



# MEALS ON WHEELS American Food Menu **August 2022**

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 \$8.50 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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
8/1 Coconut Chicken Curry Peas Brown Rice Fruit	8/2 Cheeseburger Lettuce, Tomato, Onion Potato Salad Fruit	8/3 Asian Chicken Salad Dinner Roll Fruit	8/4 Broccoli Cheddar Soup & Ham Sandwich Diced Carrots Fruit	8/5 Beef Lasagna Casserole Capri Blend Wheat Bread Fruit
8/8 Bacon, Potato, Corn Chowder Normandy Blend Wheat Bread Fruit	8/9 Chicken Parmesan Green Beans Wheat Bread Fruit	8/10 Texas Hash Coleslaw Corn Bread Fruit	8/11 Chicken Salad Sandwich Cauliflower Brown Rice Fruit	8/12 Meatloaf Mashed Potatoes & Gravy Dinner Roll Fruit
8/15 Sauteed Cabbage, Potato & Sausage Peas Dinner Roll Fruit	8/16 Egg Salad Sandwich 5 Way Mixed Veggie Wheat Bread Fruit	8/17 Garlic Butter Chicken Rice Creamy Cucumber and Onion Salad Wheat Bread Fruit	8/18 Spaghetti w/meat sauce Diced Carrots Wheat Bread Fruit	8/19 Chicken and Stuffing Mashed Potatoes Wheat Bread Fruit
8/22 Unstuffed Cabbage Roll Soup Normandy Blend Corn Bread Fruit	8/23 Baked Mac & Cheese Tossed Salad Wheat Bread Fruit	8/24 BBQ Pulled Pork Sandwich Carrot Raisin Salad Fruit	8/25 BLT Pasta Salad Lettuce, Tomato & Onion Wheat Bread Fruit	8/26 Chicken Stroganoff Corn Wheat Bread Fruit
8/29 Lo-Mein W/Beef Peas Wheat Bread Fruit	8/30 Onion Dijon Pork 5 Way Mixed Veggie Brown Rice Fruit	8/31 Chicken Waldorf Salad Broccoli 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 Hispanic Food Menu **August 2022**

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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 \$8.50 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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
8/1 Pork Hominy Soup Cabbage Tortilla Fruit	8/2 Chicken Tacos Potato Salad Tortilla Fruit	8/3 Beef Barbacoa Broccoli Brown Rice Fruit	8/4 Bean & Cheese Burrito Diced Carrots Brown Rice Fruit	8/5 Chicken Tamales Capri Blend Fruit
8/8 Scrambled Eggs w/Cactus Normandy Blend Tortilla Fruit	8/9 Beef Chorizo Spaghetti Green Beans Tortilla Fruit	8/10 Chicken Enchilada Soup Coleslaw Tortilla Fruit	8/11 Veggie Beef Picadillo Cauliflower Tortilla Fruit	8/12 Mexican Chicken Lasagna Zucchini Fruit
8/15 Chicken Pozole Cabbage & Lemon Tortilla Fruit	8/16 Mexican Beef Stew 5 way Mixed veggie Tortillas Fruit	8/17 Scrambled Egg Creamy Cucumber & Onion Salad Tortilla Fruit	8/18 Chicken in Tomato Sauce Diced Carrots Tortilla Fruit	8/19 Beef Taco Capri Blend Tortillas Fruit
8/22 Pork Tamales Normandy Blend Fruit	8/23 Chicken Fajita Tossed Salad Tortillas Fruit	8/24 Ground Beef W/ Mixed Veggie Carrot Raisin Salad Tortillas Fruit	8/25 Chicken w/Noodle Cauliflower Tortilla Fruit	8/26 Taco Soup Zucchini Tortillas Fruit
8/29 Shredded Pork Tacos Peas Tortilla Fruit	8/30 Chicken w/cream sauce 5 way Mixed veggie Brown Rice Fruit	8/31 Pinto Beans & Ham Soup Broccoli Tortillas Fruit		

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