





PEOPLE FOR PEOPLE

MEALS ON WHEELS Menu #1 January 2025

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
		CLOSED 1/1 	1/2 Pasta and Bean Soup ½ Cheese Sandwich Cucumbers Fruit	1/3 Ham & Potato Quiche Tossed Salad Croissant Fruit
1/6 Chicken w/ Gravy Mashed Potatoes Vegetables Dinner Roll Fruit	1/7 Hashbrown, Sausage & Egg Casserole Stewed Tomatoes Croissant Peaches & Cottage Cheese	1/8 Pastrami Sandwich Cucumbers Coleslaw Fruit	1/9 Spaghetti W/ Meat Sauce Vegetables Tossed Salad Breadstick Fruit	1/10 Clam Chowder & Cheese Sandwich Cucumber, Tomato & Onion Salad Fruit
1/13 Egg Salad Sandwich Cucumbers Tossed Salad Croissant Fruit	1/14 Pineapple Chicken Stir Fry Rice Vegetable Carrot Raisin Salad Fruit	1/15 3 Bean Chili w/ Baked Potato Tossed Salad Corn Bread Fruit	1/16 Creamy Italian Sausage Soup ½ Cheese Sandwich Vegetables Tossed Salad Fruit	1/17 Meatloaf Mashed Potatoes w/Gravy Vegetables Dinner Roll Fruit
CLOSED 1/20 	1/21 Pork W/ Mushrooms in Marinara Rice Green Beans Wheat Bread Fruit	1/22 Meatball Marinara Sub Corn Coleslaw Fruit	1/23 Cheese & Tomato Tortellini Normandy Blend Tossed Salad Wheat Bread Fruit	1/24 Roasted Tomato Soup Turkey & Cheese Sandwich Tossed Salad Fruit
1/27 Cheeseburger Lettuce, Tomato & Onions JoJos Fruit	1/28 Chicken Parmesan Casserole Capri Blend Tossed Salad Wheat Bread Fruit	1/29 Pumpkin Soup Ham & Cheese Sandwich Green Beans Fruit	1/30 French Toast Casserole Diced Potatoes Stewed Tomatoes Peaches & Cottage Cheese	1/31 Philly Cheesesteak Casserole Diced Carrots 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 January 2025

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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
		CLOSED 1/1 	1/2 Chicken Quesadilla Casserole Cucumbers Tortilla Fruit	1/3 Beef & Potatoes in Tomatillo Sauce Tossed Salad Tortillas Fruit
1/6 Beef Meatball Soup Mixed Veggies Tortillas Fruit	1/7 Chicken & Potatoes in Tomatillo Sauce Stewed Tomatoes Tortillas Peaches & Cottage Cheese	1/8 Chile Relleno Cucumbers Coleslaw Tortillas Fruit	1/9 Chicken Tamales (2) Green Beans Tossed Salad Fruit	1/10 Creamy Beef Burrito Casserole Cucumber, Tomato & Onion Salad Fruit
1/13 Pinto Bean & Ham Soup Cucumbers Tossed Salad Tortillas Fruit	1/14 Beef Barbacoa Peas Carrot Raisin Salad Tortillas Fruit	1/15 Ranch Chicken Casserole Refried Beans Tossed Salad Tortilla Fruit	1/16 Beef Tacos (2) Diced Carrots Lettuce & Tomato Fruit	1/17 Mexican Chicken Salad Mixed Veggies Tostadas Fruit
CLOSED 1/20 	1/21 Beef Fajitas Green Beans Tossed Salad Tortillas Fruit	1/22 Chicken in Tomato Sauce Corn Coleslaw Tortillas Fruit	1/23 Beef Tamale Casserole Normandy Blend Tossed Salad Tortilla Fruit	1/24 Black Bean Enchilada Casserole Tossed Salad Tortillas Fruit
1/28 Mexican Chicken Lasagna Tossed Salad Jo Jos Fruit	1/28 Pork Tamales Capri Blend Tossed Salad Fruit	1/29 Beef Chile Relleno Casserole Green Beans Tortillas Fruit	1/30 Ground Beef w/ Mixed Veggies Stewed Tomatoes Tortillas Peaches & Cottage Cheese	1/31 Sweet Potato & Black Bean Chili Rice Diced Carrots Tortilla Fruit

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