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Davenport Senior Meals August 2019



Monday

Tuesday

Wednesday

Thursday

Friday

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

1
Chicken Caesar Wrap
Macaroni Salad
Marinated Vegetables
Melon Slices
Dessert

2
Fish & Chips
Peas
Coleslaw
Fruited Jell-O

5

6
Meatloaf
Potatoes & Gravy
Broccoli
Caesar Salad
Pears
WW Roll
Dessert

7



8
California Chicken Casserole
Green Beans
Garden Salad
Peaches
WW Bread or Roll
Dessert

9

BBQ Riblets
Baked Beans
Crunchy Pea Salad
Coleslaw
Cornbread
Strawberry Shortcake



12



13
Chicken Strips
Jo Jo's
Trio Vegetables
Spinach Salad
Mandarin Oranges
Dessert

14

15
Beef Stroganoff
Green Beans
Garden Salad
WW Roll
Fruited Jell-O

16

Tuna Salad Sandwich
Spiced Salad
Three Bean Salad
Mixed Berries
Dessert

19

20
Garden Chili
Cottage Cheese
Caesar Salad
Corn Chips
WW Roll
Apricot Crisp

21

22
Beef Taco Pie
Coleslaw
Southwest Salad
Watermelon
Dessert



23

Chicken Ala King
Noodles
Normandy Vegetables
Tossed Green Salad
Sliced Peaches
WW Bread or Roll
Dessert

26

27
Scrambled Eggs with Ham
Oven Brown Potatoes
Stewed Tomatoes
Apple Juice
Mixed Melons
Blueberry Muffin

28

29
Baked Chicken
Pasta Salad
Green Beans
Stewed Tomatoes
Pineapple
WW Bread or Roll
Dessert

30

Hot Dogs
Baked Beans
Carrots
Squash & Watermelon Salad
Apple Slices
Dessert



WE LOVE
OUR VOLUNTEERS



Harrington Senior Meals August 2019



Monday

Tuesday

Wednesday

Thursday

Friday

			1 Chicken Caesar Wrap Macaroni Salad Marinated Vegetables Melon Slices Dessert	2 Fish & Chips Peas Coleslaw Fruited Jell-O
5	6 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	7 	8 California Chicken Casserole Green Beans Garden Salad Peaches WW Bread or Roll Dessert	9 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake
12		13 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Dessert	14 15 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O	16 Tuna Salad Sandwich Spiced Salad Three Bean Salad Mixed Berries Dessert
19	20 Garden Chili Cottage Cheese Caesar Salad Corn Chips WW Roll Apricot Crisp	21 22 Beef Taco Pie Coleslaw Southwest Salad Watermelon Dessert 	23 Chicken Ala King Noodles Normandy Vegetables Tossed Green Salad Sliced Peaches WW Bread or Roll Dessert	
26	27 Scrambled Eggs with Ham Oven Brown Potatoes Stewed Tomatoes Apple Juice Mixed Melons Blueberry Muffin	28 	29 Baked Chicken Pasta Salad Green Beans Stewed Tomatoes Pineapple WW Bread or Roll Dessert	30 Hot Dogs Baked Beans Carrots Squash & Watermelon Salad Apple Slices Dessert

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the Home Delivered Meal program toll-free 844-826-7979



Odessa Senior Meals August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<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>			<p>1 Beef Tacos Spanish Rice Fiesta Salad Mixed Fruit Dessert</p>	<p>2</p>
<p>5 Beef Stew Garden Salad Peaches Biscuit Oatmeal Cookies</p>	<p>6</p> <div style="text-align: center;">  </div>	<p>7 PIZZA Canadian Bacon & Pineapple Vegetable Tray 7 Layer Salad Waldorf Salad Bread Sticks Dessert</p>	<p>8 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit Mix WW Roll Dessert</p>	<p>9</p>
<p>12 BLT Sandwich on Wheat Cottage Cheese Vegetable Soup Fresh Fruit Tray Dessert</p>	<p>13</p>	<p>14 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread or Roll Cherry Crisp</p>	<p>15 Fish Sandwich Sweet Potato Fries Coleslaw Watermelon Dessert</p>	<p>16</p> <div style="text-align: center;">  </div>
<p>19 Chicken Caesar Wrap Potato Salad Marinated Vegetables Melon Slices Cereal Bars</p>	<p>20</p> <div style="text-align: center;">  </div>	<p>21 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert</p>	<p>22 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake</p>	<p>23</p>
<p>26 Tuna Salad Sandwich Spiced Salad Three Bean Salad Mixed Berries Dessert</p>	<p>27</p> <div style="text-align: center;">  </div>	<p>28 Chicken Spaghetti Casserole Tossed Salad Apricots WW Bread Dessert</p>	<p>29 Stuffed Pepper Casserole Garden Salad Peaches WW Bread or Roll Dessert</p>	<p>30</p> <div style="text-align: center;">  </div>



Wilbur Senior Meals

August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Scrambled Eggs & Ham Oven Brown Potatoes Stewed Tomatoes Juice Mixed Melons Blueberry Muffin	2
5 	6 Meatballs & Gravy Mashed Potatoes Mixed Vegetables Lettuce & Tomato Salad Peaches WW Bread Dessert	7 Chicken Caesar Wrap Potato Salad Melon Slices Cereal Bars	8 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake	9
12 	13 Chicken Spaghetti Casserole Tossed Salad Apricots Garlic Bread Dessert	14 Fish Filet Garden Rice Peas Coleslaw Mixed Melons WW Bread or Roll Dessert	15 Pork Roast Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce WW Bread or Roll Dessert	16
19 	20 Garden Chili Cottage Cheese Caesar Salad Corn Chips Fruit Crisp	21 Yakisoba (Beef & Noodles) Stir Fry Vegetables Asian Style Slaw Cinnamon Pears Egg Roll Fortune Cookies	22 Bacon & Egg Salad Sandwich Vegetable Tray Pea Salad Mixed Fruit Dessert	23
26 	27 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert	28 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Dessert	29 Pulled Pork Sandwich Apple Cabbage Slaw Cucumber & Watermelon Salad Peaches Dessert	30

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