



Davenport Senior Meals November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
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				1 Chicken Cordon Bleu Rice Pilaf Mixed Vegetables Caesar Salad Fruit Cocktail WW Bread or Roll Dessert
4	5 Split Pea & Ham Soup 1/2 Turkey Sandwich Carrot Raisin Salad Lettuce & Tomato Salad Pineapple Tidbits WW Crackers Dessert	6	7 Biscuits & Gravy Oven Browned Potatoes V-8 Juice Banana Dessert	8 Parmesan Chicken Pasta Marinara California Veggies Greek Salad Mandarin Oranges Garlic Bread Dessert
11 	12 Beef Pot Pie Broccoli Salad Pears WW Roll Dessert	13	14 BBQ Chicken Macaroni Salad Brussels Sprouts Tossed Green Salad Grapes Biscuit Dessert	15 Hamburger Steak with Grilled Onions Potatoes Waldorf Salad Garlic Bread Dessert
18	19 Beef Taco's Southwest Salad Tropical Fruit Dessert	20 	21 Teriyaki Steak over Rice Tossed Vegetable Salad Mandarin Oranges WW Bread or Roll Dessert	22 Baked Fish Basil & Garlic Pasta Steamed Broccoli Crunchy Pea Salad WW Roll Pear Crisp
25 	26 Roast Turkey Mashed Potatoes Stuffing Brussels Sprouts Green Salad Cranberry Salad Pumpkin Pie	27	28 	29



Harrington Senior Meals November 2019



Monday	Tuesday	Wednes-	Thursday	Friday
				1 Chicken Cordon Bleu Rice Pilaf Mixed Vegetables Caesar Salad Fruit Cocktail WW Bread or Roll
4	5 Split Pea & Ham Soup 1/2 Turkey Sandwich Carrot Raisin Salad Lettuce & Tomato Salad Pineapple Tidbits WW Crackers Dessert	6 	7 Biscuits & Gravy Oven Browned Potatoes V-8 Juice Banana Dessert	8 Parmesan Chicken Pasta Marinara California Veggies Greek Salad Mandarin Oranges Garlic Bread Dessert
11 	12 Beef Pot Pie Broccoli Salad Pears WW Roll Dessert	13	14 BBQ Chicken Macaroni Salad Brussels Sprouts Tossed Green Salad Grapes Biscuit Dessert	15 Hamburger Steak with Grilled Onions Potatoes Waldorf Salad Garlic Bread Dessert
18	19 Beef Taco's Southwest Salad Tropical Fruit Dessert	20 	21 Teriyaki Steak over Rice Tossed Vegetable Salad Mandarin Oranges WW Bread or Roll Dessert	22 Baked Fish Basil & Garlic Pasta Steamed Broccoli Crunchy Pea Salad WW Roll Pear Crisp
25	26 Roast Turkey Mashed Potatoes Stuffing Brussels Sprouts Green Salad Cranberry Salad Pumpkin Pie	27	28 	29



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Under age 60—\$8.00 FEE

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Odessa Senior Meals November 2019



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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				
4 1/2 Ham & Cheese Sandwich Corn Chowder Fresh Fruit Tray Dessert	5 	6 Broccoli Chicken Bake Wild Rice Caesar Salad Waldorf Salad WW Bread or Roll Dessert	7 Tuna Noodle Casserole Peas & Carrots Garden Salad Tropical Fruit WW Bread or Roll Dessert	8 
11 	12	13 Honey Mustard Chicken Herbed Noodles Trio Vegetables Coleslaw Tropical Fruit WW Roll Dessert	14 Hot Roast Beef Sandwich (open face) Potatoes & Gravy Buttered Peas Mixed Greens Salad Chilled Peaches WW Roll Dessert	15
18 Salisbury Steak with Mushroom Gravy Mashed Potatoes Brussels Sprouts Tossed Green Salad Grapes WW Roll Dessert	19	20 IDAHO TACO 1/2 Baker with Taco Meat, Cheese, and all the fixings Chilled Pears Tortilla Chips Dessert	21 Baked Fish Basil & Garlic Pasta Steamed Broccoli Crunchy Pea Salad WW Roll Apple Crisp	22
25 Split Pea & Ham Soup 1/2 Turkey Sandwich Carrot Raisin Salad Lettuce & Tomato Salad Pineapple tidbits WW Crackers Dessert	26 	27 Roast Turkey & Gravy Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	28 	29



Wilbur Senior Meals

November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Baked Fish Basil & Garlic Pasta Steamed Broccoli Crunchy Pea Salad WW Roll Berry Cobbler	6 Pot Roast Roasted Potatoes Green Beans Spinach Salad Pineapple Tidbits WW Roll Dessert	7 Chicken Cordon Bleu Rice Pilaf Roasted Carrots Tossed Green Salad Fruit Cocktail WW Roll Dessert	8
11 	12 Cabbage Patch Stew Pasta Salad Pea Salad Pears Corn Bread Dessert	13 Salisbury Steak with Mushroom Gravy Mashed Potatoes Green Beans Garden Salad WW Roll Fruit Crisp	14 Ham & Au Gratin Potato Casserole Glazed Carrots Caesar Salad Waldorf Salad WW Roll Dessert	15 
18	19 Biscuits & Gravy Scrambled Eggs Oven Browned Potatoes V-8 Juice Orange Quarters Dessert	20 Tuna & Rice Bake California Blend Veggies Greek Salad Peaches Garlic Bread Dessert	21 Roast Turkey Mashed Potatoes Stuffing Green Bean Casserole Green Salad Cranberry Salad Pumpkin Pie	22
25 	26 Country Fried Steak Potatoes & Gravy Corn Garden Salad Chilled Peaches WW Roll Dessert	27 Split Pea & Ham Soup 1/2 Turkey Sandwich Carrot Raisin Salad Lettuce & Tomato Salad Pineapple WW Crackers Dessert	28 	29

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