



MEALS ON WHEELS Menu #1 July 2024


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
7/1 Coconut Chicken Curry Vegetables Cucumbers Rice Wheat Bread Fruit	7/2 Chickpea Pasta Soup ½ Turkey Sandwich Salad Fruit	7/3 Spaghetti w/ Meat Sauce Vegetables Salad Breadstick Fruit	7/4 CLOSED 	7/5 Asian Chicken Salad Fruit Dinner Roll
7/8 BBQ Pork Sandwich Baked Beans Coleslaw Fruit	7/9 Veggie Quiche Diced Potatoes English Muffin Fruit	7/10 Clam Chowder Cheese Sandwich Salad Crackers Fruit	7/11 Meatloaf Mashed Potatoes w/Gravy Vegetables Dinner Roll Fruit	7/12 Bacon, Lettuce & Tomato Pasta Salad Dinner Roll Peaches & Cottage Cheese
7/15 Pork w/Gravy Mashed Potatoes Vegetables Wheat Bread Fruit	7/16 Pineapple Chicken Stir Fry Vegetables Rice Wheat Bread Fruit	7/17 Beef Meatball Marinara Sub Vegetables Salad Fruit	7/18 Egg Salad Cucumber Tossed Salad Croissant Fruit	7/19 Chicken a la King Vegetables Biscuit Fruit
7/22 Southwest Chicken Salad Cucumbers Cornbread Fruit	7/23 Cheeseburger Lettuce, Tomato & Onion Jo Jo's Fruit	7/24 Chicken Waldorf Salad Tossed Salad Croissant Fruit	7/25 Broccoli Cheddar Soup Ham Sandwich Cucumber, Tomato & Onion Salad Fruit	7/26 Cheese & Tomato Tortellini Vegetables Salad Wheat Bread Fruit
7/29 Sloppy Joe Jo Jo's Coleslaw Fruit	7/30 Pork w/ Mushrooms in Marinara Sauce Pea, Pickle & Cheese Salad Rice Fruit	7/31 Tuna Salad Cucumbers Tossed Salad Croissant Peaches & Cottage Cheese		

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 July 2024

Call (509) 426-2601 Monday-Friday the day before you would like to eat lunch to register for a meal.
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PEOPLE FOR PEOPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">7/1</p> <p>Chile Relleno Vegetables Cucumbers Tortillas Fruit</p>	<p style="text-align: right;">7/2</p> <p>Beef Taco Salad Tortillas Fruit</p>	<p style="text-align: right;">7/3</p> <p>Chicken Fajitas Salad Tortillas Fruit</p>	<p style="text-align: right;">CLOSED 7/4</p> 	<p style="text-align: right;">7/5</p> <p>Mexican Beef Chili Salad Tortilla Fruit</p>
<p style="text-align: right;">7/8</p> <p>Mexican Chicken Lasagna Refried Beans Coleslaw Tortillas Fruit</p>	<p style="text-align: right;">7/9</p> <p>Beef Tacos Lettuce & Tomato Diced Potatoes Tortillas Fruit</p>	<p style="text-align: right;">7/10</p> <p>Ground Beef w/ Mixed Veggies Salad Tortillas Fruit</p>	<p style="text-align: right;">7/11</p> <p>Mexican Chicken Salad Vegetables Tortillas Tortilla Chips Fruit</p>	<p style="text-align: right;">7/12</p> <p>Pork Posole Cabbage & Lime Tortillas Peaches & Cottage Cheese</p>
<p style="text-align: right;">7/15</p> <p>Chicken & Potatoes in Tomatillo Sauce Vegetables Tortillas Fruit</p>	<p style="text-align: right;">7/16</p> <p>Beef Barbacoa Vegetables Cucumbers Rice Tortillas Fruit</p>	<p style="text-align: right;">7/17</p> <p>Sweet Potato & Black Bean Chili Salad Rice Tortilla Fruit</p>	<p style="text-align: right;">7/18</p> <p>Chicken Quesadilla Casserole Cucumbers Salad Fruit</p>	<p style="text-align: right;">7/19</p> <p>Beef Tamale Pie Vegetables Salad Fruit</p>
<p style="text-align: right;">7/22</p> <p>Bean Taco Soup Cucumbers Tortillas Fruit</p>	<p style="text-align: right;">7/23</p> <p>Pork Tamales Refried Beans Salad Fruit</p>	<p style="text-align: right;">7/24</p> <p>Cheesy Beef Taco Pasta Salad Grapes Tortillas Fruit</p>	<p style="text-align: right;">7/25</p> <p>Creamy Beef Burrito Casserole Cucumber, Tomato & Onion Salad Fruit</p>	<p style="text-align: right;">7/26</p> <p>Chicken in Tomato Sauce Vegetables Salad Tortillas Fruit</p>
<p style="text-align: right;">7/29</p> <p>Ranch Chicken Casserole Refried Beans Coleslaw Fruit</p>	<p style="text-align: right;">7/30</p> <p>Beef & Potatoes in Tomatillo Sauce Pea, Pickle & Cheese Salad Tortillas Fruit</p>	<p style="text-align: right;">7/31</p> <p>Chicken Taco Soup Salad Tortillas Peaches & Cottage Cheese</p>		

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