



MEALS ON WHEELS Menu #1 December 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
				12/1 Salisbury Casserole Mashed Potatoes Vegetables Wheat Bread Fruit
12/4 Spaghetti w/Meat Sauce Vegetables Salad Breadstick Fruit	12/5 Garlic Butter Pork Mashed Potatoes Vegetables Dinner Roll Fruit	12/6 Baked Mac n Cheese Vegetables Salad Wheat Bread Fruit	12/7 White Bean Chicken Chili Vegetables Cornbread Fruit	12/8 Shepard's Pie Mashed Potatoes Wheat Bread Fruit
12/11 Beef Lasagna Casserole Vegetables Salad Breadstick Fruit	12/12 Chicken Fried Rice Vegetables Salad Wheat Bread Fruit	12/13 Meatloaf Mashed Potatoes Vegetables Dinner Roll Fruit	12/14 Ham and Cheese Sandwich Tomato Soup Salad Wheat Bread Fruit	12/15 Veggie Noodle Casserole Salad Wheat Bread Fruit
12/18 Chicken Caesar Pasta Salad Vegetables Salad Wheat Bread Fruit	12/19 Cheeseburger Vegetables Hamburger Bun Fruit	12/20 Ranch Chicken Casserole Vegetables Wheat Bread Fruit	12/21 Split Pea Soup ½ Cheese & Onion Sandwich Salad Vegetables Fruit	12/22 Roast Beef Mashed Potatoes Vegetables Dinner Roll Fruit
12/25 CLOSED 	12/26 BBQ Meatballs Mashed Potatoes Vegetables Wheat Bread Fruit	12/27 Cheese and Tomato Tortellini Vegetables Salad Wheat Bread Fruit	12/28 Chicken Pot Pie Vegetables Salad Wheat Bread Fruit	12/29 Meatloaf 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.



MEALS ON WHEELS Menu #2 December 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
				12/1 Mexican Chicken Lasagna Vegetables Salad Fruit
12/4 Cumin and Lime Baked Chicken Vegetables Salad Brown Rice Fruit	12/5 Chicken and Potatoes in Red Sauce Vegetables Tortillas Fruit	12/6 Beef Quesadilla Casserole Vegetable Salad Tortillas Fruit	12/7 Chile Relleno Refried Beans Salad Tortillas Fruit	12/8 Pork Hominy Soup Cabbage and Lemon Tortillas Fruit
12/11 Pinto Bean and Ham Soup Vegetables Salad Tortillas Fruit	12/12 Beef in Tomatillo Sauce Vegetables Salad Fruit	12/13 Taco Soup Salad Tortillas Fruit	12/14 Chicken Tacos Vegetables Salad Tortilla Fruit	12/15 Veggies and Beef Picadillo Salad Tortilla Fruit
12/18 Beef Barbacoa Vegetables Salad Brown Rice Tortilla Fruit	12/19 Pork Tacos Vegetables Tortillas Fruit	12/20 Meatball Soup Vegetables Tortillas Fruit	12/21 Green Chicken Enchilada Casserole Vegetables Salad Fruit	12/22 Chicken Tamales Vegetables Salad Fruit
CLOSED 12/25 	12/26 Chile Relleno Vegetables Refried Beans Tortillas Fruit	12/27 Chicken Fajitas Salad Tortillas Fruit	12/28 Beef Tamale Pie Vegetables Salad Fruit	12/29 Chicken Pozole Cabbage and Lemon Tortillas Fruit

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