




2022

Adult Day Services

10 N. Washington St., Kennewick,
WA 99336 (509) 586-5731



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mid Columbia Meals on Wheels A program of Senior Life Resources Northwest www.seniorliferesources.org 509-735-1911</p>			<p>Snack served daily: Applesauce or fruit cup Graham cracker Milk, coffee, cocoa Water</p>	<p>1 Roast Turkey Mashed Potatoes w/gravy Broccoli Normandy Wheat roll Fruit</p>
<p>4</p> 	<p>5 Tuna Noodle Casserole Lyonnaise Carrots Fruit</p>	<p>6 Hamburger Baked Beans Apple Cabbage Slaw Lettuce, Onion, Tomato Fruit</p>	<p>7 Chicken Caser Salad Breadstick Cottage Cheese & Pineapple</p>	<p>8 Meatloaf Mashed Potatoes w/gravy Mixed Veggies Sorbet Fruit</p>
<p>11 Turkey & Rice Casserole Beets Tossed Salad Fruit</p>	<p>12 Chicken Pot Pie Cauliflower w/red peppers Fruit</p>	<p>13 Mac & Cheese Sausage Patty Garden Veggies Tossed Salad Fruit</p>	<p>14 Beef Tacos Rice & Beans Salsa & Sour Cream Spiced cake Fruit</p>	<p>15 Herbed Chicken Mushroom gravy Au Gratin Potatoes Yogurt & Berries</p>
<p>18 Swedish Meatballs Egg Noodles Broccoli Tossed Salad Fruit</p>	<p>19 Apple Pork Chop Mashed Sweet Potatoes Mixed Veggies Fruit</p>	<p>20 Teriyaki Chicken Fluffy Rice Asian Veggies Fruit</p>	<p>21 Roast Beef Mashed Potatoes w/gravy Italian veggies Wheat roll, fruit Ice Cream</p>	<p>22 Tuna Pasta Salad Pea & Cheese Salad Crackers Fruit</p>
<p>25 BBQ Chicken Green Beans Potato Salad Cornbread Fruit</p>	<p>26 Beef Stroganoff Garlic Noodles Broccoli Fruit</p>	<p>27 Chef Salad Ranch Dressing Wheat Roll Chilled Pineapple</p>	<p>28 Salisbury Steak Mashed Potatoes w/gravy Glazed Carrots Fruit</p>	<p>29 Chicken Enchiladas Spanish Rice Black Beans Mexican Coleslaw Oatmeal cookie, Fruit</p>