



PEOPLE FOR PEOPLE

# MEALS ON WHEELS Menu #1 September 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CLOSED</b> 9/2</p> <p><b>LABOR DAY</b></p>	<p>9/3</p> <p>Tuna Salad Cucumbers Tossed Salad Croissant Peaches &amp; Cottage Cheese</p>	<p>9/4</p> <p>Spaghetti w/ Meat Sauce Vegetables Tossed Salad Dinner Roll Fruit</p>	<p>9/5</p> <p>Chicken Teriyaki Fried Rice Vegetables Cucumber, Tomato &amp; Onion Salad Fruit</p>	<p>9/6</p> <p>Broccoli Cheddar Soup Ham Sandwich Tossed Salad Fruit</p>
<p>9/9</p> <p>Chicken Caesar Salad Cucumbers Dinner Roll Fruit</p>	<p>9/10</p> <p>Beef Macaroni Goulash Vegetables Tossed Salad Wheat Bread Fruit</p>	<p>9/11</p> <p>BBQ Pork Sandwich Baked Beans Coleslaw Fruit</p>	<p>9/12</p> <p>Meatloaf Mashed Potatoes w/Gravy Vegetables Dinner Roll Fruit</p>	<p>9/13</p> <p>Split Pea Soup Cheese Sandwich Vegetables Tossed Salad Fruit</p>
<p>9/16</p> <p>Pork w/ Mushrooms in Marinara Sauce Vegetables Rice Wheat Bread Fruit</p>	<p>9/17</p> <p>Asian Chicken Salad Dinner Roll Fruit</p>	<p>9/18</p> <p>Baked Mac &amp; Cheese Vegetables 3 Bean Salad Wheat Bread Fruit</p>	<p>9/19</p> <p>Meatball Marinara Sub Jo Jo's Tossed Salad Fruit</p>	<p>9/20</p> <p>Coconut Chicken Curry Rice Vegetables Tossed Salad Wheat Bread Fruit</p>
<p>9/23</p> <p>Chicken Waldorf Salad Tossed Salad Croissant Peaches &amp; Cottage Cheese</p>	<p>9/24</p> <p>Garlic Butter Pork Mashed Potatoes Vegetables Dinner Roll Fruit</p>	<p>9/25</p> <p>Beef Lasagna Casserole Vegetables Tossed Salad Wheat Bread Fruit</p>	<p>9/26</p> <p>Chickpea Pasta Soup ½ Turkey Sandwich Pea, Pickle &amp; Cheese Salad Wheat Bread Fruit</p>	<p>9/27</p> <p>Cheeseburger Lettuce, Tomatoes &amp; Onions Jo Jo's Fruit</p>
<p>9/30</p> <p>Sweet &amp; Sour Pineapple Meatballs Vegetables Cucumbers Rice Wheat Bread Fruit</p>				

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 September 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
<b>CLOSED 9/2</b> 	<b>9/3</b> Chicken Fajitas Cucumbers Tortillas Peaches & Cottage Cheese	<b>9/4</b> Pork Tamales Vegetables Tossed Salad Fruit	<b>9/5</b> Chile Rellano Vegetables Cucumber, Tomato & Onion Salad Tortillas Fruit	<b>9/6</b> Beef Taco Salad Tortillas Fruit
<b>9/9</b> Beef Barbacoa Cucumbers Tossed Salad Rice Tortillas Fruit	<b>9/10</b> Chicken Tacos Lettuce & Tomato Vegetable Fruit	<b>9/11</b> Mexican Beef Chili Coleslaw Tortillas Fruit	<b>9/12</b> Chicken & Potatoes in Tomatillo Sauce Vegetables Tortilla Fruit	<b>9/13</b> Mexican Chicken Lasagna Vegetables Tossed Salad Fruit
<b>9/16</b> Bean Taco Soup Vegetables Tortillas Fruit	<b>9/17</b> Creamy Beef Burrito Casserole Vegetables 3 Bean Salad Fruit	<b>9/18</b> Chicken in Tomato Sauce Vegetables 3 Bean Salad Tortillas Fruit	<b>9/19</b> Chicken Quesadilla Casserole Jo Jo's Tossed Salad Fruit	<b>9/20</b> Beef Tamale Casserole Vegetables Tossed Salad Fruit
<b>9/23</b> Beef Meatball Soup Tossed Salad Tortilla Peaches & Cottage Cheese	<b>9/24</b> Mexican Chicken Salad Vegetables Tortillas Fruit	<b>9/25</b> Chicken Tamales Vegetables Tossed Salad Tortillas Fruit	<b>9/26</b> Beef Tacos Lettuce & Tomato Pea, Pickle & Onion Salad Fruit	<b>9/27</b> Black Bean Enchilada Casserole Jo Jo's Tossed Salad Fruit
<b>9/30</b> Ranch Chicken Casserole Vegetables Cucumbers Fruit				

All meals are served with margarine and 1% milk; menu substitutions can occur at times. \*Speak with the site manager for eligibility.