



# MEALS ON WHEELS American Food Menu **June 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6/1 Scalloped Patatoes w/ Ham Wheat Bread Fruit	6/2 Creamy Chicken Cordon Blue Green Beans Wheat Bread Fruit	6/3 Veggie & Egg Scramble Diced Potatoes Wheat Bread Fruit
6/6 Beef Lasagna Casserole Salad w/ Cucumbers Wheat Bread Fruit	6/7 Pork With Onion Gravy Carrots Brown Rice Fruit	6/8 Cheesy Kielbasa Hashbrown Casserole Mixed Veggie Salad Wheat Bread Fruit	6/9 Chili Mac and Cheese Diced Carrots Wheat Bread Fruit	6/10 Meatloaf Mashed Potatoes with Gravy Wheat Bread Fruit
6/13 Chicken Parmesan Casserole 5 Way Mixed Veggie Wheat Bread Fruit	6/14 Vegetable Quiche Diced Potatoes Wheat Bread Fruit	6/15 Cheeseburger Macaroni Mixed Veggie Wheat Bread Fruit	6/16 Dijon Chicken Green Beans Brown Rice Fruit	6/17 Philly Cheesesteak Casserole Salad w/ Tomatoes Wheat Bread Fruit
6/20  <b>CLOSED</b>	6/21 Chicken Fried Rice Salad w/ Cucumbers Wheat Bread Fruit	6/22 BBQ Pulled Pork Peas Brown Rice Fruit	6/23 Three Bean Chili Normandy Blend Corn Bread Fruit	6/24 Veggie Sausage Casserole Cauliflower Wheat Bread Fruit
6/27 Sweet & Sour Pineapple Meatballs 5 Way Mixed Veggie Wheat Bread Fruit	6/28 Roasted Pork w/ Gravy Mashed Potatoes & Gravy Wheat Bread Fruit	6/29 Sesame Orange Chicken Mixed Veggies Brown Rice Fruit	6/30 Veggie Egg Scramble Diced Potatoes 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 **June 2022**

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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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6/1 Scrambled Eggs w/ Tortilla Sauteed Bell Peppers & Onion Tortilla Fruit	6/2 Beef Chorizo Burrito Green Beans Rice & Tortilla Fruit	6/3 Cumin & Lime Chicken Diced Potatoes Tortilla Fruit
6/6 Pork Hominy Soup Cabbage & Lemon Tortilla Fruit	6/7 Chicken Taco Lettuce, Tomato, Carrots Totillas Fruit	6/8 Chicken Tamales Hashbrowns Masa in Tamales Fruit	6/9 Beef Barbacoa Corn Rice & Tortilla Fruit	6/10 Bean & Cheese Burrito Green Beans Rice & Tortilla Fruit
6/13 Scrambled Eggs w/ Cactus 5 Way Mixed Veggie Tortilla Fruit	6/14 Chicken Enchilada Soup Diced Potatoes Tortilla Fruit	6/15 Mexican Chicken Lasagna Broccoli Tortilla Fruit	6/16 Beef Chorizo Spaghetti Sauteed Bell Peppers & Onion Tortilla Fruit	6/17 Veggie & Tomato Picadillo Tossed Salad w/ Tomato Tortilla Fruit
6/20 <b>JUNETEENTH</b> Celebrate Freedom JUNE 19 CLOSED	6/21 Mexican Beef Stew Tossed Salad w/ Cucumbers Tortilla Fruit	6/22 Scrambled Eggs w/ Tortilla Peas Tortilla Fruit	6/23 Beef Tacos Lettuce, Tomatoes Normandy Blend Fruit	6/24 Chicken in Tomato & Chili Sauce Cauliflower Tortilla Fruit
6/27 Pork Tamales 5 Way Mixed Veggies Masa in Tamales Fruit	6/28 Chicken Fajitas Green Peppers & Onions Tortilla Fruit	6/29 Ground Beef w/ Mixed Veggies Tortilla Fruit	6/30 Chicken W/ Noodles Diced Potatoes Tortilla Fruit	

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