





MEALS ON WHEELS American Food Menu **September 2019**

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.

PEOPLE FOR PEOPLE

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
<p>09/02</p> 	<p>09/03</p> <p>Roasted Pork Mashed Potatoes Peas Orange Dinner Roll</p>	<p>09/04</p> <p>White Bean Chili Coleslaw Sliced Cucumbers with Ranch Pineapple Cornbread</p>	<p>09/05</p> <p>Oriental Chicken Salad Carrots, Onions, & Celery Mandarin Oranges</p>	<p>09/06</p> <p>Tuna Noodle Casserole Mixed Vegetables Normandy Blend Vegetables Fresh Fruit</p>
<p>09/09</p> <p>Meatball Marinara Sub Green Beans Diced Carrots Fresh Fruit</p>	<p>09/10</p> <p>Chicken Stir Fry with Rice Zucchini Banana</p>	<p>09/11</p> <p>Vegetables Noodle Casserole Capri Blend Vegetables Apricots</p>	<p>09/12</p> <p>Sausage Southwest Ziti Black Beans Peas Pineapple</p>	<p>09/13</p> <p>Beef Chili with Cheese Sandwich Carrot Raisin Salad Fresh Fruit</p>
<p>09/16</p> <p>Chicken Cacciatore Bell Peppers & Mushrooms in Entrée Corn Fresh Fruit</p>	<p>09/17</p> <p>Meatloaf Mashed Potatoes Normandy Blend Vegetables Fresh Fruit Dinner Roll</p>	<p>09/18</p> <p>Ham Mac & Cheese Yellow Summer Squash Broccoli Banana</p>	<p>09/19</p> <p>Fish Burger Lettuce, Tomatoes, & Onions Sliced Cucumbers with Ranch Apple Sauce</p>	<p>09/20</p> <p>Garlic Butter Pork Tenderloin Mashed Potatoes Green Beans Fresh Fruit</p>
<p>09/23</p> <p>Beef Stroganoff Brussel Sprouts Peas Fresh Fruit</p>	<p>09/24</p> <p>Chicken and Stuffing Mixed Vegetables Zucchini Orange</p>	<p>09/25</p> <p>Scalloped Potatoes with Ham Three Bean Salad Pineapple</p>	<p>09/26</p> <p>Beef Stir Fry with Noodles Cucumber Slices with Ranch Pears</p>	<p>09/27</p> <p>Cheeseburger Lettuce, Tomatoes, & Onions Diced Carrots Fresh Fruit</p>
<p>09/30</p> <p>Sweet & Sour Pork with Rice Stir Fry Vegetables Zucchini Fruit Cocktail</p>				

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