



Harrington Senior Meals April 2017



Monday	Tuesday	Wednesday	Thursday	Friday
3 Spaghetti & Meat Sauce Caesar Salad Pears Garlic Bread Dessert	4 Sweet & Sour Pork Over Noodles Oriental Vegetables Tossed Green Salad Tropical Fruit Whole Wheat Roll Dessert	5 Honey Mustard Chicken Brown Rice Peas & Carrots Coleslaw Apricots Whole Wheat Roll Dessert	6	7
10 Egg Salad Sandwich Minestrone Soup Tropical Fruit Dessert	11 Turkey Noodle Soup Tossed Veggie Salad Fresh Fruit Whole Wheat Roll Dessert	12 Beef Stew Coleslaw Peaches Whole Wheat Bread Dessert	13	14
17 Chicken Fried Steak Potatoes & Gravy Green Beans Tossed Green Salad Whole Wheat Roll Apple Crisp	18 Shrimp Fettuccini Asparagus Spinach Salad Mixed Berries Whole Wheat Roll Dessert	19 Chicken Pot Pie Green Salad Apricots French Bread Dessert	20	21
24 Chili with Cheese Tossed Green Salad Vegetable Tray Peaches Cornbread Dessert	25 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Coleslaw Bananas & Oranges Whole Wheat Roll Dessert	26 Yankee Pot Roast Baby Red Potatoes Roasted Carrots Mixed Green Salad Blueberries Whole Wheat Bread Dessert	27	28

Seniors Age 60 & over—suggested donation \$3.50

Under age 60—\$8.00 FEE

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