

Meals on wheels are prepared daily Mon-Thurs and delivered between 10am and 12pm our frozen route is delivered between 11am-1230pm please call for info about meals on wheels. Congregate meals are served Tuesdays, Wednesdays, and Thursdays from 12pm to 12:30pm **reservations are required** to ensure enough meals are prepared.

As we plan our meals and prepare the menus in advance some items may be too expensive and/or are unable to get due to inflation and shortages, **we reserve the right to change cancel or substitute items on the menu and /or meals without notice to the client.**

Monday	Tuesday	Wednesday	Thursday
 <p>The suggested donations for meals are \$5 per meal, meals will be delivered /served regardless of ability to donate. The senior center relies on the donations our clients contribute and are very much appreciated. Again the \$5 is a suggested donation request and meals will be delivered/served regardless if you donate or not.</p>		<p>1</p> <p>Beef tips over rice Green beans w.w. roll tropical fruit</p>	<p>2</p> <p>Goulash with mixed veggies w.w. roll pudding</p>
<p>6</p> <p>Chicken fried steak Mashed potatoes Country gravy Mixed veggies Fruited cocktail</p>	<p>7</p> <p>Spaghetti and meatballs Marinara sauce Italian veggie blend Garlic bread Sugar cookie</p>	<p>8</p> <p>Chili Relleno Spanish rice Corn Fruited gelatin</p>	<p>9</p> <p>Tater tot casserole Cali blend veggies w.w. roll apple crisp</p>
<p>13</p> <p>Salisbury steak Mashed potatoes Gravy Cali veggie blend Diced pears.</p>	<p>14</p> <p>Italian sausage pasta Asparagus Bread sticks Apple sauce</p>	<p>15</p> <p>BBQ chicken Baked sweet potatoes fries Mixed veggies w.w. roll fruit salad</p>	<p>16</p> <p>Pork and green chili stew Fry bread pudding</p>
<p>20</p> <p>Closed. Presidents Day!</p>	<p>21</p> <p>Mandarin chicken Rice Oriental veggies Pineapples Fortune cookie</p>	<p>22</p> <p>Chicken cordon bleu Rice pilaf Chuck wagon corn Tropical fruit</p>	<p>23</p> <p>Frito pie Beef chili Cheese, lettuce, tomatoes Spanish rice Diced peaches</p>
<p>27</p> <p>Hamburger gravy over rice Green beans Mixed fruit w.w. roll</p>	<p>28</p> <p>Red chili cheese fries Corn Mandarins/pineapple</p>		