






MEALS ON WHEELS American Food Menu **November 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
	11/1 Coconut Curry Chicken Green Beans Brown Rice Fruit	11/2 Spaghetti w/Meat Sauce Tossed Salad Wheat Bread Fruit	11/3 White Bean Chili Cauliflower Brown Rice Fruit	11/4 Salsbury Steak Mashed Potatoes Wheat Bread Fruit
11/7 Chili Baked Potato Peas Corn Bread Fruit	11/8 Ranch Chicken Casserole 5 Way Veggie Wheat Bread Fruit	11/9 Cheese & Tomato Tortellini Tossed Salad Wheat Bread Fruit	11/10 Broccoli Cheddar Soup Ham Sandwich Diced Carrots Wheat Bread Fruit	CLOSED 11/11 
11/14 Three Bean Chili Normandy Blend Corn Bread Fruit	11/15 Lo-Mein w/Beef Carrot Raisin Salad Wheat Bread Fruit	11/16 BBQ Chicken JoJo Wheat Bread Fruit	11/17 Cheeseburger Macaroni Cucumber and Ranch Wheat Bread Fruit	11/18 White Chicken Chili Tossed Salad Wheat Bread Fruit
11/21 Smothered Hamburger Patty Coleslaw Wheat Bread Fruit	11/22 Spaghetti w/Meat Sauce 5 Way Veggie Wheat Bread Fruit	11/23 Turkey Mashed Potatos Green Beans Dinner Roll Fruit Pumpkin Pie	11/24 CLOSED 	11/25 CLOSED 
11/28 Swedish Meatballs Diced Carrots Wheat Bread Fruit	11/29 Scalloped Potatoes w/Ham Green Beans Wheat Bread Fruit	11/30 Beef and Noodle Soup Tossed Salad 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 **November 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
	11/1 Shredded Pork Tacos Green Beans Fruit	11/2 Chicken w/Red Sauce Tossed Salad Tortillas Fruit	11/3 Beef Tamale Pie Cauliflower Tortillas Fruit	11/4 Cumin Lime Chicken Capri Blend Tortillas Fruit
11/7 Shredded Chicken Tacos Peas Fruit	11/8 Beef Tamales 5 Way Veggie Fruit	11/9 Chicken & Potato in Red Sauce Tossed Salad Tortillas Fruit	11/10 Beef Stew Diced Carrots Tortillas Fruit	11/11 CLOSED 
11/14 Pork Hominy Cabbage & Lemon Tortillas Fruit	11/15 Chicken Fajitas Carrot Raisin Salad Fruit	11/16 Black Bean Enchilada Casserole JoJo Tortillas Fruit	11/17 Beef in Tomatillo Sauce Cucumber & Ranch Brown Rice Fruit	11/18 Beef Taco Tossed Salad Tortillas Fruit
11/21 Cheese Stuffed Pepper Normandy Blend Tortillas Fruit	11/22 Chicken Tacos 5 Way Veggie Fruit	11/23 Beef Barbacoa Green Beans Tortillas Fruit Pumpkin Pie	11/24 CLOSED 	11/25 CLOSED 
11/28 Beef Fajitas Normandy Blend Fruit	11/29 Pork Tamales Green Beans Fruit	11/30 Chicken Enchilada Soup Tossed Salad Tortillas Fruit		

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