




PEOPLE FOR PEOPLE

Meals-on-Wheels

American Food Menu January 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01/01 HAPPY NEW YEAR'S! CLOSED	01/02 Sesame Orange Pork Yakisoba Noodles Peas Mandarins Cucumbers with Ranch	01/03 Four Cheese Ziti Parmesan Zucchini Carrot Raisin Salad Pears	01/04 Ground Turkey & Vegetable Soup ½ Cheese Sandwich Coleslaw Pineapple
01/07 Ham & Cheese Sandwich Tomato Soup Cucumbers with Ranch Fruit Cocktail	01/08 Fish Cacciatore Coleslaw Orange	01/09 Coconut Chicken Curry Brown Rice Oriental Cucumber Salad Pineapple	01/10 White Bean Chili Peas Tossed Salad with Carrots Apple Corn Bread	01/11 Beef Lasagna Casserole Zucchini Tomato & Onion Salad Peaches
01/14 Bacon, Potato & Corn Chowder Cheese Sandwich Tossed Salad w/Carrots Pears	01/15 Chicken Parmesan Normandy Blend Vegetables Green Beans Banana Bread Stick	01/16 Manhattan Clam Chowder ½ Cheese Sandwich Tossed Salad w/Tomatoes Orange Crackers	01/17 White Bean and Vegetable Noodle Casserole Cucumbers with Ranch Pineapple	01/18 Meat Loaf Mashed Potatoes & Gravy Capri Blend Vegetables Peach Crisp
01/21 CLOSED Martin Luther King Jr Day	01/22 Broccoli Fish Bake Sliced Cucumbers w/Ranch dressing Banana	01/23 Zucchini Herb Soup Beets Pear Crisp	01/24 Spaghetti w/Meat Sauce Green Beans Tossed Salad with Cucumbers Apple	01/25 Chicken and Stuffing Corn Capri Blend Vegetables Mandarin Oranges Cranberry Sauce
1/28 Fish Burger Lettuce, Tomato & Onions 3 Bean Salad Pear Crisp	01/29 Baked Macaroni and Cheese Oregon Bean Medley Cucumbers with Ranch Carrot Raisin Salad	01/30 Chicken Noodle Casserole Peas & Carrots Coleslaw Pears	01/31 BBQ Pulled Pork JoJo's Creamy Cucumber Salad Pineapple	

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.




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Meals-on-Wheels

Hispanic Food Menu January 2019

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	01/01 HAPPY NEW YEAR'S! CLOSED	01/02 Pork Mole Brown Rice Peas Cucumbers with Ranch Mandarins	01/03 Beef Enchilada Soup Parmesan Zucchini Carrot Raisin Salad Pears	01/04 Chorizo, Potatoes & Eggs Coleslaw Pineapple
01/07 Meatball Soup Cucumbers with Ranch Fruit Cocktail	01/08 Egg & Tortilla Scramble Mixed Vegetables Coleslaw Orange	01/09 Pork Hominy Soup Cabbage & Lemon Oriental Cucumber Salad Pineapple	01/10 Chicken Tacos Lettuce & Tomatoes Peas Apple	01/11 Bean & Cheese Burrito Zucchini Tomato and Onion Salad Peaches
01/14 Chicken Enchilada Soup Black Beans Tossed Salad w/ Carrots Pears	01/15 Vegetable & Beef Picadillo Green Beans Banana	01/16 Beef w/Zucchini Tossed Salad with Tomatoes Orange	01/17 Chicken with Red Sauce Capri Blend Vegetables Cucumbers w/Ranch Pineapple	01/18 Beef Barbacoa Rice Refried Beans Capri Blend Vegetables Peach Crisp
01/21 CLOSED Martin Luther King Jr Day	01/22 Pork w/green sauce Refried Beans Sliced Cucumbers w/Ranch dressing Banana	01/23 Beef Tamales Zucchini Beets Pear Crisp	01/24 Mexican Beef Stew Rice Tossed Salad with Cucumbers Apple	01/25 Chicken Tacos Black Beans Shredded Lettuce, Tomatoes Mandarin Oranges
1/28 Egg & Tortilla Scramble Refried Beans 3 Bean Salad Pear Crisp	01/29 Beef with Noodles Oregon Bean Medley Cucumbers w/Ranch Carrot Raisin Salad	01/30 Pork Hominy Soup Cabbage & Lemon Peas & Carrots Pears	01/31 Ground Beef with Mixed Veggies Creamy Cucumber Salad Pineapple	

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 Union Gap Senior Center, Sunnyside Senior Center, Grandview Senior Center**

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