









Davenport Senior Meals December 2019




Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Orange Glazed Chicken Garden Rice Stir Fry Vegetables Asian Style Slaw WW Bread or Roll Dessert	4	5 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	6 French Dip Sandwich Vegetable Tray Garden Salad Peaches Dessert
9	10 Meatloaf Potatoes & Gravy Green Beans Green Salad WW Bread or Roll Fruited Jell-O	11 	12 Macaroni & Cheese with Ham Peas Tossed Green Salad Mixed Berries Muffin Dessert	13 Clam Chowder 1/2 Turkey Sandwich Three Bean Salad Tropical Fruit Whole Grain Crackers Dessert
16 	17 Baked Ham Au Gratin Potatoes Glazed Carrots Chopped Kale Salad Applesauce Bread Pudding	18	19 Chicken Florentine Pasta Green Salad Citrus Salad WW Bread or Roll Dessert	20 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Bread or Roll Special Dessert
23	24 	25	26 Baked Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	27 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail WW Bread Dessert
30 	31 Chicken Stir Fry Fried Rice Asian Slaw Mandarin Oranges WW Roll Dessert		<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>	



Harrington Senior Meals

December 2019



Monday	Tuesday	Wednes-	Thursday	Friday
2	3 Orange Glazed Chicken Garden Rice Stir Fry Vegetables Asian Style Slaw WW Bread or Roll Dessert	4 	5 Lasagna Mixed Vegetables Caesar Salad Pears Garlic Bread Dessert	6 French Dip Sandwich Vegetable Tray Garden Salad Peaches Dessert
9  <small>shutterstock - 111538691</small>	10 Meatloaf Potatoes & Gravy Green Beans Green Salad WW Bread or Roll Fruited Jell-O	11	12 Macaroni & Cheese with Ham Peas Tossed Green Salad Mixed Berries Muffin Dessert	13 Clam Chowder 1/2 Turkey Sandwich Three Bean Salad Tropical Fruit Whole Grain Crackers Dessert
16	17 Baked Ham Au Gratin Potatoes Glazed Carrots Chopped Kale Salad Applesauce Bread Pudding	18	19 Chicken Florentine Pasta Green Salad Citrus Salad WW Bread or Roll Dessert	20 Roast Beef Baked Potato Green Bean Casserole 7 Layer Salad Fruit Ambrosia WW Bread or Roll Special Dessert
23	24 	25	26 Baked Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	27 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail WW Bread Dessert
30	31 Chicken Stir Fry Fried Rice Asian Slaw Mandarin Oranges WW Roll 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



Odessa Senior Meals December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Cabbage Patch Stew Pasta Salad Pea Salad Pears Cornbread Dessert <div style="text-align: right; margin-top: 20px;"></div>	3	4 Chicken Cordon Bleu Rice Pilaf Normandy Vegetables Tossed Green Salad Fruit Cocktail WW Bread or Roll Dessert	5 Sloppy Joe Sandwich Jo Jo's Coleslaw Apricots Dessert <div style="text-align: right; margin-top: 20px;"></div>	6
9 Country Fried Steak Mashed Potatoes & Gravy Country Trio Vegetables Garden Salad Fruit Cocktail WW Bread or Roll Dessert	10	11 Parmesan Chicken Pasta Marinara Italian Vegetables Green Salad Mandarin Oranges Garlic Bread Dessert	12 Pot Roast & Gravy Roasted Potatoes Glazed Carrots Spinach Salad Pineapple WW Bread or Roll Dessert	13 <div style="text-align: center; margin-top: 20px;"></div>
16 Philly Steak Sandwich With Au Jus Jo Jo Potatoes Garden Salad Fruit Tray Dessert	17 <div style="text-align: center; margin-top: 20px;"></div>	18 Tuna & Rice Bake California Vegetables Greek Salad Apple Slices Garlic Bread Dessert	19 Oven Baked Chicken Roasted Sweet Potatoes Cuke & Tomato Salad Grapes Biscuit Cereal Bars	20
23 Ham Mashed Potatoes Cauliflower & Chives Green Salad WW Bread or Roll Apple Crisp	24 <div style="text-align: center; margin-top: 20px;"></div>		26 1/2 Turkey Sandwich Cheesy Potato Soup Pea Salad Fresh Fruit Tray WW Crackers Dessert	27 <div style="text-align: right; margin-top: 20px;"></div>
30 Ham & Au Gratin Potato Casserole Brussels Sprouts Garden Salad Waldorf Salad WW Roll Dessert	31 <div style="text-align: center; margin-top: 20px;"></div>		<div style="border: 2px solid black; padding: 10px;"> <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>	



Wilbur Senior Meals

December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Mac & Cheese with Ham Peas Tossed Green Salad Mixed Berries Muffin Dessert	4 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Fruit Cocktail WW Roll Dessert	5 Lemon Pepper Fish Roasted Red Potatoes Trio Vegetables Coleslaw Chilled Peaches Garlic Bread Dessert	6
9 	10 Tuna Casserole Peas & Carrots Garden Salad Tropical Fruit WW Bread or Roll Dessert	11 Country Fried Steak Mashed Potatoes Trio Vegetables Tossed Veggie Salad Fruit Cocktail WW Bread or Roll Dessert	12 Pork Chow Mein Stir Fry Vegetables Asian Slaw WW Roll Dessert	13
16	17 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	18 Chicken Cordon Bleu Garden Rice Peas Spinach Salad Cherries & Pineapple WW Roll Dessert 	19 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Waldorf Salad Bread & Raisin Pudding	20
23	24 CLOSED 	25 CLOSED	26 Hearty Turkey Noodle Soup Tossed Vegetable Salad Fresh Fruit Tray WW Roll Dessert	27
30	31 Orange Glazed Chicken Garden Rice Stir Fry Veggies Asian Style Slaw Chilled Pineapple WW Roll Dessert		<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>	