	THUR	FRI
				1 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
4 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Yogurt & Berries Milk	5 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk	6 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	7 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	8 Turkey Tetrzzini Squash Medley Tossed Salad Fruit, Milk
11 	12 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	13 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	14 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	15 Scrambled Eggs with Peppers Sausage Patty Chuck Wagon Potatoes Bran Muffin Fruit, Milk
18 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	19 Apple Pork Chop Mashed Sweet Potatoes Seasoned Beets Fruit, Milk	20 Chili Mixed Vegetables Cornbread Fruit, Milk	21 Chicken and Rice Casserole Green Beans Fruit, Milk	22 Tuna Noodle Casserole Lyonnaise Carrots Fruit, Milk
25 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	26 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk	27 Roasted Turkey Mashed Potatoes Gravy, Stuffing Green Beans Cranberry Sauce, Roll Pumpkin Bar*, Milk	28 	29 

\*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!








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## Parkside Menu (Pasco)

MON	TUES	WED	THUR	FRI
				1 Sloppy Joes Mixed Vegetables Coleslaw Fruit, Milk
4 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Yogurt & Berries Milk	5 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk	6 Sweet & Sour Pork Fluffy Rice Asian Vegetables Fruit, Milk	7 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	8 Turkey Mole Mexican Rice Squash Medley Corn Tortilla Fruit, Milk
11 	12 Conchitas Con Carne Green Beans Corn Tortilla Fruit, Milk	13 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk	14 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	15 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk
18 Chicken Alfredo Italian Vegetables Breadstick Fruit, Milk	19 Pork Carnitas Mexican Coleslaw Refried Beans Corn Tortilla Fruit, Milk	20 Chili Mixed Vegetables Cornbread Fruit, Milk	21 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	22 Tuna Noodle Casserole Lyonnaise Carrots Fruit, Milk
25 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk	26 Chicken w/ Red Sauce Refried Beans Spanish Rice Tossed Salad Corn Tortilla Fruit, Milk	27 Roasted Turkey Mashed Potatoes Gravy, Stuffing Green Beans Cranberry Sauce, Roll Pumpkin Bar*, Milk	28 	29 

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Pasco Ray Pfleuger Center	253 Margaret St.	509-545-2169
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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.

### 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.

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

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