



MEALS ON WHEELS Menu # 1 January 2023

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
CLOSED 1/2 	1/3 Sweet & Sour Meatballs Vegetable Tossed Salad Brown Rice Fruit	1/4 Southwest Ziti Casserole Vegetable Tossed Salad Wheat Bread Fruit	1/5 BBQ Pulled Pork Vegetable Tossed Salad Wheat Bread Fruit	1/6 Chicken ala King Vegetable Tossed Salad Biscuit Fruit
1/9 Cheese & Tomato Tortellini Vegetable Carrot Raisin Salad Wheat Bread Fruit	1/10 Meatloaf Mashed Potato Tossed Salad Dinner Roll Fruit	1/11 Chicken & Mushroom Linguine Vegetable Tossed Salad Wheat Bread Fruit	1/12 Sesame Orange Pork Vegetable Tossed Salad Brown Rice Fruit	1/13 Swiss Burger in Tomato Gravy Mashed Potato Tossed Salad Wheat Bread Fruit
Closed 1/16 	1/17 Swedish Meatballs Vegetable Tossed Salad Wheat Bread Fruit	1/18 Chicken Pot Pie Vegetable Tossed Salad Biscuit Fruit	1/19 Navy Bean & Ham Soup Cheese Sandwich Vegetable Tossed Salad Fruit	1/20 Cheeseburger Macaroni Vegetable Tossed Salad Wheat Bread Fruit
1/23 Three Bean Chili Coleslaw Corn Bread Fruit	1/24 Scalloped Potato w/Ham Vegetable Tossed Salad Wheat Bread Fruit	1/25 Spaghetti w/Meat sauce Vegetable Tossed Salad Wheat Bread Fruit	1/26 Split Pea Soup Vegetable Tossed Salad Wheat Bread Fruit	1/27 Chicken Parmesan Casserole Vegetable Tossed Salad Wheat Bread Fruit
1/30 Beef lasagna Casserole Vegetable Tossed Salad Wheat Bread Fruit	1/31 Chicken & Stuffing Vegetable 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




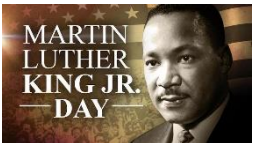
PEOPLE FOR PEOPLE

MEALS ON WHEELS Menu # 2 January 2023

Call (509) 426-2601 Monday-Friday the day before you would like to eat lunch to register for a meal.
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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
CLOSED 1/2 	1/3 Beef Tamale Vegetable Tossed Salad Fruit	1/4 Chicken & Potato in Red Sauce Tossed Salad Tortilla Fruit	1/5 Beef Stew Tossed Salad Tortilla Fruit	1/6 Meatball Soup Tossed Salad Tortilla Fruit
1/9 Pork Hominy Soup Cabbage & Lemon Tortilla Fruit	1/10 Chicken Fajitas Vegetable Tossed Salad Fruit	1/11 Black Bean Enchilada Casserole Vegetable Tossed Salad Tortilla Fruit	1/12 Beef in Tomatillo Sauce Vegetable Tossed Salad Brown Rice Fruit	1/13 Beef Taco Tossed Salad Fruit
1/16 	1/17 Chicken Tacos Tossed Salad Fruit	1/18 Beef Barbacoa Vegetable Tossed Salad Brown Rice Fruit	1/19 Bean & Cheese Burrito Vegetable Tossed Salad Brown Rice Fruit	1/20 Chicken Tamale Vegetable Tossed Salad Fruit
1/23 Beef Fajita Vegetable Tossed Salad Fruit	1/24 Mexican Chicken Lasagna Vegetable Tossed Salad Fruit	1/25 Chicken Enchilada Soup Tossed Salad Tortilla Fruit	1/26 Veggie & Beef Picadillo Tossed Salad Tortilla Fruit	1/27 Pork Tamale Vegetable Tossed Salad Fruit
1/30 Chicken Pozole Cabbage & Lemon Tortilla Fruit	1/31 Chile Relleno Vegetable Tossed Salad Tortilla Fruit			

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