



MEALS ON WHEELS Menu #1 June 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
			6/1 Chicken Cordon Blue Vegetables Salad Wheat Bread Fruit	6/2 Egg Salad Sandwich Vegetables Croissant Fruit
6/5 Beef Lasagna Casserole Vegetables Salad Wheat bread Fruit	6/6 Pork w/ Onion Gravy Vegetables Salad Brown Rice Fruit	6/7 Shredded BBQ Chicken Sandwich Vegetables Fruit	6/8 Chili Mac & Cheese Vegetables Salad Wheat Bread Fruit	6/9 Meatloaf Mashed Potatoes Salad Dinner Roll Fruit
6/12 Chicken Parmesan Casserole Vegetables Salad Wheat Bread Fruit	6/13 Three Bean Chili Vegetables Salad Corn bread Fruit	6/14 Cheeseburger Macaroni Vegetables Salad Wheat Bread Fruit	6/15 BLT Pasta Salad Vegetables Fruit	6/16 Philly Cheesesteak Casserole Vegetables Salad Wheat Bread Fruit
6/19 	6/20 Chicken Medley Vegetable Salad Wheat Bread Fruit	6/21 Ham & Cheese Sandwich Tomato Soup Vegetables Fruit	6/22 Three Bean Chili Vegetables Salad Wheat Bread Fruit	6/23 Asian Chicken Salad Vegetables Dinner Roll Fruit
6/26 Sweet & Sour Pineapple Meatballs Vegetables Salad Brown Rice Fruit	6/27 Roasted Pork Mashed Potatoes Salad Wheat Bread Fruit	6/28 Chicken Caesar Pasta Salad Vegetables Wheat Bread Fruit	6/29 Cheesy Mac & Cheese Vegetables Salad Wheat Bread Fruit	6/30 Spaghetti w/ Meat Sauce Vegetables 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 June 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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Suggested donation for registered people 60 years and over \$2.50/meal; under 60 years \$9.00 fee/meal*

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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
			6/1 Taco Soup Vegetables Salad Tortillas Fruit	6/2 Chicken Tacos Lettuce & Tomato Vegetables Fruit
6/5 Shredded Pork Tacos Vegetables Salad Fruit	6/6 Taco Bake Casserole Vegetables Salad Fruit	6/7 Beef & Bean Burrito Vegetables Fruit	6/8 Pinto Bean & Ham Soup Vegetables Salad Tortillas Fruit	6/9 Chicken w/ Potatoes & Tomatillo Sauce Vegetables Salad Tortillas Fruit
6/12 Beef in Tomatillo Sauce Vegetables Salad Brown Rice Fruit	6/13 Chicken Tamales Vegetables Salad Fruit	6/14 Chicken w/ Red Sauce Vegetables Salad Brown Rice Fruit	6/15 Beef Tamale Pie Vegetables Salad Fruit	6/16 Cumin & Lime Baked Chicken Vegetables Salad Brown Rice Fruit
6/19 	6/20 Beef Tamales Vegetables Salad Fruit	6/21 Meatball Soup Vegetables Salad Fruit	6/22 Chicken & Potatoes in Red Sauce Vegetables Salad Tortillas Fruit	6/23 Beef Stew Vegetables Salad Tortillas Fruit
6/26 Pork Hominy Soup Cabbage & Lemon Tortillas Fruit	6/27 Beef in Tomatillo Sauce Vegetables Salad Brown Rice Fruit	6/28 Black Bean Enchilada Casserole Vegetables Salad Fruit	6/29 Beef Tacos Lettuce & Tomato Vegetables Fruit	6/30 Chicken Fajitas Vegetables Salad Tortillas Fruit

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