MEALS ON WHEELS Menu #1 November 2026

*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 11a-11:30a, MOW Café 11a-1p

Suggested donation for those who qualify for no charge meal $3.00; $10.00 for those who don't qualify for a no charge meal*

PEOPLE FOR PEOPLE

Dining Rooms- Yakima: Harman Senior Center (open M-W), Henry Beauchamp Community Center & WA Fruit Community Center.
Tieton Senior Center (open Tue/Thu), Sunnyside Senior Center, Grandview Senior Center. Union Gap Community Center, MOW Café-Union Gap

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2 Chicken w/ Green Peppers & Mushrooms Mashed Potatoes Dinner Roll Fruit	**11/3** Spaghetti w/ Meat Sauce Vegetables Salad Breadstick Fruit	**11/4** Rosemary Garlic Chicken Scalloped Potatoes Vegetables Dinner Roll Fruit	**11/5** Tuna Salad Sandwich 3 Bean Salad Salad Croissant Peaches & Cottage Cheese	**11/6** Potato, Sausage, & Kale Soup Apple & Celery Coleslaw Cornbread Fruit
11/9 White Bean Chicken Chili Salad Cornbread Fruit	**11/10** Meatloaf Mashed Potatoes Vegetables Dinner Roll Fruit	**11/11** **CLOSED** 	**11/12** BBQ Pork Sandwich Baked Beans Coleslaw Fruit	**11/13** Chickpea Pasta Soup ½ Turkey Sandwich Salad Wheat Bread Fruit
11/16 Broccoli Cheddar Soup Ham Sandwich Salad Fruit	**11/17** Baked Mac & Cheese Stewed Tomatoes Vegetables Wheat Bread Peaches & Cottage Cheese	**11/18** Meatball Marinara Sub Vegetables Coleslaw Fruit	**11/19** Chicken Pot Pie Cucumber, Tomato, & Onion Salad Wheat Bread Fruit	**11/20** French Onion Beef & Noodles Vegetables Salad Fruit
11/23 Chicken & Stuffing Vegetables Dinner Roll Fruit	**11/24** Cheeseburger Lettuce, Tomatoes, & Onions Jo Jo's Fruit Birthday Dessert	**11/25** Roast Turkey Mashed Potatoes Vegetables Dinner Roll Fruit Pumpkin Pie	**11/26** **CLOSED** 	**11/27** **CLOSED**
11/30 Meatballs w/ Mushroom Gravy Mashed Potatoes Vegetables Wheat Bread Fruit				

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

Meal ingredients are available upon request

MEALS ON WHEELS Menu #2 November 2026

*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 11a-11:30a, MOW Café 11a-1p*

Suggested donation for those who qualify for no charge meal $3.00; $10.00 for those who don't qualify for a no charge meal*

Dining Rooms- Yakima: Harman Senior Center (open M-W), Henry Beauchamp Community Center & WA Fruit Community Center. Tieton Senior Center (open Tue/Thu), Sunnyside Senior Center, Grandview Senior Center. Union Gap Community Center, MOW Café-Union Gap

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2 Beef Taco Salad Tostadas Fruit	**11/3** Chicken Quesadilla Vegetables Salad Fruit	**11/4** Chile Relleno Spanish Rice Refried Beans Vegetables Fruit	**11/5** Mexican Beef Chili Salad Tortillas Peaches & Cottage Cheese	**11/6** Beef & Potatoes in Tomatillo Sauce Apple & Celery Coleslaw Tortillas Fruit
11/9 Ground Beef w/ Mixed Vegetables Salad Tortillas Fruit	**11/10** Chicken Tortilla Soup Vegetables Tortillas Fruit	**11/11** **CLOSED** 	**11/12** Chicken in Tomato Sauce Baked Beans Coleslaw Tortillas Fruit	**11/13** Beef Barbacoa Rice Vegetables Salad Fruit
11/16 Chicken Fajitas Salad Tortillas Fruit	**11/17** Pinto Beans & Ham Soup Vegetables Tortillas Peaches & Cottage Cheese	**11/18** Bean & Cheese Enchiladas Coleslaw Fruit	**11/19** Beef Tamale Casserole Vegetables Cucumber, Tomato, & Onion Salad Fruit	**11/20** Chicken Tacos Lettuce & Tomatoes Vegetables Fruit
11/23 Beef Chile Relleno Casserole Vegetables Tortillas Fruit	**11/24** Sweet Potato & Black Bean Chili Rice Salad Tortilla Fruit Birthday Dessert	**11/25** Pork Pozole Cabbage & Lemon Tostadas Fruit Pumpkin Pie	**11/26** **CLOSED** 	**11/27** **CLOSED**
11/30 Ranch Chicken Casserole Refried Beans Vegetables Tortilla Fruit				

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

Meal ingredients are available upon request