



MEALS ON WHEELS Menu #1 March 2024

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
				3/1 Shepard's Pie Mashed Potatoes Dinner Roll Fruit
3/4 Creamy Chicken Cordon Bleu Casserole Vegetables Wheat Bread Fruit	3/5 BBQ Pork Sandwich Potato Wedges Coleslaw Fruit	3/6 White Bean Chili Mexican Corn Salad Tossed Salad Cornbread Fruit	3/7 Spaghetti w/Meat Sauce Vegetables Salad Breadstick Fruit	3/8 Pineapple Chicken Stir Fry Asian Cucumber Salad Brown Rice Fruit
3/11 Pork Teriyaki Vegetables Cucumber, Onion & Tomato Salad Fried Rice Fruit	3/12 Meatloaf Mashed Potatoes w/Gravy Vegetable Dinner Roll Fruit	3/13 Cheese & Tomato Tortellini Vegetables Salad Wheat Bread Fruit	3/14 Chicken Pot Pie Coleslaw Biscuit Fruit	3/15 Clam Chowder Cheese Sandwich Salad Crackers Fruit
3/18 CLOSED STAFF TRAINING	3/19 Chicken w/Gravy Mashed Potatoes Vegetables Wheat Bread Fruit	3/20 Cheeseburger Lettuce, Tomatoes & Onions Potato Wedges Fruit	3/21 Split Pea Soup Cheese Sandwich Vegetables Salad Fruit	3/22 Beef Stroganoff Vegetables Salad Wheat Bread Fruit
3/25 Chickpea Pasta Soup ½ Turkey Sandwich Carrot Raisin Salad Fruit	3/26 Meatball Marinara Sub Vegetables Salad Fruit	3/27 Chicken Waldorf Salad Vegetables Croissant Fruit	3/28 Sweet & Sour Pork Vegetables Asian Cucumber Salad Fried Rice Fruit	3/29 Beef Lasagna Casserole Vegetables Salad Breadstick Fruit

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



MEALS ON WHEELS Menu #2 March 2024

Call (509) 426-2601 Monday-Friday the day before you would like to eat lunch to register for a meal.
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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
				Taco Soup Salad Tortillas Fruit 3/1
Beef Tamale Pie Vegetables Fruit 3/4	Chicken Quesadilla Casserole Potato Wedges Coleslaw Fruit 3/5	Pork Tacos Lettuce & Tomato Mexican Corn Salad Tortillas Fruit 3/6	Cumin & Lime Baked Chicken Vegetables Salad Fruit 3/7	Beef Stew Asian Cucumber Salad Tortillas Fruit 3/8
Ground Beef w/ Mixed Veggies Cucumber, Tomato & Onion Salad Tortillas Fruit 3/11	Pinto Bean & Ham Soup Vegetables Salad Tortillas Fruit 3/12	Chicken Fajitas Salad Tortillas Fruit 3/13	Black Bean Enchilada Casserole Mixed Vegetables Coleslaw Fruit 3/14	Chicken w/ Potatoes in Tomatillo Sauce Salad Tortillas Fruit 3/15
CLOSED STAFF TRAINING 3/18	Chile Relleno Refried Beans Tossed Salad Tortillas Fruit 3/19	Chicken Tacos Lettuce & Tomatoes Potato Wedges Tortillas Fruit 3/20	Cheesy Taco Pasta Vegetables Salad Tortillas Fruit 3/21	Pork Tamales Vegetables Salad Fruit 3/22
Beef Tacos Mixed Veggies Carrot Raisin Salad Fruit 3/25	Chicken in Tomato Sauce Vegetables Salad Tortillas Fruit 3/26	Taco Soup Salad Tortillas Fruit 3/27	Beef Tamales Lettuce & Tomato Asian Cucumber Salad Tortillas Fruit 3/28	Mexican Chicken Lasagna Vegetables Salad Fruit 3/29

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