



PEOPLE FOR PEOPLE
Meals-on-Wheels

American Food Menu **March 2019**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Roasted Pork w/ Onion Gravy Peas Mashed Potatoes Peaches Dinner Roll 1
Meatball Marinara Sub Green Beans Capri Blend Pears Hoagie Roll 4	Clam Chowder Cheese Sandwich ½ Steamed Carrots Fruit Cocktail Crackers 5	Chicken Teriyaki Sliced Zucchini Stir Fry Veggies Banana Brown Rice 6	White Bean & Vegetable Noodle Casserole Corn Pineapple 7	Rice, Beans, & Sausage Green Peas Peach Crisp 8
Chicken Cacciatore Italian Style Veggies Mandarins Breadstick 11	Sweet and Sour Meatballs Cauliflower Stir Fry Veggies Orange Rice 12	Fish Burger Lettuce & Tomato Potato Wedges Apple Sauce 13	Minestrone Soup Tossed Salad w/ Tomatoes Peaches Dinner Roll 14	Garlic Butter Pork Tenderloin Mashed Potatoes Parmesan Roasted Brussels Sprouts Pear Crisp 15
Apple Smoked Baked Ham Green Beans Mashed Potatoes Orange Dinner Roll 18	Chicken Medley & Spaghetti Pasta Peas & Carrots Apple 19	Beef Stroganoff Cauliflower Tossed Salad w/ Carrots Fruit Cocktail 20	Three Bean Chili Roasted Potatoes Scandinavian Blend Pears Cornbread 21	Cheeseburger Lettuce, Tomato, Onions Potato Wedges Peaches 22
Meatloaf Green Beans Mashed Potatoes Peach Crisp 25	Pasta & Bean Soup Tossed Salad w/ Tomatoes Banana Breadstick 26	Sesame Orange Pork Stir Fry Veggies Broccoli Mandarins Yakisoba Noodles 27	Baked Fish Country Trio Veggies Roasted Red Potatoes Pears Rice Pilaf 28	Ground Turkey & Vegetable Soup ½ Cheese Sandwich Pineapple 29

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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Hispanic Food Menu March 2019

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Egg & Tortilla Scramble Black Beans Peas Peaches
4 Beef Chorizo Burrito Refried Bean Capri Blend Veggies Pears	5 Chicken Tamales Refried Beans Steamed Carrots Fruit Cocktail	6 Pork Mole Zuchinni Stir Fry Veggies Banana Tortilla Brown rice	7 Beef Enchilada Soup Normandy Blend Pineapple	8 Scrambled Eggs & Cactus Country Blend Veggies Peach Crisp
11 Chicken Mole Italian Style Veggies Green Peppers & Onions Mandarins Brown Rice	12 Grilled Fish Tacos Cauliflower Shredded Lettuce Tomatoes Orange	13 Chicken with Red Sauce Potato Wedges Tossed Salad with Tomatoes Apple Sauce	14 Pinto Beans & Ham soup Tossed Salad with Tomatoes Peaches	15 Beef Fajitas Parmesan Roasted Brussels Sprouts Pear Crisp
18 Chicken Soup Green Beans Orange	19 Shredded Pork Tacos Lettuce, Tomatoes & Onions Peas & Carrots Apple	20 Eggs, Potato & Chorizo Scramble Cauliflower Fruit Cocktail	21 Meatball Soup Scandinavian Blend Pears	22 Chicken & Potatoes in Red Sauce Tossed Salad with Tomatoes Peaches
25 Chicken Enchilada Soup Cucumbers with Ranch Peach Crisp	26 Green Mole Tossed Salad w/ Tomatoes Refried Beans Banana Brown Rice	27 Cheese Stuffed Pepper Broccoli Mandarins	28 Pork with Potatoes in Tomatillo Sauce Country Trio Veggies Pears	29 Chicken with Cream Sauce Parmesan Zucchini Pineapple Brown Rice

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