









Davenport Senior Meals April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Chicken Fried Steak Potatoes & Gravy Asparagus Tossed Green Salad Biscuit Apricot Crisp	3	4 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes WW Roll Dessert	5 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Ice Cream 
8	9 Pork Roast & Gravy Mashed Potatoes Baked Squash Greek Salad Applesauce WW Bread or Roll Dessert	10 	11 Beef Stew Green Salad Peaches Biscuit Dessert	12 1/2 Ham Sandwich Split Pea Soup Three Bean Salad Garden Salad Pineapple Whole Grain Crackers Dessert
15 	16 Beef Stroganoff Green Beans Tossed Salad Strawberries & Bananas WW Bread or Roll Dessert	17	18 Pork Chops Au Gratin Potatoes Peas 49'er Chopped Salad Applesauce Biscuit w/Chives Dessert	19 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Peaches Cornbread Jell-O
22	23 Tater Tot Casserole Cottage Cheese Carrot/Raisin Salad Peaches WW Bread Dessert	24 	25 Tuna Noodle Casserole Peas & Carrots Garden Salad Blueberries WW Bread or Roll Dessert	26 Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin
29 	30 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert	<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—\$8.50 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 April 2019








Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p>  <p>shutterstock - 139272014</p>	<p>2</p> <p>Chicken Fried Steak Potatoes & Gravy Asparagus Tossed Green Salad Biscuit Apricot Crisp</p>	<p>3</p>	<p>4</p> <p>Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes WW Roll Dessert</p>	<p>5</p> <p>Egg Salad Sand- wich Minestrone Soup Tossed Salad Oregon Berries Ice Cream</p>
<p>8</p>	<p>9</p> <p>Pork Roast & Gravy Mashed Potatoes Baked Squash Greek Salad Applesauce WW Bread or Roll Dessert</p>	<p>10</p> 	<p>11</p> <p>Beef Stew Green Salad Peaches Biscuit Dessert</p>	<p>12</p> <p>1/2 Ham Sand- wich Split Pea Soup Three Bean Salad Garden Salad Pineapple Whole Grain</p>
<p>15</p>	<p>16</p> <p>Beef Stroganoff Green Beans Tossed Salad Strawberries & Bananas WW Bread or Roll Dessert</p>	<p>17</p>	<p>18</p> <p>Pork Chops Au Gratin Potatoes Peas 49'er Chopped Salad Applesauce Biscuit w/Chives Dessert</p>	<p>19</p> <p>Lemon Baked Fish Oven Brown Po- tatoes Glazed Carrots Coleslaw Peaches</p>
<p>22</p> 	<p>23</p> <p>Tater Tot Casserole Cottage Cheese Carrot/Raisin Salad Peaches WW Bread Dessert</p>	<p>24</p> 	<p>25</p> <p>Tuna Noodle Casse- role Peas & Carrots Garden Salad Blueberries WW Bread or Roll Dessert</p>	<p>26</p> <p>Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin</p>
<p>29</p>	<p>30</p> <p>Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert</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—\$8.50 FEE</p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p> </div>		





Odessa Senior Meals April 2019








Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Lentil Veggie Soup Cottage Cheese Whole Grain Crackers 7 Layer Salad Citrus Salad Cornbread Dessert</p>	<p>2</p> 	<p>3</p> <p>Italian Rice & Beef Caesar Salad Cinnamon Pears Garlic Bread Dessert</p>	<p>4</p> <p>White Bean & Chicken Chili Corn Chips Spinach Salad Peaches WW Roll Dessert</p>	<p>5</p>
<p>8</p> <p>Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert</p>	<p>9</p>	<p>10</p> <p>Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert</p>	<p>11</p> <p>Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Blueberries Dessert</p>	
<p>15</p> <p>Chicken & Wild Rice Bake California Vegetables Spinach Salad Apple Celery Salad WW Roll Dessert</p>	<p>16</p> 	<p>17</p> <p>Beef Stew Green Salad Peaches Biscuit Dessert</p>	<p>18</p> <p>Glazed Ham Roasted Potatoes Buttered Peas Greek Salad Pineapple WW Bread or roll Carrot Cake</p>	<p>19</p>
<p>22</p> <p>Stuffed Green Peppers 49'er Chopped Salad Apricots WW Bread or Roll Dessert</p>	<p>23</p> 	<p>24</p> <p>Ham & Wild Rice Casserole Mixed Vegetables Spinach Salad Orange Quarters WW Bread or Roll Dessert</p>	<p>25</p> <p>Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Peaches Cornbread Dessert</p>	<p>26</p> 
<p>29</p> <p>Meatloaf Potatoes & Gravy Asparagus Spinach Salad Chilled Pears Muffin Dessert</p>	<p>30</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>	
				



Wilbur Senior Meals

April 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Lentil Veggie Soup Cottage Cheese 7 Layer Salad Citrus Salad Whole Grain Crackers Cornbread Dessert	3 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	4 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll Dessert	5 
8 	9 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Pound Cake	10 Meatloaf & Gravy Mashed Potatoes Spinach Salad Chilled Pears Bran Muffin Cereal Bar Cookie	11 Tuna Noodle Casserole Peas & Carrots Garden Salad Orange Quarters WW Bread or Roll Dessert	
15	16 1/2 Ham & Cheese Sandwich Corn Chowder Tossed Salad Apple Crisp	17 Chili with Cheese Garden Salad Fresh Vegetable Tray Peaches Cornbread Dessert	18 Pork Roast Stuffing & Gravy Baked Squash Greek Salad Applesauce WW Bread or Roll Dessert	19 
22 	23 Chicken Fettuccine Asparagus Spinach Salad Mixed Berries WW Roll Dessert	24 Yankee Pot Roast Red Potatoes Roasted Carrots Mixed Greens Salad Peaches WW Bread or Roll Dessert	25 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	26
29	30 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks Dessert		 Seniors Age 60 & over—suggested donation \$4.00 Under age 60—\$8.50 FEE	



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