




PEOPLE FOR PEOPLE

# 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2/03</b> Sweet & Sour Pork Stir Fry Vegetables Corn Fruit Cocktail Yakisoba Noodles	<b>2/04</b> Beef Gravy Mashed Potatoes Normandy Blend Fresh Fruit	<b>2/05</b> Split Pea Soup Cheese Sandwich Diced Carrots Cucumbers w/ Ranch Pineapple	<b>2/06</b> Broccoli Fish Casserole Roasted Potatoes Mixed Veggies Peaches Dinner Roll	<b>2/07</b> Chicken & Mushroom Soup Peas Brown Rice
<b>2/10</b> Beef Broccoli Diced Carrots Pears Brown Rice	<b>2/11</b> Pork Supreme Stir Fry Veggie Mandarin Oranges	<b>2/12</b> Chicken Noodle Casserole Cauliflower Green Beans Fresh Fruit	<b>2/13</b> Chili & Cheese Mixed Veggies Carrot Raisin Salad Peaches Cornbread	<b>2/14</b> Chicken Teriyaki Oriental Veggies Capri Blend Pineapple Yakisoba Noodles
<b>2/17</b>  <b>Closed</b>	<b>2/18</b> Baked Chicken Scalloped Potatoes Normandy Blend Fresh Fruit Dinner Roll	<b>2/19</b> Pork Fried Rice Oriental Cucumber Salad Mixed Veggies Fresh Fruit	<b>2/20</b> Four Cheese Ziti Tossed Salad w/ Cucumbers Broccoli Applesauce	<b>2/21</b> Roast Turkey Mashed Potatoes Peas Pears Dinner Roll
<b>2/24</b> Pasta & Bean Soup Diced Carrots Fruit Cocktail	<b>2/25</b> Meatloaf Mashed Potatoes w/ Gravy Green Beans Pears	<b>2/26</b> Tuna Noodle Casserole Coleslaw Mixed Veggies Apple	<b>2/27</b> Cheeseburger Lettuce, Tomato, Onions Zucchini Fresh Fruit	<b>2/28</b> Pulled Pork Sandwich JoJo's Coleslaw Applesauce




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# MEALS ON WHEELS Hispanic Food Menu **February 2020**

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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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2/03</b> Bean & Cheese Burrito Stir Fry Vegetables Corn Fruit Cocktail	<b>2/04</b> Pork Tamales Normandy Blend Fresh Fruit	<b>2/05</b> Beef Barbacoa Diced Carrots Cucumbers w/ Ranch Pineapple	<b>2/06</b> Chicken Tacos Lettuce, Tomatoes Mixed Veggies Peaches	<b>2/07</b> Pork Hominy Soup Cabbage & Lemon Mandarin
<b>2/10</b> Scrambled Eggs w/ Potatoes Diced Carrots Pears	<b>2/11</b> Chicken Enchilada Soup Stir Fry Veggies Mandarin Oranges	<b>2/12</b> Beef Chorizo Spaghetti Cauliflower Green Beans Fresh Fruit	<b>2/13</b> Mexican Chicken Lasagna Mixed Veggies Carrot Raisin Salad Peaches	<b>2/14</b> Ground Beef with Mixed Veggies Capri Blend Pineapple
<b>2/17</b>  <b>Closed</b>	<b>2/18</b> Beef Tacos Shredded Lettuce, Tomatoes Normandy Blend Fresh Fruit	<b>2/19</b> Scrambled Eggs w/ Tortilla Oriental Cucumber Salad Mixed Veggies Fresh Fruit	<b>2/20</b> Chicken in Tomato & Chili Sauce Tossed Salad w/ Cucumbers Broccoli Applesauce Brown rice	<b>2/21</b> Mexican Beef Stew Pea Pear Brown Rice
<b>2/24</b> Pork Quesadilla Casserole Diced Carrots Fruit Cocktail	<b>2/25</b> Chicken Tamales Green Beans Pears	<b>2/26</b> Chicken Pozole Cabbage & Lemon Apple	<b>2/27</b> Chicken w/ Noodles Tossed Salad w/ Tomatoes Zucchini Fresh Fruit	<b>2/28</b> Taco Soup Coleslaw Applesauce

All meals are served with margarine and 1% milk; menu substitutions may occasionally occur. \*See site manager for eligibility