



MEALS ON WHEELS American Food Menu **September 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
			9/1 Cheese & Tomato Tortellini Tossed Salad Wheat Bread Fruit	9/2 Beef Macaroni Goulash Capri Blend Wheat Bread Fruit
CLOSED 9/5  HAPPY LABOR DAY ★ ★ ★	9/6 Pork Fried Rice Green Beans Wheat Bread Fruit	9/7 Pasta & Chickpea Soup Cheese & Onion Sandwich Creamy Cucumber & Onion Salad Fruit	9/8 BLT Pasta Salad Lettuce, Tomato & Onion Wheat Bread Fruit	9/9 Honey Glazed Chicken Zucchini Wheat Bread Fruit
9/12 Scalloped Potatoes & Ham Peas Wheat Bread Fruit	9/13 Sloppy Joe Coleslaw Wheat Bread Fruit	9/14 Egg Salad Sandwich Cucumber & Ranch Fruit	9/15 Chicken Caesar Pasta Salad Diced Carrots Wheat Bread Fruit	9/16 Cheeseburger Macaroni Capri Blend Wheat Bread Fruit
9/19 Chicken Waldorf Salad Normandy Blend Wheat Bread Fruit	9/20 Southwest Ziti Casserole Carrot Raisin Salad Wheat Bread Fruit	9/21 Swiss Burger in Tomato Gravy Stir Fry Veggie Wheat Bread Fruit	9/22 BBQ Pulled Pork Cauliflower Wheat Bread Fruit	9/23 Chicken Cacciatore Zucchini Wheat Bread Fruit
9/26 Cheese & Tomato Tortellini Peas Wheat Bread Fruit	9/27 Meatloaf Mashed Potatoes & Gravy Dinner Roll Fruit	9/28 Chicken Fried Rice Stir Fry Veggie Wheat Bread Fruit	9/29 Chicken Salad Sandwich Diced Carrots Fruit	9/30 Sweet and Sour Pork Tossed Salad Wheat Bread Fruit

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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 **September 2022**


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PEOPLE FOR PEOPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9/1 Bean & Beef Burrito Tossed Salad Fruit	9/2 Scrambled Egg with Cactus Capri Blend Tortilla Fruit
CLOSED 9/5 	9/6 Beef Fajitas Green Beans Tortilla Fruit	9/7 Chicken with Tomato Sauce Creamy Cucumber & Onion Salad Brown Rice Fruit	9/8 Cumin Lime Baked Chicken Cauliflower Tortilla Fruit	9/9 Beef Tamale Pie Zucchini Fruit
9/12 Shredded Chicken Taco Peas Tortilla Fruit	9/13 Mexican Beef Stew 5- way Mixed Veggie Tortillas Fruit	9/14 Chicken Fajitas Cucumber & Ranch Tortilla Fruit	9/15 Beef Stew Diced Carrots Tortilla Fruit	9/16 Meatball Soup Capri Blend Tortillas Fruit
9/19 Cheese Stuffed Pepper Normandy Blend Tortilla Fruit	9/20 Beef in Tomatillo Sauce Carrot Raisin Salad Brown Rice Fruit	9/21 Black Bean Enchilada Casserole Stir Fry Veggie Fruit	9/22 Tortilla and Egg Scramble Cauliflower Brown Rice Fruit	9/23 Beef Tacos Zucchini Tortilla Fruit
9/26 Pork Hominy Soup Cabbage & Lemon Tortilla Fruit	9/27 Chicken Tacos 5-way Mixed Veggie Tortilla Fruit	9/28 Beef Barbacoa Broccoli Brown Rice Fruit	9/29 Bean & Cheese Burrito Diced Carrots Brown Rice Fruit	9/30 Chicken Tamales Tossed Salad Fruit

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