








Davenport Senior Meals July 2019









Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Deluxe Cheeseburger Coleslaw Melon Dessert	3	4  Happy 4th of July!	5 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Mixed Berries Garlic Bread Dessert
8 	9 Biscuits & Gravy Sliced Tomatoes Orange Quarters Juice Dessert	10	11 Baked Ham Scalloped Potatoes Snap Peas Tossed Veggie Salad Pineapple WW Bread or Roll Dessert	12 Chili with Cheese 1/2 Baked Potato Vegetable Tray Strawberries & Bananas Cereal Bars
15	16 Tater Tot Casserole Cottage Cheese Garden Salad Peaches WW Bread or Roll Dessert	17 	18 Chicken & Pasta Casserole Spinach Salad Three Bean Salad Mixed Berries Dessert	19 Clam Chowder Cottage cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert
22 	23 Country Fried Steak Potatoes & Gravy Green Beans Cucumber Salad Peaches WW Bread or Roll Dessert	24	25 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	26 PIZZA Sausage, cheese, onions, mushrooms, peppers & Olives 7 Layer Salad Waldorf Salad Bread Sticks Dessert
29	30 Baked Omelet— Cheese, Mushrooms, Onions & Peppers Zucchini Tomato Bake Broccoli Salad Biscuit Berry Shortcake	31 	<p align="center">Seniors Age 60 & over—suggested donation \$4.00</p> <p align="center">Under age 60—\$8.50 FEE</p> <p align="center">Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p>	

**WE LOVE
OUR VOLUNTEERS**



Harrington Senior Meals July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Deluxe Cheeseburger Coleslaw Melon Dessert	3	4 	5 Baked Fish Herbed Fettuccine Carrots Cabbage Apple Slaw Mixed Berries Garlic Bread Dessert
8	9 Biscuits & Gravy Sliced Tomatoes Orange Quarters Juice Dessert	10 	11 Baked Ham Scalloped Potatoes Snap Peas Tossed Veggie Salad Pineapple WW Bread or Roll Dessert	12 Chili with Cheese 1/2 Baked Potato Vegetable Tray Strawberries & Bananas Cereal Bars
15	16 Tater Tot Casserole Cottage Cheese Garden Salad Peaches WW Bread or Roll Dessert	17	18 Chicken & Pasta Casse- role Spinach Salad Three Bean Salad Mixed Berries Dessert	19 Clam Chowder Cottage cheese Carrot Raisin Salad Spiced Salad Watermelon WW Roll Dessert 
22 	23 Country Fried Steak Potatoes & Gravy Green Beans Cucumber Salad Peaches WW Bread or Roll Dessert	24	25 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	26 PIZZA Sausage, cheese, onions, mushrooms, peppers & Ol- ives 7 Layer Salad Waldorf Salad Bread Sticks Dessert
29	30 Baked Omelet— Cheese, Mushrooms, Onions & Peppers Zucchini Tomato Bake Broccoli Salad Biscuit Berry Shortcake	31 	<p style="text-align: center;">Seniors Age 60 & over—suggested donation \$4.00</p> <p style="text-align: center;">Under age 60—\$8.50 FEE</p> <p style="text-align: center;">Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p>	


Volunteer Opportunities



Odessa Senior Meals July 2019








Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Fettuccine Buttered Peas Garden Salad Fresh Fruit Dessert</p>	<p>2</p>	<p>3 Deluxe Cheeseburger Coleslaw Melon Dessert</p>	<p>4</p> <div style="text-align: center;">  <p>Happy 4th of July!</p> </div>	<p>5</p>
<p>8 Chili with Cheese 1/2 Baked Potato Vegetable Tray Strawberries & Bananas Cornbread Cereal Bars</p>	<p>9</p> <div style="text-align: center;">  </div>	<p>10 Pork Stir Fry Rice Asian Style Slaw Mandarin Oranges Egg Roll Fortune Cookies</p>	<p>11 Tater Tot Casserole Garden Salad Peaches WW Bread or Roll Dessert</p>	<p>12</p>
<p>15 Pepper Steak Wild Rice Sour Cream & Cucumbers Grapes WW Bread or Roll Dessert</p>	<p>16</p>	<p>17 Baked Ham Scalloped Potatoes Sugar Snap Peas Tossed Veggie Salad Pineapple WW Roll Dessert</p>	<p>18 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie</p>	<p>19</p> <div style="text-align: center;">  </div>
<p>22 Teriyaki Beef over Rice Stir Fry Vegetables Garden Salad Berry Crisp</p>	<p>23</p>	<p>24 Spaghetti & Meat Sauced Caesar Salad Peaches Garlic Bread Dessert</p>	<p>25 Chef's Salad 3 Bean Salad Mixed melons WW Roll Oatmeal Cookies</p>	<p>26</p>
<p>29 Burger Dip Sandwich Pickled Beets Tossed Green Salad Fruit Salad Dessert</p>	<p>30</p> <div style="text-align: center;">  </div>	<p>31 Baked Fish Herbed Fettuccine Carrots Cabbage & Apple Slaw Mixed Berries Garlic Bread Dessert</p>	<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>	



Wilbur Senior Meals

July 2019



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Chicken Enchiladas Spanish Rice Coleslaw Cucumber & Melon Salad Mandarin Oranges Dessert	3 Hot Dog Baked Beans Pea Salad Garden Salad Strawberry & Rhubarb Crisp	4 	5
8	9 Pork Stir Fry Rice Tossed Veggie Salad Mandarin Oranges Egg Roll Fortune Cookies	10 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	11 Turkey Sandwich Summer Squash & Watermelon Salad Waldorf Salad Pumpkin Pie	12
15 	16 Hamburger Steak with Grilled Onions Potatoes & Gravy Green Beans Tossed Green Salad WW Bread Cherry Crisp	17 Chef's Salad Pea Salad Mixed Melons Garlic Bread Cereal Bars	18 Fish & Chips Peas Coleslaw Peaches WW Roll Dessert	19
22	23 Chicken Fettuccine Buttered Peas Garden Salad Fresh Fruit Garlic Bread Dessert	24 Chili with Cheese 1/2 Baked Potato Vegetable Tray Strawberries & Bananas Cornbread Oatmeal Cookies	25 Baked Ham Scalloped Potatoes Glazed Carrots Tossed Veggie Salad Pineapple Slices WW Bread or Roll Dessert	26 
29 	30 Tacos & Refried Beans Spanish Rice Southwest Salad Cinnamon Pears Dessert	31 Baked Fish Herbed Fettuccine Carrots Cabbage & Apple Slaw Mixed Berries Garlic Bread Dessert		

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