








# Davenport Senior Meals March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hawaiian Chicken Wild Rice Baby Carrots Kale Slaw Pineapple WW Bread or Roll
4	5 California Chicken Casserole Lettuce & Tomato Salad Waldorf Salad Cheesy Biscuit Dessert	6	7 Beef Enchiladas with Refried Beans Spanish Rice Baja Veggie Blend Mexican Slaw Fruit Cup Dessert	8 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit Dessert
11 	12 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Bread or Roll Dessert	13	14 Scrambled Eggs & Sausage Potatoes O'Brien Juice Peaches Bran Muffin Dessert	15 Corned Beef & Cabbage Boiled Potatoes Carrots Tropical Fruit WW Bread or Roll Pistachio Pudding 
18	19 Rueben Sandwich with Swiss Cheese Tossed Green Salad Mandarin Oranges Dessert	20 	21 Scalloped Potatoes & Ham Casserole Green Beans Carrot Raisin Salad Spicy Apples WW Roll Dessert	22 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Bread Pudding
25 	26 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert	27	28 Chicken Salad Sandwich Three Bean Salad Veggie Pasta Salad Cherries & Pineapple Dessert	29 Tuna Noodle Casserole Peas & Carrots Spiced Salad Peaches Garlic Bread Dessert

**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 March 2019









**Monday**

**Tuesday**

**Wednes-**

**Thursday**

**Friday**

 <p>shutterstock - 167450213</p>				<p>1 Hawaiian Chicken Wild Rice Baby Carrots Kale Slaw Pineapple WW Bread or Roll Dessert</p>
<p>4</p>	<p>5 California Chicken Casserole Lettuce &amp; Tomato Salad Waldorf Salad Cheesy Biscuit Dessert</p>	<p>6</p>	<p>7 Beef Enchiladas with Refried Beans Spanish Rice Baja Veggie Blend Mexican Slaw Fruit Cup Dessert</p>	<p>8 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit Dessert</p> 
<p>11</p>	<p>12 Tater Tot Casserole Cottage Cheese Cuke &amp; Tomato Salad Apricots WW Bread or Roll Dessert</p>	<p>13</p>	<p>14 Scrambled Eggs &amp; Sausage Potatoes O'Brien Juice Peaches Bran Muffin Dessert</p>	<p>15 Corned Beef &amp; Cabbage Boiled Potatoes Carrots Tropical Fruit WW Bread or Roll Pistachio Pudding</p>
<p>18</p>	<p>19 Rueben Sandwich with Swiss Cheese Tossed Green Salad Mandarin Oranges Dessert</p> 	<p>20</p>	<p>21 Scalloped Potatoes &amp; Ham Casserole Green Beans Carrot Raisin Salad Spicy Apples WW Roll Dessert</p>	<p>22 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Bread Pudding</p> 
<p>25</p> 	<p>26 Lasagna Green Beans Tossed Salad Pears Bread Sticks Dessert</p>	<p>27</p>	<p>28 Chicken Salad Sand- wich Three Bean Salad Veggie Pasta Salad Cherries &amp; Pineapple Dessert</p>	<p>29 Tuna Noodle Casserole Peas &amp; Carrots Spiced Salad Peaches Garlic Bread Dessert</p>



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# Odessa Senior Meals March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Country Style Ribs Macaroni & Cheese Trio Vegetables Cabbage Apple Slaw Apple slices WW Bread or Roll Dessert	5	6 Hawaiian Chicken Wild rice Baby Carrots Kale Slaw Pineapple WW Roll Dessert	7 Roast Beef Mashed Potatoes Broccoli Cuts Tossed Veggie Salad Peaches WW Bread or Roll Dessert	8
11 Pork Chops w/Applesauce Stuffing & Gravy Broccoli Garden Salad Citrus Salad WW Bread Dessert	12	13 Chicken Cordon Bleu Rice Pilaf Capri Blend Vegetables Greek Salad Fruit Salad WW Roll Dessert	14 Corned Beef & Cabbage Boiled Potatoes Carrots Tropical Fruit WW Bread or Roll Pistachio Pudding	15 
18 Baked Chicken Wild Rice Carrots Three Bean Salad Peaches Bread Pudding	19	20 Reuben Sandwich Tossed Green Salad Mandarin Oranges Dessert	21 Chili with Cheese 1/2 Baked Potato Mixed Vegetables Broccoli Salad Mixed Fruit Cornbread Dessert	22
25 California Chicken Casserole Lettuce & Tomato Salad Waldorf Salad Cheesy Biscuit Dessert	26	27 Country Fried Steak Potatoes & Gravy Buttered corn Carrot Raisin Salad WW Roll Apple Crisp	28 Beef tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert	29



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**Under age 60—\$8.50 FEE**

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# Wilbur Senior Meals

## March 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 
4 	5 Country Style Ribs Macaroni & Cheese Trio Vegetables Cabbage & Apple Slaw Pineapple & Cherries WW Bread Dessert	6 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit Dessert	7 Baked Fish Twice Bake Potatoes Asian Vegetables Spinach Salad Waldorf Salad WW Bread or Roll Dessert	8
11	12 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert	13 Chicken Fettuccine Crunchy Pea Salad Spring Salad Apricots Garlic Bread Dessert	14 Corned Beef & Cabbage Boiled Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding	15 
18	19 Chili with Cheese 1/2 Baked Potato Mixed Vegetables Broccoli Salad Peaches Cornbread Dessert	20 Hawaiian Chicken Wild rice Baby Carrots Kale Slaw Pineapple WW Bread Dessert	21 Tater Tot Casserole Cottage cheese Cuke & Tomato Salad Apricots WW Roll Dessert	22
25 	26 Hamburger Steak with Grilled Onions Jo Jo's Green Bean Casserole Spiced Salad Pears WW Bread or Roll Dessert	27 Scrambled Eggs & Ham Potatoes O'Brien Stewed Tomatoes Juice Peaches Blueberry Muffin	28 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert	29 

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