



American Food Menu April 2019

PEOPLE FOR PEOPLE

Meals-on-Wheels

Call Monday-Friday at (509) 426-2601 the day before registering for lunch; registration ends at 3:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/1	4/2	4/3	4/4	4/5
Swiss Burger in Tomato Gravy Potato Wedges Green Beans Fresh Fruit Dinner Roll	White Bean Chili Corn 5 Way Mixed Vegetables Pineapple Cornbread	Chicken and Biscuit Vegetables in Entrée Winter Blend Vegetables Orange	Sweet and Sour Pork with Rice Stir Fry Vegetables Peas Peaches	Chicken Salad Sandwich Lettuce and Tomatoes Cucumber Salad Pear Crisp Dinner Roll
4/8	4/9	4/10	4/11	4/12
Chicken Tetrizzini Country Trio Broccoli Fruit Cocktail	Egg Salad Sandwich Cucumbers and Ranch Coleslaw Orange	CLOSED	Tuna Pasta Salad Romaine Lettuce and Shredded Carrots Fresh Fruit	Honey Glazed Chicken with Rice Brussel Sprouts Cauliflower Florets Peach Crisp
4/15	4/16	4/17	4/18	4/19
Oriental Chicken Salad Lettuce, Cabbage, and Carrots Mandarin Oranges Dinner Rolls	Chili Baked Potato Chili and Cheese Pea, Pickle, and Cheese Salad Banana Cornbread	Onion Dijon Pork with Rice Diced Carrots Stewed Vegetables Fresh Fruit	Southwest Ziti Casserole Vegetables in Casserole Capri Blend Vegetables Pears	Ranch Chicken Casserole Vegetables in Entrée Green Beans Apple Sauce
4/22	4/23	4/24	4/25	4/26
Pork Supreme with Rice Yellow Squash Normandy Blend Vegetables Peaches	Chicken Waldorf Salad Apple, Celery and Grapes in Salad Shredded Carrots Orange	Cod with Italian Crumb Toppings Italian Styled Vegetables Stewed Tomatoes Pineapple Dinner Roll	Cheese and Tomato Tortellini Mixed Vegetables Green Beans Fruit Cocktail	Unstuffed Green Pepper Casserole Corn Fresh Fruit
4/29	4/30			
Navy Bean and Ham Soup with Cheese Sandwich Cucumber, Tomato, & Onion Salad Mandarin Oranges	Ranch Chicken Wrap Lettuce and Tomatoes Carrot Raisin Salad Banana			

LUNCH IS SERVED FROM 11:00 a.m. THROUGH 11:30 a.m.

**Dining Rooms: Selah Civic Center, Harman Senior Center, Henry Beauchamp Community Center,
Union Gap Senior Center, Sunnyside Senior Center, Grandview Senior Center**

ALL MEALS ARE SERVED WITH MARGARINE AND 1% MILK; Menu substitutions may occasionally occur.



PEOPLE FOR PEOPLE

Hispanic Food Menu April 2019

Meals-on-Wheels

Call Monday-Friday at (509) 426-2601 the day before registering for lunch; registration ends at **3:30pm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/1	4/2	4/3	4/4	4/5
Cumin and Lime Baked Chicken Potato Wedges Green Beans Fresh Fruit	Beef Barbacoa with Rice Charro Beans 5-Way Mixed Vegetables Pineapple	Pork Hominy Soup Cabbage and Lemon Winter Blend Vegetables Orange	Chicken Tacos Lettuce and Tomatoes Peas Peaches	Bean and Cheese Burrito with Rice Tossed Salad with Tomatoes Cucumber Salad Pear Crisp
4/8	4/9	4/10	4/11	4/12
Chicken Enchilada Soup Black Beans and Corn in Soup Broccoli Fruit Cocktail	Vegetables and Beef Picadillo Mixed Vegetables in Entrée Cucumbers and Ranch Orange	CLOSED	Beef Chorizo Spaghetti Romaine Lettuce and Shredded Carrots Fresh Fruit	Eggs and Potato Scramble Potatoes in Entrée Cauliflower Florets Peach Crisp
4/15	4/16	4/17	4/18	4/19
Beef Tacos Shredded Lettuce and Tomatoes Black Beans Mandarin Oranges	Chicken Pozole Hominy in Entrée Cabbage and Lemon Banana	Chicken in Tomato and Chili Sauce Streamed Carrots Stewed Vegetables Fresh Fruit	Mexican Beef Stew Vegetables in Stew Capri Blend Vegetables Rice Pears	Scrambled Eggs with Tortilla Sautéed Bell Peppers and Onions Green Beans Apple Sauce
4/22	4/23	4/24	4/25	4/26
Chicken Fajitas Green Peppers & Onions in Entrée Normandy Blend Vegetables Peaches	Pork Tamales Apple, Celery, and Grape Salad Shredded Carrots Orange	Chicken with Noodles Italian Style Vegetables Stewed Vegetables Pineapple	Ground Beef with Mixed Vegetables Mixed Vegetables in Entrée Green Beans Fruit Cocktail	Taco Soup Vegetables in Entrée Corn Fresh Fruit
4/29	4/30			
Beef Chorizo Burrito Refried Beans Cucumber, Tomato, and Onion Salad Mandarin Oranges	Pork Mole with Rice Tossed Salad with Tomatoes Carrot Raisin Salad Banana			

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