



Davenport Senior Meals November 2020




Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>Quiche Lorraine Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin</p>	<p>4</p>	<p>5</p> <p>Salisbury Steak with Mushroom Gravy 1/2 Baked Potato Green Beans WW Roll Cherry Cobbler</p>	<p>6</p> <p>Split Pea & Ham Soup 1/2 Turkey Sandwich Lettuce & Tomato Salad Pineapple Tidbits Whole Grain Crackers Dessert</p>
<p>9</p>	<p>10</p> <p>Taco Tater 1/2 Baked Potato with all the Taco Fixings Chilled Pears Tortilla Chips Dessert</p>	<p>11 CLOSED</p> 	<p>12</p> <p>Braised Pork Roast Stuffing & Gravy Roasted Carrots Spinach Salad Fruit Salad Dessert</p>	<p>13</p> <p>Hungarian Goulash Peas Caesar Salad Waldorf Salad WW Bread or Roll Dessert</p>
<p>16</p>	<p>17</p> <p>Tuna & Rice Bake California Vegetables Greek Salad Peaches Garlic Bread Dessert</p>	<p>18</p>	<p>19</p> <p>Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple WW Roll Dessert</p>	<p>20</p> <p>Oven Fried Chicken Roast Sweet Potato Cuke & Tomato Salad Grapes Biscuit Cereal Bars</p>
<p>23</p>	<p>24</p> <p>Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie</p>	<p>25</p> 	<p>26</p> 	<p>27</p>
<p>30</p> 		<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.00 FEE</p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p> </div>		



Harrington Senior Meals November 2020



Monday	Tuesday	Wednes-	Thursday	Friday
2	3 Quiche Lorraine Steamed Broccoli Garden Salad Fresh Fruit Tray Muffin	4	5 Salisbury Steak with Mush- room Gravy 1/2 Baked Potato Green Beans WW Roll Cherry Cobbler	6 Split Pea & Ham Soup 1/2 Turkey Sandwich Lettuce & Tomato Salad Pineapple Tidbits Whole Grain Crackers Dessert
9	10 Taco Tater 1/2 Baked Potato with all the Taco Fixings Chilled Pears Tortilla Chips Dessert	11 CLOSED 	12 Braised Pork Roast Stuffing & Gravy Roasted Carrots Spinach Salad Fruit Salad Dessert	13 Hungarian Goulash Peas Caesar Salad Waldorf Salad WW Bread or Roll Dessert
16 	17 Tuna & Rice Bake California Vegetables Greek Salad Peaches Garlic Bread Dessert	18	19 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple WW Roll Dessert	20 Oven Fried Chicken Roast Sweet Potato Cuke & Tomato Salad Grapes Biscuit Cereal Bars
23	24 Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	25 	26	27
30			 Happy Thanksgiving	



Seniors Age 60 & over—suggested donation \$4.00

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



Odessa Senior Meals November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2 Swiss Steak Garlic & Red Pepper Penne' Pasta California Vegetables Caesar Salad Fruit Cocktail French Bread Dessert	3	4 Chicken Cordon Bleu Casserole Glazed Carrots Tossed Green Salad Citrus Salad WW Bread or Roll Dessert	5 Baked Fish Garden Rice Green Beans Crunchy Pea Salad WW Roll Pear Crisp	6
9 Split Pea & Ham Soup 1/2 Turkey Sandwich Lettuce & Tomato Salad Pineapple WW Crackers Dessert	10	11 CLOSED 	12 Sloppy Joe Sandwich Jo Jo's Coleslaw Fruit Salad Dessert	13
16 Biscuits & Gravy Scrambled Eggs Oven Browned Potatoes V-8 Juice Orange Quarters Dessert	17 	18 Swedish Meatballs Egg Noodles Glazed Carrots Caesar Salad Cherries & Pineapple WW Roll Dessert	19 Taco Stuffed Potato Baja Veggies Chilled Pears Tortilla Chips Dessert	20 
23 Tuna & Rice Bake California Blend Veggies Greek Salad Peaches Garlic Bread Dessert	24	25 Roast Turkey & Gravy Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	26 	27
30 Salisbury Steak with Mushroom Gravy 1/2 Baked Potato Green Beans WW Bread or Roll Fruit Cobbler		<div> <p>Seniors Age 60 & over—suggested donation \$4.00</p> <p>Under age 60—\$8.00 FEE</p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p> </div>		



Wilbur Senior Meals

November 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Corn Chowder 1/2 Ham & Cheese Sandwich Pea Salad Fresh Fruit Tray Wheat Crackers Dessert	4 Meatloaf Potatoes & Gravy Mixed Vegetables Spinach Salad Chilled Pears WW Roll Dessert	5 Baked Fish Fillet Garlic Parmesan Pasta Steamed Broccoli Garden Salad WW Roll Cherry Cobbler	6
9	10 Vegetable Lasagna Cottage Cheese Caesar Salad Apricots Garlic Bread Dessert	11 CLOSED 	12 Pulled Pork Sandwich Baked Beans Jo Jo's Coleslaw Tropical Fruit Dessert	13
16	17 Cheeseburger Deluxe Sweet Potato Fries Potato Salad Sliced Pears Dessert	18 Pork Curry Rice Cucumber Salad Grapes WW Roll Dessert	19 Bacon & Egg Salad on Croissant Tomato Basil Soup Spinach Salad Citrus Salad Dessert	20 
23	24 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	25 Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	26 CLOSED 	27 CLOSED
30 				

Seniors Age 60 & over—suggested donation \$4.00
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