



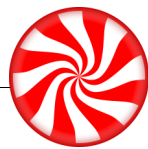





Davenport Senior Meals December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 Chef Salad Potato Soup Cinnamon Apples WW Roll Dessert	5	6 Pork Chops Mashed Potatoes & Gravy Roasted Carrots Garden Salad Applesauce Biscuit with Chives Dessert	7 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit WW Bread or Roll Dessert
10	11 Macaroni & Cheese with Ham Peas Caesar Salad Mixed Berries Muffin Dessert	12 	13 Chicken Pot Pie Garden Salad Waldorf Salad WW Roll Carrot Cake	14 Clam Chowder Cottage Cheese Green Salad V-8 Juice Tropical Fruit Blend Garlic Bread Dessert
17 	18 Country Fried Steak Potatoes & Gravy Green Beans Tossed Veggie Salad Fruit cocktail WW Bread or roll Dessert	19	20 Spaghetti with Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	21 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread & Raisin Pudding
24 CLOSED 	25 CLOSED	26	27 Sloppy Joe Sandwich Coleslaw Apricots Dessert 	28 Hearty Turkey and Noodle Soup Tossed Veggie Salad Fresh Fruit Tray WW Roll Dessert
31 				

**Seniors Age 60 & over—suggested donation
\$4.00**

Under age 60—\$8.50 FEE

Please call the Nutrition Director for more information about
the Home Delivered Meal program toll-free 844-826-7979



Harrington Senior Meals December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 Pork Chops Potatoes & Gravy Roasted Carrots Garden Salad Applesauce Biscuit with Chives Dessert	4 Clam Chowder Cottage Cheese Green Salad V-8 Juice Tropical Fruit Salad WW Bread Dessert	5 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	6	7 
10 Chicken Pot Pie Garden Salad Mixed Berries WW Roll Carrot Cake	11 1/2 Ham & Cheese Sandwich Cottage Cheese Corn Chowder Fresh Fruit Tray Dessert 	12 Meatloaf Potatoes & Gravy Green Beans Garden Salad WW Bread or Roll Fruited Jell-O	13	14
17 Orange Glazed Chicken Garden Rice Stir Fry Veggies Asian Style Slaw Chilled Pineapple WW Bread or Roll Dessert	18 Country Fried Steak Potatoes & Gravy Green Beans Tossed Veggie Salad Fruit Cocktail WW Bread or Roll Dessert	19 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Mandarin Oranges WW Roll Dessert	20	21
24 	25	26 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread & Raisin Pudding	27 	28
31 Chicken Fettuccine Italian Vegetables Caesar Salad Mandarin Oranges Bread Sticks Carrot Cake				

Seniors Age 60 & over—suggested donation \$4.00

Under age 60—\$8.50 FEE

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Odessa Senior Meals December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Macaroni & Cheese with Bacon Peas Tossed Green Salad Raspberries Muffin Dessert</p>	<p>4</p>	<p>5 Harvest Stew Coleslaw Peaches WW Bread Dessert</p>	<p>6 Pork Chops Mashed Potatoes Roasted Carrots Garden Salad Applesauce Biscuit with Chives Dessert</p>	<p>7</p>
<p>10 Chicken Pot Pie Garden Salad Mixed Berries WW Roll Carrot Cake</p>	<p>11</p>	<p>12 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Bread or Roll Special Dessert</p>	<p>13 Clam Chowder Cottage Cheese Green Salad V-8 Juice Tropical Fruit Blend Garlic Bread Dessert</p>	<p>14</p>
<p>17 Ham & Au Gratin Potato Casserole Peas & Carrots Garden Salad Fruit Cocktail WW Roll Dessert</p>	<p>18</p>	<p>19 Chicken Cacciatore Wild Rice Blend Italian Vegetables Grapes WW Roll Dessert</p>	<p>20 Roast Turkey Stuffing & Gravy Green Bean Casserole Perfection Salad Waldorf Salad WW roll Pumpkin Pie</p>	<p>21</p>
<p>24 CLOSED</p>	<p>25 CLOSED</p>	<p>26 Hearty Turkey Noodle Soup Cottage Cheese Tossed Vegetable Salad Fresh Fruit Tray WW Roll Dessert</p>	<p>27 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert</p>	<p>28</p>
<p>31 Tuna Noodle Casserole Peas & Carrots Garden Salad Tropical Fruit WW Bread or Roll Dessert</p>			<p style="text-align: center;">Seniors Age 60 & over—suggested donation \$4.00</p> <p style="text-align: center;">Under age 60—\$8.50 FEE</p> <p style="text-align: center;">Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p>	



Seniors Age 60 & over—suggested donation \$4.00

Under age 60—\$8.50 FEE








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toll-free 844-826-7979



Wilbur Senior Meals

December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Pork Chops & Gravy Mashed Potatoes Roasted Carrots Garden Salad Applesauce Biscuit with Chives Dessert	5 Clam Chowder Cottage Cheese Green Salad V-8 Juice Tropical Fruit Blend WW Bread Dessert	6 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	7  <small>shutterstock - 142931931</small>
10 	11 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail WW Bread or Roll Dessert	12 French Dip Vegetable Tray Garden Salad Peaches Dessert	13 Macaroni & Cheese with Ham or Bacon Peas Tossed Green Salad Mixed Berries Muffin Angel Food Cake	14 
17	18 Orange Glazed Chicken Garden Rice Stir Fry Veggies Spinach Salad Apple Slices WW Bread or Roll Dessert	19 Harvest Stew Coleslaw Peaches WW Bread Dessert 	20 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread & Raisin Pudding	21 
24 CLOSED 	25 CLOSED	26 Salisbury Steak Potatoes & Gravy Trio Vegetables Carrot/Raisin Salad WW Bread or Roll Fruit Cobbler	27 Pork Chow Mein Chow Mein Noodles Stir Fry Vegetables Asian Slaw Mandarin Oranges WW Roll Dessert	28
31 CLOSED			<p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.50 FEE</p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p>	