

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