

JUNE MENU

Pasco Ray Pfleuger Center (Parkside)

253 Margaret St, Pasco | (509) 545-2169

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

MON	TUES	WED	THUR	FRI
2 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	3 Conchitas Con Carne Mixed Vegetables Corn Tortilla Fruit, Milk	4 Tuna Noodle Casserole Lyonnaise Carrots Berry Crisp* Milk	5 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	6 Caldo de Pollo Refried Beans Spanish Rice Corn Tortilla Fruit, Milk
9 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	10 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk	11 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	12 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk	13 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
16 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	17 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk	18 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	20 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk
23 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	24 Beef & Bean Burrito Spanish Rice Mexican Coleslaw Fruit, Milk	25 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	26 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	27 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Sorbet*, Milk
30 Turkey Tetrazzini Vegetable Medley Tossed Salad Fruit, Milk				



*Dessert items are served occasionally, and all clients will receive them unless they have specifically requested not to. If a dessert is served to you in error, we apologize and kindly ask that you dispose of the item.

Meal Guidelines and Food Safety: Please be aware that we are unable to accommodate specialized or allergy-specific diets. We ask that you carefully monitor what you eat. If you require a substitute meal, a frozen option can be provided if requested with adequate notice. Once a meal leaves our care, Meals on Wheels cannot be responsible for its safety or quality. Leftover food should be refrigerated right away and eaten within 2 days to ensure freshness. *Thank you for your cooperation and enjoy!*



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.

Home Delivery Client Eligibility: 60+ years old, primarily homebound, unable to cook, and no meal support at home.

Mid-Columbia Meals on Wheels does not discriminate in providing services on the grounds of race, color, religion, national origin, gender, age, marital status, sexual orientation, political ideology, or the presence of any sensory, mental, or physical disability.

JUNE MENU

Mid-Columbia Meals on Wheels

Dine-In meals require 24-hour advanced reservation.

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

MON	TUES	WED	THUR	FRI
2 Sweet & Sour Chicken Brown Rice Asian Vegetables Fruit, Milk	3 Meatloaf Mashed Potatoes Brown Gravy Mixed Vegetables Fruit, Milk	4 Tuna Noodle Casserole Lyonnaise Carrots Berry Crisp* Milk	5 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk	6 Chicken Caesar Salad Breadstick Cottage Cheese & Pineapple Milk
9 Macaroni & Cheese Sausage Patty Garden Vegetables Tossed Salad Fruit, Milk	10 Chicken Pot Pie Cauliflower & Red Pepper Fruit, Milk	11 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk	12 Turkey & Rice Casserole Broccoli Tossed Salad Fruit, Milk	13 Cheese & Beef Pasta Green Beans Tossed Salad Breadstick Fruit, Milk
16 Swedish Meatballs Egg Noodles Normandy Vegetables Fruit, Milk	17 Apple Pork Chop Mashed Sweet Potatoes Mixed Vegetables Fruit, Milk	18 Teriyaki Chicken Fluffy Rice Asian Vegetables Fruit, Milk	19 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream*, Milk	20 Chicken Salad Sandwich Pea & Cheese Salad Fruit, Milk
23 BBQ Chicken Roasted Carrots Potato Salad Cornbread Fruit, Milk	24 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk	25 Chef Salad Ranch Dressing Wheat Roll Pineapple Milk	26 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Fruit, Milk	27 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Sorbet*, Milk
30 Turkey Tetrazzini Vegetable Medley Tossed Salad Fruit, Milk				



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Congregate Dining Sites | Meals served daily at 11:30 AM, Monday- Friday, upon advanced reservation.

Meals on Wheels Cafe

Hours: 11:00 AM-1:00 PM

1834 Fowler St

(509) 736-0045

No reservation required

Richland Community Center

500 Amon Park Dr

(509) 943-0779

Kennewick

500 S Auburn St

(509) 585-4241

Pasco First Avenue Center

505 N 1st Ave

(509) 543-5706

Prosser Community Center

1231 Dudley

(509) 786-1148

Benton City

Desert Rose Complex

510 14th St

(509) 588-3094

Connell Community Center

Open Tuesday - Friday

211 E Elm

(509) 234-0766

Pasco Ray Pfleuger Center

235 Margaret St.

(509) 545-2169

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