



# MEALS ON WHEELS Menu #1 April 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
<p style="text-align: right;"><b>4/3</b></p> <p>Southwest Ziti Peas Salad Wheat Bread Fruit</p>	<p style="text-align: right;"><b>4/4</b></p> <p>Scalloped Potatoes w/ Ham Mixed Veggies Salad Wheat Bread Fruit</p>	<p style="text-align: right;"><b>4/5</b></p> <p>Bacon, Potato, Corn Chowder Cheese Sandwich Salad Fruit</p>	<p style="text-align: right;"><b>4/6</b></p> <p>Sesame Orange Chicken Carrots Salad Wheat Bread Fruit</p>	<p style="text-align: right;"><b>4/7</b></p> <p>Meatloaf Mashed Potatoes Salad Wheat Bread Fruit</p>
<p style="text-align: right;"><b>4/10</b></p> <p>White Bean Chili Normandy Blend Salad Corn Bread Fruit</p>	<p style="text-align: right;"><b>4/11</b></p> <p>Beef Lasagna Casserole Green Beans Salad Wheat Bread Fruit</p>	<p style="text-align: right;"><b>4/12</b></p> <p>Broccoli Cheddar Soup Ham Sandwich Salad Fruit</p>	<p style="text-align: right;"><b>4/13</b></p> <p>Cheeseburger Macaroni Cauliflower Salad Wheat Bread Fruit</p>	<p style="text-align: right;"><b>4/14</b></p> 
<p style="text-align: right;"><b>4/17</b></p> <p>Baked Mac &amp; Cheese Peas Salad Wheat Bread Fruit</p>	<p style="text-align: right;"><b>4/18</b></p> <p>Shepherd's Pie Mashed Potatoes Wheat Bread Fruit</p>	<p style="text-align: right;"><b>4/19</b></p> <p>Swiss Burger in Tomato Gravy Potato Wedges Salad Wheat Bread Fruit</p>	<p style="text-align: right;"><b>4/20</b></p> <p>Roasted Pork Mashed Potatoes Salad Wheat Bread Fruit</p>	<p style="text-align: right;"><b>4/21</b></p> <p>Spaghetti w/ Meat Sauce Capri Blend Salad Dinner Roll Fruit</p>
<p style="text-align: right;"><b>4/24</b></p> <p>Cheese &amp; Tomato Tortellini Normandy Blend Salad Wheat Bread Fruit</p>	<p style="text-align: right;"><b>4/25</b></p> <p>Pork Fried Rice Green Beans Salad Fruit</p>	<p style="text-align: right;"><b>4/26</b></p> <p>Sweet &amp; Sour Chicken Stir Fry Veggies Salad Rice Fruit</p>	<p style="text-align: right;"><b>4/27</b></p> <p>Swedish Meatballs Cauliflower Salad Wheat Bread Fruit</p>	<p style="text-align: right;"><b>4/28</b></p> <p>Chicken Gravy Mashed Potatoes Salad Dinner Roll Fruit</p>

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 April 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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4/3</b>	<b>4/4</b>	<b>4/5</b>	<b>4/6</b>	<b>4/7</b>
Pork Tamales Peas Salad Fruit	Chicken Fajitas Salad Tortillas Fruit	Ground Beef w/ Mixed Veggies Salad Tortillas Fruit	Taco Soup Veggies Salad Tortilla Fruit	Chicken Tacos Tomato Salad Fruit
<b>4/10</b>	<b>4/11</b>	<b>4/12</b>	<b>4/13</b>	<b>4/14</b>
Taco Bake Casserole Normandy Blend Salad Fruit	Shredded Pork Tacos Lettuce & Tomato Salad Fruit	Chicken w/ Potatoes and Tomatillo Sauce Salad Tortillas Fruit	Pinto Bean & Ham Soup Cauliflower Salad Tortillas, Fruit	
<b>4/17</b>	<b>4/18</b>	<b>4/19</b>	<b>4/20</b>	<b>4/21</b>
Beef in Tomatillo Sauce Peas Salad Tortillas, Fruit	Chicken Tamales Mixed Veggies Salad Fruit	Chicken w/ Red Sauce Potato Wedges Salad Brown Rice Fruit	Beef Tamale Pie Carrots Salad Fruit	Cumin & Lime Baked Chicken Capri Blend Salad Brown Rice, Fruit
<b>4/24</b>	<b>4/25</b>	<b>4/26</b>	<b>4/27</b>	<b>4/28</b>
Shredded Chicken Tacos Lettuce & Tomato Tortillas Fruit	Beef Tamales Green Beans Salad Fruit	Meatball Soup Salad Tortilla Fruit	Chicken & Potatoes in Red Sauce Salad Tortilla Fruit	Beef Stew Veggies Salad Tortilla Fruit

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