



PEOPLE FOR PEOPLE

MEALS ON WHEELS Menu #1 **October 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
	10/1 Bacon, Potato & Corn Chowder Cheese Sandwich Tossed Salad Fruit	10/2 Veggie Quiche Diced Potatoes Fruit Wheat Bread	10/3 Southwest Chicken Salad Cucumbers Fruit Cornbread	10/4 Shepards Pie Fruit Wheat Bread
10/7 Pastrami Sandwich With Swiss Cheese Cucumbers Tossed Salad Sauerkraut Fruit	10/8 Spaghetti w/ Meat Sauce and Parmesan Cheese Vegetables Tossed Salad Dinner Roll Peaches & Cottage Cheese	10/9 Baked Chicken with Gravy Mashed Potatoes Vegetables Dinner Roll Fruit	10/10 Sesame Orange Pork Vegetable Cucumber, Tomato & Onion Salad Rice Fruit	10/11 Clam Chowder Cheese Sandwich Tossed Salad Fruit
10/14 3 Bean Chili Baked Potato Tossed Salad Wheat Bread Fruit	10/15 Chicken Noodle Casserole Vegetables 3 Bean Salad Wheat Bread Fruit	10/16 Meatloaf Mashed Potatoes w/Gravy Vegetables Dinner Roll Fruit	10/17 Club Sandwich (Turkey/Bacon/Cheese) Wheat Bread Cucumbers w/Ranch Fruit	10/18 Pineapple Chicken Stir Fry Vegetables Tossed Salad Wheat Bread Rice Fruit
10/21 Chicken A La King Cucumbers Biscuit Fruit	10/22 Cheese & Tomato Tortellini Vegetables Tossed Salad Dinner Roll Fruit	10/23 Roasted Tomato Soup Turkey & Cheese Sandwich Tossed Salad Peaches & Cottage Cheese	10/24 Onion Dijon Pork Mashed Potatoes Vegetables Dinner Roll Fruit	10/25 Meatball Marinara Sub Vegetables Tossed Salad Fruit
10/28 Cheeseburger Lettuce, Tomato & Onions Jo Jos Fruit	10/29 White Bean Chicken Chili Tossed Salad Corn Bread Fruit	10/30 BBQ Meatballs Baked Beans Coleslaw Fruit	10/31 Pumpkin Soup Ham Sandwich Pea, Pickle & Cheese Salad 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 October 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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Washington Fruit Community Center. Selah Civic Center, Union Gap Senior Center, Sunnyside Senior Center, Grandview Senior Center

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10/1 Cheesy Beef Taco Pasta Tossed Salad Tortillas Fruit	10/2 Chicken Taco Soup Diced Potatoes Tortilla Fruit	10/3 Beef & Potatoes in Tomatillo Sauce Cucumbers Tortillas Fruit	10/4 Pork Posole Cabbage & Lemon Tortillas Fruit
10/7 Mexican Chicken Lasagna Cucumbers Tossed Salad Fruit	10/8 Pinto Bean & Ham Soup Vegetable Tossed Salad Tortillas Peaches & Cottage Cheese	10/9 Beef Tacos Lettuce & Tomatoes Vegetables Tortillas Fruit	10/10 Chile Relleno Cucumber, Onion & Tomato Salad Tortillas Fruit	10/11 Chicken Fajitas Tossed Salad Tortillas Fruit
10/14 Chicken & Potatoes in Tomatillo Sauce Tossed Salad Tortillas Fruit	10/15 Mexican Beef Chili Vegetables Tortillas Fruit	10/16 Chicken Pozole Cabbage & Lime Tortillas Fruit	10/17 Chicken Quesadilla Casserole Cucumbers Tossed Salad Fruit	10/18 Pork Tamales Vegetables Tossed Salad Fruit
10/21 Creamy Beef Burrito Casserole Cucumbers Tortilla Fruit	10/22 Chicken in Tomato Sauce Vegetables Tossed Salad Tortillas Fruit	10/23 Beef Tamale Casserole Stewed Tomatoes Tossed Salad Tortillas Peaches & Cottage Cheese	10/24 Beef Barbacoa Mashed Potatoes w/Gravy Vegetables Rice Tortilla Fruit	10/25 Bean Taco Soup Tossed Salad Tortillas Fruit
10/28 Sweet Potatoes & Black Bean Chili Tossed Salad Tortilla Fruit	10/29 Beef Potatoes in Tomatillo Sauce Tossed Salad Tortillas Fruit	10/30 Ranch Chicken Casserole Stewed Tomatoes Coleslaw Tortilla Fruit	10/31 Mexican Chicken Salad Pea, Pickle & Cheese Salad Tostadas Fruit	

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