



# MEALS ON WHEELS Menu #1 March 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 \$9.00 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
		<b>3/1</b> Honey Glazed Chicken Stir Fry Veggies Salad Wheat Bread Fruit	<b>3/2</b> Cheesy Mac & Cheese Cauliflower Salad Wheat Bread Fruit	<b>3/3</b> Sloppy Joe Jojo's Salad Fruit
<b>3/6</b> Bean & Pasta Soup Peas Salad Wheat Bread Fruit	<b>3/7</b> BBQ Pulled Pork Jojo's Fruit	<b>3/8</b> Coconut Curry Chicken Broccoli Salad Wheat Bread Fruit	<b>3/9</b> Chicken & Stuffing Carrots Salad Wheat Bread Fruit	<b>3/10</b> Meatloaf Mashed Potatoes Salad Dinner Roll Fruit
<b>3/13</b> Four Cheese Ziti Normandy Blend Salad Wheat Bread Fruit	<b>3/14</b> Creamy Chicken Cordon Bleu Casserole Green Beans Salad Wheat Bread Fruit	<b>3/15</b> Garlic Butter Pork Tenderloin Mashed Potatoes Salad Dinner Roll Fruit	<b>3/1</b> Spaghetti w/ Meat Sauce Cauliflower Salad Wheat Bread Fruit	<b>3/17</b> Ranch Chicken Casserole Corn Salad Wheat Bread Fruit
<b>3/20</b> White Bean Chili Peas Salad Corn Bread Fruit	<b>3/21</b> BBQ Chicken Jojo's Salad Wheat Bread Fruit	<b>3/22</b> Beef Macaroni Goulash Coleslaw Cucumbers Wheat Bread Fruit	<b>3/23</b> Sesame Pork Rice Salad Wheat Bread Fruit	<b>3/24</b> Chicken Teriyaki Capri Blend Salad Brown Rice Fruit
<b>3/27</b> Cheesy Mac & Cheese Normandy Blend Salad Wheat Bread Fruit	<b>3/28</b> Apple Smoked Baked Ham Mashed Potatoes Salad Wheat Bread Fruit	<b>3/29</b> Chicken Stroganoff Stir Fry Veggies Salad Wheat Bread Fruit	<b>3/30</b> Beef Gravy Mashed Potatoes Salad Wheat Bread Fruit	<b>3/28</b> Baked Ziti w/ Sausage Crumbles Cucumbers 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 Menu #2 March 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 \$9.00 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
		<b>3/1</b> Meatball Soup Vegetable Salad Tortilla Fruit	<b>3/2</b> Beef Stew Vegetable Salad Tortilla Fruit	<b>3/3</b> Chicken & Potatoes in Red Sauce Salad Tortilla Fruit
<b>3/6</b> Shredded Chicken Tacos Lettuce & Tomato Salad Tortilla Fruit	<b>3/7</b> Beef Tamales Mixed Veggies Salad Fruit	<b>3/8</b> Meatball Soup Vegetable Salad Tortilla Fruit	<b>3/9</b> Beef Stew Salad Tortilla Fruit	<b>3/10</b> Chicken & Potatoes in Red Sauce Salad Tortilla Fruit
<b>3/11</b> Pork Hominy Cabbage & Lemon Tortilla Fruit	<b>3/14</b> Shredded Pork Tacos Tossed Salad Fruit	<b>3/15</b> Pinto Bean & Ham Soup Vegetable Tossed Salad Tortilla Fruit	<b>3/16</b> Chicken w/ Potato & Tomatillo Sauce Tossed Salad Tortilla Fruit	<b>3/17</b> Beef & Bean Burrito Vegetable Tossed Salad Fruit
<b>3/20</b> Chicken Tacos Lettuce & Tomato Salad Tortilla Fruit	<b>3/21</b> Beef Barbacoa Jojo's Salad Brown Rice Fruit	<b>3/22</b> Chicken Pozole Cabbage & Lemon Tortilla Fruit	<b>3/23</b> Chicken Tamales Carrots Salad Fruit	<b>3/24</b> Bean & Cheese Burrito Capri Blend Salad Fruit
<b>3/27</b> Beef Fajitas Salad Tortilla Fruit	<b>3/28</b> Mexican Chicken Lasagna Green Beans Salad Fruit	<b>3/29</b> Veggies & Beef Picadillo Mixed Veggies Salad Tortilla, Fruit	<b>3/30</b> Pork Tamales Cauliflower Salad Fruit	<b>3/31</b> Chicken Enchilada Soup Salad Tortilla Fruit

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