








# Davenport Senior Meals March 2020



Monday	Tuesday	Wednesday	Thursday	Friday	
2	3 Hawaiian Chicken Wild Rice Glazed Carrots Kale Slaw Pineapple WW Roll Dessert	4	5 Cabbage Rolls Vegetable Medley Apple Wedges WW Bread Dessert	6 Hamburger Steak with Grilled Onions Buttered Noodles Green Bean Casserole Spiced Salad Pears WW Roll Dessert	
9	10 Pork Chow Mein Chow Mein Noodles Spinach Salad Mandarin Oranges Herb Bread Fortune Cookies	11	12 Chicken Fettuccine Italian Vegetables Garden Salad Tropical Fruit Garlic Bread Dessert	13 Beef Tacos Spanish Rice Southwest Salad Spiced Applesauce Dessert	
16 	17 Roast Beef Mashed Potatoes & Gravy Steamed Broccoli Tossed Veggie Salad Waldorf Salad WW Roll Dessert	18	19 Tuna Noodle Casserole Peas & Carrots Spinach Salad Chilled Apricots Onion Bread Dessert	20 Chicken Cordon Bleu Rice Pilaf Winter Vegetables Greek Salad Fruit Salad WW Roll Dessert 	
23	24 1/2 Ham Sandwich Minestrone Soup Caesar Salad Tropical Fruit Whole Grain Crackers Dessert	25 	26 Tater Tot Casserole Cottage Cheese Cuke & Tomato Salad Apricots WW Roll Dessert	27 Chicken Burger Deluxe Sweet Potato Fries Pasta Veggie Salad Orange Quarters Dessert	
30 	31 Southern Biscuits and Sausage Gravy Oven Brown Potatoes V-8 Juice Fresh Fruit Blueberry Parfait	<p align="center"><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b></p> <p align="center"><b>Under age 60—\$8.50 FEE</b></p> <p align="center">Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p>			



# Harrington Senior Meals March 2020







**Monday**

**Tuesday**

**Wednes-**

**Thursday**

**Friday**

<p>2</p>  <p>shutterstock - 167450213</p>	<p>3</p> <p>Hawaiian Chicken Wild Rice Glazed Carrots Kale Slaw Pineapple WW Roll Dessert</p>	<p>4</p>	<p>5</p> <p>Cabbage Rolls Vegetable Medley Apple Wedges WW Bread Dessert</p>	<p>6</p> <p>Hamburger Steak with Grilled Onions Buttered Noodles Green Bean Casserole Spiced Salad Pears WW Roll</p>
<p>9</p>	<p>10</p> <p>Pork Chow Mein Chow Mein Noodles Spinach Salad Mandarin Oranges Herb Bread Fortune Cookies</p>	<p>11</p>	<p>12</p> <p>Chicken Fettuccine Italian Vegetables Garden Salad Tropical Fruit Garlic Bread Dessert</p>	<p>13</p> <p>Beef Tacos Spanish Rice Southwest Salad Spiced Applesauce Dessert</p> 
<p>16</p>	<p>17</p> <p>Roast Beef Mashed Potatoes &amp; Gravy Steamed Broccoli Tossed Veggie Salad Waldorf Salad WW Roll Dessert</p>	<p>18</p>	<p>19</p> <p>Tuna Noodle Casserole Peas &amp; Carrots Spinach Salad Chilled Apricots Onion Bread Dessert</p>	<p>20</p> <p>Chicken Cordon Bleu Rice Pilaf Winter Vegetables Greek Salad Fruit Salad WW Roll Dessert</p>
<p>23</p>	<p>24</p> <p>1/2 Ham Sandwich Minestrone Soup Caesar Salad Tropical Fruit Whole Grain Crackers Dessert</p> 	<p>25</p>	<p>26</p> <p>Tater Tot Casserole Cottage Cheese Cuke &amp; Tomato Salad Apricots WW Roll Dessert</p>	<p>27</p> <p>Chicken Burger Sweet Potato Fries Pasta Veggie Salad Orange Quarters Dessert</p> 



30

31

Southern Biscuits and  
Sausage Gravy  
Oven Brown Potatoes  
V-8 Juice  
Fresh Fruit  
Blueberry Parfait

**CALL 509-725-7055  
24 HOURS IN ADVANCE TO  
RESERVE OR CANCEL**

**Seniors Age 60 & over—suggested donation \$4.00**  
**Under age 60—\$8.50 FEE**


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the Home Delivered Meal program toll-free 844-826-7979





# Odessa Senior Meals March 2020




Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2 Chicken Sandwich Deluxe Potato Salad Pea Salad Waldorf Salad Dessert</p>	<p>3</p>	<p>4 Tater Tot Casserole Cottage Cheese Cuke &amp; Tomato Salad Apricots WW Roll Dessert</p>	<p>5 Hawaiian Chicken Wild Rice Glazed Carrots Coleslaw Pineapple Tidbits WW Roll Dessert</p>	<p>6</p>	
<p>9 1/2 Ham Sandwich Split Pea Soup Carrots Tropical Fruit WW Roll Dessert</p>	<p>10</p>	<p>11 Beef Enchiladas Spanish Rice Baja Veggie Blend Mexican Slaw Fruit Cup Dessert</p>	<p>12 Pork Roast Stuffing &amp; Gravy Roasted Cauliflower Spinach Salad Peach Cobbler</p>	<p>13</p>	
<p>16 Corned Beef &amp; Cabbage Red Potatoes Carrots Tropical Fruit WW Bread or Roll Pistachio Pudding</p>	<p>17</p>  <p><b>Saint Patrick's Day</b> March 17</p>	<p>18 Chili with Cheese Garden Salad Broccoli Salad Peaches Cornbread Dessert</p>	<p>19 California Chicken Casserole Lettuce &amp; Tomato Salad Waldorf Salad Cheesy Biscuit Dessert</p>	<p>20</p> 	
<p>23 Ruben Sandwich Jo Jo's Three Bean Salad Mandarin Oranges Dessert</p>	<p>24</p>	<p>25 Hamburger Steak with Grilled Onions Pasta Salad Green Bean Casserole Spiced Salad Pears WW Bread or Roll Dessert</p>	<p>26 Baked Chicken Mashed Potatoes Stewed Tomatoes Three Bean Salad Peaches Bread Pudding</p>	<p>27</p>	
<p>30 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Waldorf Salad WW Roll Dessert</p>	<p>31</p> 	<p><b>Seniors Age 60 &amp; over—suggested donation \$4.00</b></p> <p><b>Under age 60—\$8.50 FEE</b></p> <p>Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p>			



# Wilbur Senior Meals

## March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Chicken Salad Sandwich Vegetable Soup Veggie Pasta Salad Tropical Fruit Dessert	4 Salmon with Dill Sauce Wild Rice Mediterranean Veggies Garden Salad Citrus Salad WW Roll Dessert	5 Scalloped Potatoes and Ham Casserole Green Beans Carrot Raisin Salad Spicy Apples Bread Pudding	6 
9 	10 Chicken Cordon Blue Casserole Rice Pilaf Capri Vegetables Greek Salad Fruit Salad WW Roll Dessert	11 Beef Enchiladas Refried Beans Spanish Rice Baja Veggie Blend Mexican Slaw Cinnamon Pears Dessert	12 Split Pea Soup 1/2 Ham Salad Carrots Banana WW Roll Dessert	13
16	17 Corned Beef & Cabbage Boiled Red Potatoes Carrots Tropical Fruit WW Roll Pistachio Pudding	18 Baked Fish Rice Pilaf Mixed Vegetables Tossed Salad Apple Celery Salad Garlic Bread Dessert	19 Chili with Cheese Garden Salad Broccoli Salad Peaches Cornbread Dessert	20 
23	24 Chicken Fettuccine Crunchy Pea Salad Spring Salad Tropical Fruit Garlic Bread Dessert	25 Sweet & Sour Pork Rice Spinach Salad Pineapple Tidbits WW Roll Dessert	26 Beef Tacos Spanish Rice Spiced Salad Mandarin Oranges Dessert	27
30 	31 Teriyaki Beef Rice Oriental Vegetables 7 Layer Salad Garlic Bread Dessert			

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