




NOVEMBER 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 |
|--|---|--|---|--|
| 3 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Yogurt & Berries Milk | 4 Chicken Tinga Mexican Coleslaw Spanish Rice Tostada Fruit, Milk | 5 Sweet & Sour Pork Fluffy Rice Asian Vegetables Chocolate Cake* Fruit, Milk | 6 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk | 7 Turkey Mole Mexican Rice Broccoli Corn Tortilla Fruit, Milk |
| 10 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk | 11  | 12 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk | 13 Beef Soup Green Beans Flour Tortilla Fruit, Milk | 14 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk |
| 17 Chicken Alfredo Broccoli Normandy Breadstick Fruit, Milk | 18 Pork Guisada Red & Green Slaw Peaches Corn Tortilla Fruit, Milk | 19 Chili Mixed Vegetables Cornbread Fruit, Milk | 20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk | 21 Arroz Con Pollo Squash Medley Breadstick Fruit, Milk |
| 24 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk | 25 Chicken Tostada Refried Beans Tossed Salad Fruit Cocktail Fruit, Milk | 26 Roasted Turkey Mashed Potatoes Gravy, Stuffing Green Beans Cranberry Sauce, Roll Pumpkin Bar*, Milk | 27  | 28  |
| | | | | |



*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.



Home Delivered Meal Service Available in Tri-Cities, Benton City, & Prosser 5 days a week, Monday through Friday. We deliver meals in Connell on Tuesdays, with only frozen meals being available. 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.




Meal Guidelines and Food Safety: Please note, we cannot accommodate specialized or allergy-specific diets. If needed, a frozen meal can be provided with advance notice. Meals on Wheels is not responsible for the safety or quality once a meal leaves our care. Leftovers should be refrigerated immediately and eaten within 2 days for freshness. *Thank you and enjoy!*

NOVEMBER 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 |
|--|---|--|---|--|
| 3 Salisbury Steak Mashed Potatoes Brown Gravy Broccoli Yogurt & Berries Milk | 4 Dijon Chicken Sweet Potato Mash Seasoned Beets Fruit, Milk | 5 Sweet & Sour Pork Fluffy Rice Asian Vegetables Chocolate Cake* Fruit, Milk | 6 Hamburger Baked Beans Apple Cabbage Slaw Fruit, Milk | 7 Turkey Tetrazzini Squash Medley Tossed Salad Fruit, Milk |
| 10 Chicken Pot Pie Green Peas Tossed Salad Fruit, Milk | 11  | 12 Beef Stroganoff Garlic Noodles Green Beans Fruit, Milk | 13 Breaded Chicken Sandwich & Fixings Corn Chowder Broccoli Salad Fruit, Milk | 14 Chicken Fried Steak Mashed Potatoes Country Gravy Country Vegetables Three Bean Salad Fruit, Milk |
| 17 Chicken Alfredo Broccoli Normandy Breadstick Fruit, Milk | 18 Apple Pork Bites Mashed Sweet Potatoes Seasoned Beets Fruit, Milk | 19 Chili Mixed Vegetables Cornbread Fruit, Milk | 20 Roast Beef w/ Gravy Mashed Potatoes Italian Vegetables Wheat Roll Ice Cream* Fruit, Milk | 21 Arroz Con Pollo Squash Medley Breadstick Fruit, Milk |
| 24 Swiss Steak Mashed Potatoes Garden Vegetables Fruit, Milk | 25 Cranberry Chicken Confetti Rice Peas & Onions Fruit, Milk | 26 Roasted Turkey Mashed Potatoes Gravy, Stuffing Green Beans Cranberry Sauce, Roll Pumpkin Bar*, Milk | 27  | 28  |
| | | | | |



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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

510 14th St

(509) 588-3094

Pasco Ray Pfleuger Center

235 Margaret St.

(509) 545-2169