



MEALS ON WHEELS Menu #1 September 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
				9/1 Chicken With gravy Mashed Potatoes Salad Wheat Bread Fruit
Closed 9/4 	9/5 BBQ Pulled Pork Sandwich Vegetables Salad Bun Fruit	9/6 Creamy Chicken Cordon Bleu Casserole Vegetables Salad Fruit	9/7 Meatloaf Mashed Potatoes Salad Wheat Bread Fruit	9/8 Cheese & Tomato Tortellini Vegetables Salad Fruit
9/11 Sweet & Sour Pork Vegetables Salad Wheat Bread Fruit	9/12 Chicken Salad Sandwich Vegetables Salad Croissant Fruit	9/13 Creamy Chicken With Mushrooms Mashed Potatoes Salad Fruit	9/14 Meatball Marinara Sub Vegetables Salad Hoagie Roll Fruit	9/15 Four Cheese Ziti Vegetables Salad Wheat Bread Fruit
9/18 Southwest Chicken Salad Vegetables Corn Bread Fruit	9/19 Spaghetti w/ Meat Sauce Vegetables Salad Bread Stick Fruit	9/20 Closed Staff Training	9/21 Egg Salad Sandwich Vegetables Salad Croissant Fruit	9/22 Pineapple Chicken Stir Fry Vegetables Brown Rice Wheat Bread Fruit
9/25 Bean & Pasta Soup Vegetables Salad Cornbread Fruit	9/26 Honey Glazed Chicken Vegetables Salad Brown Rice Wheat Bread Fruit	9/27 Cheeseburger Vegetables Hamburger Bun Fruit	9/28 Ranch Chicken Casserole Vegetables Salad Wheat Bread Fruit	9/29 Pork with Gravy Mashed Potatoes Vegetables Dinner Roll 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 September 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*

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
				9/1 Beef Tacos Vegetables Salad Tortilla Fruit
Closed 9/4 	9/5 Beef Tamale Pie Vegetables Salad Tortilla Fruit	9/6 Pinto Bean & Ham Soup Vegetables Salad Tortilla Fruit	9/7 Cumin & Lime Baked Chicken Vegetables Salad Fruit	9/8 Pork Tacos Vegetables Salad Tortilla Fruit
9/11 Taco Bake Casserole Vegetables Salad Tortilla Fruit	9/12 Beef & Bean Burrito Vegetables Salad Fruit	9/13 Black Bean Enchilada Casserole Vegetables Salad Fruit	9/14 Taco Soup Vegetables Salad Tortilla Fruit	9/15 Chicken Fajitas Vegetables Salad Tortilla Fruit
9/18 Chile Relleno Vegetables Tortilla Fruit	9/19 Chicken Tamales Vegetables Salad Fruit	9/20 Closed Staff Training	9/21 Chicken & Potatoes in Tomatillo Sauce Vegetables Salad Tortilla Fruit	9/22 Pork Hominy Soup Cabbage & Lemon Tortilla Fruit
9/25 Beef Tacos Vegetables Salad Tortilla	9/26 Beef Tamales Vegetables Salad Fruit	9/27 Pork Tacos Vegetables Salad Tortilla Fruit	9/28 Veggies and Beef Picadillo Vegetables Salad Tortilla Fruit	9/29 Chicken w/ Red Sauce Vegetables Salad Brown Rice Fruit

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