








Davenport Senior Meals January 2020



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| | | 1  | 2 Stuffed Peppers Soup 1/2 Turkey Sandwich Tossed Salad Fruit Salad Dessert | 3 Lemon Pepper Fish Garden Rice Asian Vegetables Spinach Salad Waldorf Salad Onion Bread Dessert |
| 6 | 7 French Dip Sandwich Lentil Soup Pea Salad Tropical Fruit Salad Apple Crisp | 8 | 9 Baked Chicken Au Gratin Potatoes Glazed Carrots Chilled Peaches Bread Pudding | 10 Pork Roast with BBQ Sauce Rice Pilaf Green Beans Almondine 7 Layer Salad Pineapple Garlic Bread Dessert |
| 13 | 14 Hamburger Stroganoff Buttered Peas Garden Salad Apple Slices WW Roll Dessert | 15  | 16 Chicken & Rice Bake Roasted Vegetables Kale Slaw Tropical Fruit WW Bread or Roll Dessert | 17 Chili with Cheese Broccoli Salad Caesar Salad Chilled Peaches Cornbread Dessert  |
| 20  | 21 Chicken Fettuccine Buttered Peas Carrot Raisin Salad Garlic Bread Berry Crisp | 22 | 23 Baked Pork Chops Stuffing & Gravy Steamed Broccoli Garden Salad Citrus Salad Dessert | 24 Fish Sandwich Potato Soup Cabbage Apple Slaw Fresh Fruit Tray Dessert |
| 27 | 28 Chicken Fried Steak Mashed Potatoes Buttered Corn Lettuce & Tomato Salad Orange Quarters WW Roll Dessert | 29  | 30 Broccoli/Cheddar Soup 1/2 Tuna Salad Sandwich Potato Salad Tropical Fruit Whole Grain Crackers Dessert | 31 Yankee Pot Roast Scalloped Potatoes Broccoli Salad Waldorf Salad Biscuit Oatmeal Cookies |

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 January 2020



Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|---|---|---|---|---|
| <p style="text-align: center;">CALL 509-725-7055 24 HOURS IN ADVANCE TO RESERVE OR CANCEL</p> | | <p style="text-align: center;">1</p>  | <p style="text-align: center;">2</p> <p>Stuffed Peppers Soup 1/2 Turkey Sandwich Tossed Salad Fruit Salad Dessert</p> | <p style="text-align: center;">3</p> <p>Lemon Pepper Fish Garden Rice Asian Vegetables Spinach Salad Waldorf Salad Onion Bread</p> |
| <p style="text-align: center;">6</p> | <p style="text-align: center;">7</p> <p>French Dip Sandwich Lentil Soup Pea Salad Tropical Fruit Salad Apple Crisp</p> | <p style="text-align: center;">8</p> | <p style="text-align: center;">9</p> <p>Baked Chicken Au Gratin Potatoes Glazed Carrots Chilled Peaches Bread Pudding</p> | <p style="text-align: center;">10</p> <p>Pork Roast with BBQ Sauce Rice Pilaf Green Beans Almondine 7 Layer Salad Pineapple</p> |
| <p style="text-align: center;">13</p> | <p style="text-align: center;">14</p> <p>Hamburger Stroganoff Buttered Peas Garden Salad Apple Slices WW Roll Dessert</p> | <p style="text-align: center;">15</p>  | <p style="text-align: center;">16</p> <p>Chicken & Rice Bake Roasted Vegetables Kale Slaw Tropical Fruit WW Bread or Roll Dessert</p> | <p style="text-align: center;">17</p> <p>Chili with Cheese Broccoli Salad Caesar Salad Chilled Peaches Cornbread Dessert</p> |
| <p style="text-align: center;">20</p>  | <p style="text-align: center;">21</p> <p>Chicken Fettuccine Buttered Peas Carrot Raisin Salad Garlic Bread Berry Crisp</p> | <p style="text-align: center;">22</p> | <p style="text-align: center;">23</p> <p>Baked Pork Chops Stuffing & Gravy Steamed Broccoli Garden Salad Citrus Salad Dessert</p> | <p style="text-align: center;">24</p> <p>Fish Sandwich Potato Soup Cabbage Apple Slaw Fresh Fruit Tray Dessert</p> |
| <p style="text-align: center;">27</p> | <p style="text-align: center;">28</p> <p>Chicken Fried Steak Mashed Potatoes Buttered Corn Lettuce & Tomato Salad Orange Quarters WW Roll Dessert</p> | <p style="text-align: center;">29</p>  | <p style="text-align: center;">30</p> <p>Broccoli/Cheddar Soup 1/2 Tuna Salad Sandwich Potato Salad Tropical Fruit Whole Grain Crackers Dessert</p> | <p style="text-align: center;">31</p> <p>Yankee Pot Roast Scalloped Potatoes Broccoli Salad Waldorf Salad Biscuit Oatmeal Cookies</p> |

Seniors Age 60 & over—suggested donation \$4.00





Under age 60—\$8.50 FEE

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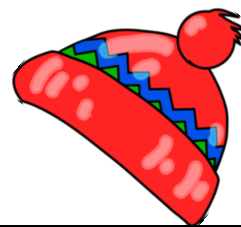
Odessa Senior Meals January 2020



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| | | 1 CLOSED  | 2 Clam Chowder 1/2 Tuna Sandwich Mixed Greens Salad Tropical Fruit Dessert | 3 |
| 6 French Dip Pickled Beets Pea Salad Waldorf Salad Dessert | 7 | 8 Red Beans & Rice Smoked Sausage Baked Squash Coleslaw Pineapple WW Roll Dessert | 9 Meatloaf Mashed Potatoes Peas Garden Salad Peaches WW Bread or Roll Dessert | 10  |
| 13 Chicken & Rice Bake Roasted Vegetables Chopped Salad Tropical Fruit WW Roll Dessert | 14 | 15 Salisbury Steak Mashed Potatoes Mixed Vegetables Spinach Salad Roll Peach Cobbler | 16 Pork Chops Stuffing & Gravy Zucchini Tomato Bake Garden Salad Pineapple Dessert | 17 |
| 20  | 21 | 22 Lasagna Cottage Cheese Green Beans Caesar Salad Fruit Cocktail Garlic Bread Dessert | 23 Biscuits & Country Gravy Sausage Patty Hash Browns Juice Fresh Fruit Blueberry Parfait | 24 |
| 27 Spaghetti & Meat Sauce Caesar Salad Pears Garlic Bread Dessert | 28  | 29 Pot Roast Roasted Potatoes & Carrots Tossed Green Salad Peaches WW Roll Dessert | 30 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange Quarters Dessert | <div style="border: 2px solid black; padding: 5px;"> <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 January 2020



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| | | 1  | 2 Clam Chowder 1/2 Tuna Sandwich Mixed Greens Salad Tropical Fruit Dessert | 3 |
| 6 | 7 Baked Fish Wild Rice Glazed Carrots Coleslaw Citrus Salad Cheese Biscuit Dessert | 8 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Peaches WW Bread or Roll Dessert | 9 Chicken & Rice Bake Roasted Vegetables Kale Salad Tropical Fruit WW Roll Dessert | 10  |
| 13  | 14 Beef Barley Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert | 15 Chili 1/2 Baked Potato Tossed Green Salad Apple Celery Salad Cornbread Dessert | 16 Oven Fried Chicken Twice Bake Potatoes Corn Spiced Salad Fruit Cocktail Biscuit Dessert | 17 |
| 20  | 21 Salisbury Steak Mashed Potatoes Mixed Vegetables Spinach Salad Roll Peach Cobbler | 22 Pork Roast Stuffing & Gravy Zucchini Tomato Bake Garden Salad Pineapple Dessert | 23 Cheeseburger Deluxe Sweet Potato Fries Coleslaw Orange quarters Dessert | 24 |
| 27 | 28 Biscuits & Country Gravy Sausage Patty Hash Browns Juice Fresh Fruit Blueberry Parfait | 29 Cabbage Patch Stew Mediterranean Salad Waldorf Salad Whole Grain Crackers Dessert | 30 Country Fried Steak Mashed Potatoes Buttered Corn Lettuce Tomato Salad Orange Quarters Biscuit Dessert | 31  |

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donation \$4.00
Under age 60—\$8.50 FEE**

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