








Davenport Senior Meals July 2020



Monday	Tuesday	Wednesday	Thursday	Friday
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		1	2 Turkey Sandwich - Deli Style Potato Salad Fruit Salad Pumpkin Pie	3  Happy 4th of July!
6	7 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	8 	9 Chef's Salad Mixed Melons WW Roll Cereal Bars	10 Baked Lemon Fish Herbed Fettuccine Carrots Cabbage & Apple Slaw Mixed Berries Garlic Bread Dessert
13 	14 Pork Roast Stuffing & Gravy Green Beans Tossed Green Salad Fresh Fruit Dessert	15	16 Chinese Almond Chicken Asian Style Veggies Steamed Rice Asian Slaw Egg Roll Mixed Berries Shortcake	17 Quiche Lorraine Spinach Salad Crunchy Pea Salad Pineapple & Cherries Lemon Bars
20	21 Hamburger Steak with Grilled Onions Mashed Potatoes Green Beans Tossed Green Salad Herb Bread Cherry Crisp	22	23 Chicken Enchiladas Spanish Rice Southwest Salad Fruited Jell-O 	24 Clam Chowder 1/2 Turkey Sandwich Spiced Salad Three Bean Salad Watermelon WW Crackers Dessert
27	28 Country Fried Steak Potatoes & Gravy Trio Vegetables Carrot Raisin Salad Peaches Bread Pudding	29 	30 Chicken & Dumplings 49'er Chopped Salad Mixed Berries Biscuit Dessert	31 Pepper Steak Garden Rice Cucumber Salad Grapes Cornbread Dessert

volunteer
do good, feel good



Harrington Senior Meals July 2020



24 HOURS IN ADVANCE TO RESERVE OR CANCEL

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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		1	2 Turkey Sandwich - Deli Style Potato Salad Fruit Salad Pumpkin Pie	3  Happy 4th of July!
6 	7 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	8	9 Chef's Salad Mixed Melons WW Roll Cereal Bars 	10 Baked Lemon Fish Herbed Fettuccine Carrots Cabbage & Apple Slaw Mixed Berries Garlic Bread Dessert
13	14 Pork Roast Stuffing & Gravy Green Beans Tossed Green Salad Fresh Fruit Dessert	15 	16 Chinese Almond Chicken Asian Style Veggies Steamed Rice Asian Slaw Egg Roll Mixed Berries Shortcake	17 Quiche Lorraine Spinach Salad Crunchy Pea Salad Pineapple & Cherries Lemon Bars
20 	21 Hamburger Steak with Grilled Onions Mashed Potatoes Green Beans Tossed Green Salad Herb Bread Cherry Crisp	22	23 Chicken Enchiladas Spanish Rice Southwest Salad Fruited Jell-O	24 Clam Chowder 1/2 Turkey Sandwich Spiced Salad Three Bean Salad Watermelon WW Crackers Dessert 
27	28 Country Fried Steak Potatoes & Gravy Trio Vegetables Carrot Raisin Salad Peaches Bread Pudding	29	30 Chicken & Dumplings 49'er Chopped Salad Mixed Berries Biscuit Dessert	31 Pepper Steak Garden Rice Cucumber Salad Grapes Cornbread Dessert

Volunteer Opportunities



Odessa Senior Meals July 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<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>		<p>1 Supreme Style Pizza Caesar Salad Pears Garlic Knots Dessert</p>	<p>2 Deluxe Cheeseburger Potato Salad Melon Dessert</p>	<p>3 CLOSED</p> <p>Happy 4th of July</p>
<p>6 Chili w/ Cheese & Onions 1/2 Baked Potato Vegetable Tray Bananas & Strawberries Cornbread Dessert</p>	<p>7</p> 	<p>8 Chicken Enchiladas Spanish Rice Coleslaw Cuke & Watermelon Salad Mandarin Oranges Dessert</p>	<p>9 Baked Ham Scalloped Potatoes Trio Vegetables Tossed Salad Pineapple WW Roll Dessert</p>	<p>10</p>
<p>13 Country Fried Steak Potatoes & Gravy Trio Vegetables Carrot Raisin Salad Peaches WW Roll Dessert</p>	<p>14</p>	<p>15 Chicken & Dumplings Spinach Salad Mixed Berries Dessert</p>	<p>16 Pepper Steak Garden Rice Sour Cream & Cukes Grapes WW Roll Dessert</p>	<p>17</p>
<p>20 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon Whole Grain Crackers WW Roll Dessert</p>	<p>21</p>	<p>22 Burger Dip Sandwich Crunchy Pea Salad Pickled Beets Fruit Salad Dessert</p>	<p>23 Chef's Salad Mixed melons WW Roll Cereal Bars</p>	<p>24</p> 
<p>27 Deli Style Turkey Sandwich Potato Salad Fruit Salad Pumpkin Pie</p> 	<p>28</p>	<p>29 Teriyaki Beef on Rice Stir Fry Vegetables Garden Salad Pineapple & Cherries WW Roll Dessert</p>	<p>30 Taco Salad Refried Beans Spanish Rice Cinnamon Pears Tortilla Chips Dessert</p>	<p>31</p>

Volunteer Opportunities



Wilbur Senior Meals

July 2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Deluxe Cheeseburger Potato Salad Melon Dessert	2 Chicken Fettuccine Steamed Broccoli Spring Salad Fresh Fruit Garlic Bread Dessert	3 CLOSED Happy 4th of July!
	6 	7 Chili 1/2 Baked Potato Vegetable Tray Bananas & Strawberries Cornbread Dessert	8 Biscuits & Gravy Oven Brown Potatoes Sliced Tomatoes Orange Quarters Dessert	9 Hot Dog Baked Beans Pea Salad Garden Salad Rhubarb Crisp
13 	14 Country Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad Peaches WW Roll Dessert	15 Spaghetti & Meat Sauce Caesar Salad Cinnamon Pears Garlic Bread Dessert	16 Clam Chowder Cottage Cheese Carrot Raisin Salad Spiced Salad Watermelon Crackers WW Roll Dessert	17
20 	21 Baked Fish Herbed Fettuccine Carrots Cabbage & Apple Slaw Mixed Berries Garlic Bread Dessert	22 Beef Stew Garden Salad Peaches Biscuits Dessert	23 Supreme Style Pizza Caesar Salad Pears Garlic Knots Dessert	24
27 	28 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Cucumber Salad Tropical Fruit WW Roll Dessert	29 Veggie Lasagna Garden Salad Waldorf Salad Garlic Bread Dessert	30 Baked Ham Scalloped Potatoes Trio Vegetables Tossed Salad Pineapple WW Roll Dessert	31

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