



MEALS ON WHEELS American Food Menu **October 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
10/3 Pork with Onion Gravy Mashed Potatoes Normandy Blend Wheat Bread Fruit	10/4 Meatloaf Mashed Potatoes & Gravy Green Beans Dinner Roll Fruit	10/5 Cheesy Mac & Cheese Cucumber, Tomato & Onion Salad Wheat Bread Fruit	10/6 Beef Gravy Cauliflower Brown Rice Fruit	10/7 Creamy Chicken Cordon Bleu Mixed Veggies Wheat Bread Fruit
10/10 Three Bean Chili Peas Corn Bread Fruit	10/11 Beef and Potato Stew 5 Way Veggie Wheat Bread Fruit	10/12 Pork Stir Fry Asian Cucumber Salad Brown Rice Fruit	10/13 Beef Stroganoff Tossed Salad Wheat Bread Fruit	10/14 Chicken Teriyaki Capri Blend Brown Rice Fruit
10/17 Chicken Pot Pie Normandy Blend Wheat Bread Fruit	10/18 Salisbury Steak Coleslaw Wheat Bread Fruit	10/19 Southwest Ziti Casserole Tossed Salad Wheat Bread Fruit	10/20 Sesame Orange Pork Cauliflower Wheat Bread Fruit	10/21 Chicken Salad Sandwich Cucumber's & Ranch Fruit
10/24 Pork Cacciatore Peas Wheat Bread Fruit	10/25 Chicken Ala King 5 Way Veggie Wheat Bread Fruit	10/26 Bean & Pasta Soup Carrot Raisin Salad Wheat Bread Fruit	10/27 Sweet and Sour Pineapple Meatballs Diced Carrots Wheat Bread Fruit	10/28 Shepherd's Pie Capri Blend Wheat Bread Fruit
10/31 Sausage, Potato & Kale Soup Normandy Blend 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



MEALS ON WHEELS Hispanic Food Menu **October 2022**

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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
10/3 Beef Fajitas Normandy Blend Fruit	10/4 Chicken Tamale Green Beans Fruit	10/5 Chicken Enchilada Soup Cucumber, Tomato & Onion Salad Tortillas Fruit	10/6 Mexican Chicken Lasagna Cauliflower Tortillas Fruit	10/7 Veggie & Beef Picadillo Mixed Veggies Tortillas Fruit
10/10 Chicken Pozole Cabbage & Lemon Tortillas Fruit	10/11 Stuffed Peppers 5 Way Veggie Tortillas Fruit	10/12 Mexican Beef Stew Asian Cucumber Salad Tortillas Fruit	10/13 Chicken in Tomato Sauce Tossed Salad Tortillas Fruit	10/14 Beef Taco Capri Blend Fruit
10/17 Pork Tamales Normandy Blend Fruit	10/18 Chicken Fajitas Coleslaw Fruit	10/19 Ground Beef with Mixed Veggie Tossed Salad Tortillas Fruit	10/20 Chicken with Noodle Cauliflower Tortillas Fruit	10/21 Taco Soup Cucumbers & Ranch Tortillas Fruit
10/24 Chicken with Potato & Tomatillo Sauce Pea Tortillas Fruit	10/25 Shredded Pork Tacos 5 Way Veggie Fruit	10/26 Pinto Bean & Ham Soup Carrot Raisin Salad Tortillas Fruit	10/27 Taco Bake Casserole Diced Carrots Brown Rice Fruit	10/28 Beef & Bean Burrito Capri Blend Fruit
10/31 Beef Fajitas Normandy Blend Fruit				

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