MEALS ON WHEELS American Food Menu February 2020

Call (509) 426-2601 Monday-Friday the day before you would like to eat lunch to register for a meal.
Meal registration ends at 3:30 p.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 $7.50 fee/meal

Dining Rooms: Harman Senior Center, The Salvation Army & Henry Beauchamp Community Center (Yakima), Selah Civic Center, Union Gap Senior Center, Sunnyside Senior Center, Grandview Senior Center

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>Sweet &amp; Sour Pork&lt;br&gt;Stir Fry Vegetables&lt;br&gt;Corn&lt;br&gt;Fruit Cocktail&lt;br&gt;Yakisoba Noodles</td>
<td>Beef Gravy&lt;br&gt;Mashed Potatoes&lt;br&gt;Normandy Blend&lt;br&gt;Fresh Fruit</td>
<td>Split Pea Soup&lt;br&gt;Cheese Sandwich&lt;br&gt;Diced Carrots&lt;br&gt;Cucumbers w/ Ranch&lt;br&gt;Pineapple</td>
<td>Broccoli Fish Casserole&lt;br&gt;Roasted Potatoes&lt;br&gt;Mixed Veggies&lt;br&gt;Peaches&lt;br&gt;Dinner Roll</td>
<td>Chicken &amp; Mushroom&lt;br&gt;Soup&lt;br&gt;Peas&lt;br&gt;Brown Rice</td>
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<td>Beef Broccoli&lt;br&gt;Diced Carrots&lt;br&gt;Pears&lt;br&gt;Brown Rice</td>
<td>Pork Supreme&lt;br&gt;Stir Fry Veggie&lt;br&gt;Mandarin Oranges</td>
<td>Chicken Noodle Casserole&lt;br&gt;Cauliflower&lt;br&gt;Green Beans&lt;br&gt;Fresh Fruit</td>
<td>Chili &amp; Cheese&lt;br&gt;Mixed Veggies&lt;br&gt;Carrot Raisin Salad&lt;br&gt;Peaches&lt;br&gt;Corndoll</td>
<td>Chicken Teriyaki&lt;br&gt;Oriental Veggies&lt;br&gt;Capri Blend&lt;br&gt;Pineapple&lt;br&gt;Yakisoba Noodles</td>
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<td>Closed</td>
<td>Baked Chicken&lt;br&gt;Scalloped Potatoes&lt;br&gt;Normandy Blend&lt;br&gt;Fresh Fruit&lt;br&gt;Dinner Roll</td>
<td>Pork Fried Rice&lt;br&gt;Oriental Cucumber&lt;br&gt;Salad&lt;br&gt;Mixed Veggies&lt;br&gt;Fresh Fruit</td>
<td>Four Cheese Ziti&lt;br&gt;Tossed Salad w/ Cucumbers&lt;br&gt;Broccoli&lt;br&gt;Applesauce</td>
<td>Roast Turkey&lt;br&gt;Mashed Potatoes&lt;br&gt;Peas&lt;br&gt;Pears&lt;br&gt;Dinner Roll</td>
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<tr>
<td>Pasta &amp; Bean Soup&lt;br&gt;Diced Carrots&lt;br&gt;Fruit Cocktail</td>
<td>Meatloaf&lt;br&gt;Mashed Potatoes w/ Gravy&lt;br&gt;Green Beans&lt;br&gt;Pears</td>
<td>Tuna Noodle Casserole&lt;br&gt;Coleslaw&lt;br&gt;Mixed Veggies&lt;br&gt;Apple</td>
<td>Cheeseburger&lt;br&gt;Lettuce, Tomato, Onions&lt;br&gt;Zucchini&lt;br&gt;Fresh Fruit</td>
<td>Pulled Pork Sandwich&lt;br&gt;JoJo's&lt;br&gt;Coleslaw&lt;br&gt;Applesauce</td>
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All meals are served with margarine and 1% milk; menu substitutions may occasionally occur. *See site manager for eligibility
# MEALS ON WHEELS Hispanic Food Menu  February 2020

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| Bean & Cheese Burrito  
Stir Fry Vegetables  
Corn  
Fruit Cocktail | Pork Tamales  
Normandy Blend  
Fresh Fruit | Beef Barbacoa  
Diced Carrots  
Cucumbers w/ Ranch  
Pineapple | Chicken Tacos  
Lettuce, Tomatoes  
Mixed Veggies  
Peaches | Pork Hominy Soup  
Cabbage & Lemon  
Mandarin |
| **2/10**      | **2/11**      | **2/12**          | **2/13**       | **2/14**      |
| Scrambled Eggs w/  
Potatoes  
Diced Carrots  
Pears | Chicken Enchilada Soup  
Stir Fry Veggies  
Mandarin Oranges | Beef Chorizo Spaghetti  
Cauliflower  
Green Beans  
Fresh Fruit | Mexican Chicken Lasagna  
Mixed Veggies  
Carrot Raisin Salad  
Peaches | Ground Beef with Mixed Veggies  
Capri Blend  
Pineapple |
| **2/17**      | **2/18**      | **2/19**          | **2/20**       | **2/21**      |
| Closed | Beef Tacos  
Shredded Lettuce,  
Tomatoes  
Normandy Blend  
Fresh Fruit | Scrambled Eggs w/ Tortilla  
Oriental Cucumber  
Salad  
Mixed Veggies  
Fresh Fruit | Chicken in Tomato & Chili  
Sauce  
Tossed Salad w/  
Cucumbers  
Broccoli  
Applesauce  
Brown rice | Mexican Beef Stew  
Pea  
Pear  
Brown Rice |
| **2/24**      | **2/25**      | **2/26**          | **2/27**       | **2/28**      |
| Pork Quesadilla  
Casserole  
Diced Carrots  
Fruit Cocktail | Chicken Tamales  
Green Beans  
Pears | Chicken Pozole  
Cabbage & Lemon  
Apple | Chicken w/ Noodles  
Tossed Salad w/  
Tomatoes  
Zucchini  
Fresh Fruit | Taco Soup  
Coleslaw  
Applesauce |

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