



# MEALS ON WHEELS Menu #1 November 2023




**Call (509) 426-2601 Monday-Friday the day before you would like to eat lunch to register for a meal.**  
**Meal registration ends at 3p.m. Monday-Friday. Lunch is served from 11 a.m. through 11:30 a.m.**

Suggested donation for registered people 60 years and over \$2.50/meal; under 60 years \$9.00 fee/meal\*

Dining Rooms- Yakima: Harman Senior Center, The Salvation Army, Henry Beauchamp Community Center &

Washington Fruit Community Center. Selah Civic Center, Union Gap Senior Center, Sunnyside Senior Center, Grandview Senior Center

PEOPLE FOR PEOPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1 Chicken with Gravy Mashed Potatoes Vegetables Dinner Roll Fruit	11/2 Broccoli Cheddar Soup Ham Sandwich Vegetables Dinner Roll Fruit	11/3 Shepard's Pie Vegetables Wheat Bread Fruit
11/6 Navy Bean and Ham Soup Vegetables Salad Corn Bread Fruit	11/7 Meatloaf Mashed Potatoes Vegetables Dinner Roll Fruit	11/8 Chicken Teriyaki Vegetables Salad Brown Rice Fruit	11/9 Chili with Baked Potato Vegetables Wheat Bread Fruit	CLOSED 11/10 
11/13 Pork Supreme Vegetables Salad Brown Rice Fruit	11/14 Turkey and Vegetable Soup ½ Cheese Sandwich Salad Wheat Bread Fruit	11/15 Spaghetti w/ Meat Sauce Vegetables Salad Wheat Bread Fruit	11/16 Egg Salad Sandwich Salad Croissant Fruit	11/17 Meatballs w/ Mushroom Gravy Mashed Potatoes Vegetables Wheat Bread Fruit
11/20 Korean Beef Vegetables Salad Brown Rice Wheat Bread Fruit	11/21 Chicken and Stuffing Vegetables Wheat Bread Fruit	11/22 Roast Turkey Mashed Potatoes Vegetables Dinner Roll Fruit	11/23 CLOSED 	11/24 CLOSED 
11/27 Meatball Marinara Sub Vegetables Salad Hoagie Roll Fruit	11/28 Chickpea Pasta Soup ½ Cheese & Onion Sandwich Salad Fruit	11/29 Onion Dijon Pork Mashed Potatoes Vegetables Dinner Roll Fruit	11/30 Chicken & Mushroom Linguini Vegetables Salad Wheat Bread Fruit	

All meals are served with margarine and 1% milk; menu substitutions can occur at times. \*Speak with the site manager for eligibility.



PEOPLE FOR PEOPLE

# MEALS ON WHEELS Menu #2 November 2023

Call (509) 426-2601 Monday-Friday the day before you would like to eat lunch to register for a meal.

Meal registration ends at 3p.m. Monday-Friday. Lunch is served from 11 a.m. through 11:30 a.m.

Suggested donation for registered people 60 years and over \$2.50/meal; under 60 years \$9.00 fee/meal\*

Dining Rooms- Yakima: Harman Senior Center, The Salvation Army, Henry Beauchamp Community Center &

Washington Fruit Community Center. Selah Civic Center, Union Gap Senior Center, Sunnyside Senior Center, Grandview Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1 Beef in Tomatillo Sauce Vegetables Salad Tortilla Fruit	11/2 Beef and Bean Burrito Vegetables Salad Tortillas Fruit	11/3 Chili Relleno Vegetables Tortillas Fruit
11/6 Beef Tamales Vegetables Salad Fruit	11/7 Chicken Quesadilla Casserole Vegetables Tortillas Fruit	11/8 Pork Tacos Vegetable Salad Fruit	11/9 Chicken Fajitas Vegetable Salad Tortillas Fruit	11/10 <b>CLOSED</b> 
11/13 Meatball Soup Vegetables Tortillas Fruit	11/14 Bean and Cheese Burrito Vegetables Salad Fruit	11/15 Chicken in Tomato & Chili Sauce Vegetables Tortillas Fruit	11/16 Taco Bake Casserole Vegetables Salad Tortilla Fruit	11/17 Pork Hominy Soup Cabbage and Lemon Tortilla Fruit
11/20 Chili Relleno Salad Tortilla Fruit	11/21 Beef Barbacoa Vegetables Salad Brown Rice Fruit	11/22 Chicken Tamales Vegetables Salad Fruit	11/23 <b>CLOSED</b> 	11/24 <b>CLOSED</b> 
11/27 Chicken Posole Vegetables Salad Tortillas Fruit	11/28 Beef Stew Vegetables Salad Tortillas Fruit	11/29 Chicken Tacos Vegetables Salad Tortillas Fruit	11/30 Beef Tamale Pie Vegetables Salad Fruit	

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