








Davenport Senior Meals September 2019



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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>2</p> <p>LABOR DAY</p>  | <p>3</p> <p>Sloppy Joe Green Beans Potato Salad Waldorf Salad Dessert</p> | <p>4</p> | <p>5</p> <p>Crunchy Chicken Salad Sandwich Spinach Salad Veggie Pasta Salad Mixed Melons Dessert</p> | <p>6</p> <p>Salmon with Dill Sauce Rosemary Potatoes Snap Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert</p> |
| <p>9</p> | <p>10</p> <p>BBQ Chicken Potato Salad Raw Vegetable Tray Pineapple Cornbread Dessert</p> | <p>11</p>  | <p>12</p> <p>Wieners & Sauerkraut Mixed Vegetables Oregon Berries Dessert</p> | <p>13</p> <p>Chef's Salad Pasta Salad Pickled Beets WW Roll Blueberry & Pudding Parfait</p> |
| <p>16</p> | <p>17</p> <p>Chicken Cordon Bleu Wild Rice Trio Vegetables Greek Salad Sliced Pears WW Roll Dessert</p> | <p>18</p> | <p>19</p> <p>French Dip Pickled Beets Green Salad Watermelon Dessert</p>  | <p>20</p> <p>Tuna Casserole Peas & Carrots Tossed Salad Peaches WW Roll Dessert</p> |
| <p>23</p> | <p>24</p> <p>Hot Turkey Sandwich Potatoes & Gravy Green Beans Peaches WW Bread Pumpkin Pie</p> | <p>25</p>  | <p>26</p> <p>Fall Vegetable Medley Soup 1/2 Ham Sandwich Sliced Tomatoes Spinach Salad Assorted melons Dessert</p> | <p>27</p> <p>Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert</p> |
| <p>30</p>  | <div style="border: 2px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <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; font-size: small;">Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979</p> </div> | | | |





Harrington Senior Meals September 2019



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| 2  Labor Day | 3 Sloppy Joe Green Beans Potato Salad Waldorf Salad Dessert | 4 | 5 Crunchy Chicken Salad Sandwich Spinach Salad Veggie Pasta Salad Mixed Melons Dessert | 6 Salmon with Dill Sauce Rosemary Potatoes Snap Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert |
| 9 | 10 BBQ Chicken Potato Salad Raw Vegetable Tray Pineapple Cornbread Dessert | 11  | 12 Wieners & Sauerkraut Mixed Vegetables Oregon Berries Dessert | 13 Chef's Salad Pasta Salad Pickled Beets WW Roll Blueberry & Pudding Parfait |
| 16 | 17 Chicken Cordon Bleu Wild Rice Trio Vegetables Greek Salad Sliced Pears WW Roll Dessert | 18 | 19 French Dip Pickled Beets Green Salad Watermelon Dessert | 20 Tuna Casserole Peas & Carrots Tossed Salad Peaches WW Roll Dessert |
| 23 | 24 Hot Turkey Sandwich Potatoes & Gravy Green Beans Peaches WW Bread Pumpkin Pie | 25  | 26 Fall Vegetable Medley Soup 1/2 Ham Sandwich Sliced Tomatoes Spinach Salad Assorted melons Dessert | 27 Spaghetti & Meat Sauce Caesar Salad Fresh Fruit Tray Garlic Bread Dessert |
| 30 | | | | |



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 September 2019



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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| <p>2</p>  | <p>3</p> | <p>4</p> <p>Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Dessert</p> | <p>5</p> <p>Sweet & Sour Pork Rice Oriental Vegetables Asian Style Slaw Tropical Fruit Blend WW Bread or Roll Dessert</p> | <p>6</p> |
| <p>9</p> <p>Taco Salad Spanish Rice Carrot Coins Salad Watermelon Tortilla Chips Dessert</p> | <p>10</p>  | <p>11</p> <p>Pork Roast Stuffing & Gravy Capri Vegetables Tossed Green Salad Applesauce WW Bread Dessert</p> | <p>12</p> <p>Salmon with Dill Sauce Rosemary Potatoes Snap Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert</p> | <p>13</p> |
| <p>16</p> <p>Meat & Spinach Wrap Potato Salad Waldorf Salad Dessert</p> | <p>17</p> | <p>18</p> <p>Turkey Pot Pie Cottage Cheese Garden Salad Muffin Pear Crisp</p> | <p>19</p> <p>Pulled Pork Sandwich Broccoli Salad Green Salad Peaches Dessert</p> | <p>20</p>  |
| <p>23</p> <p>Chicken Burger Deluxe Potato Salad Fruit Tray Ice Cream</p> | <p>24</p>  | <p>25</p> <p>Chicken Enchiladas Spanish Rice Baja Vegetables Green Salad Peaches Dessert</p> | <p>26</p> <p>French Dip Veggie Pasta Salad Spinach Salad Waldorf Salad Dessert</p> | <p>27</p> |
| <p>30</p> <p>Chicken Cordon Bleu Wild Rice Trio Vegetables Greek Salad Mixed Melons WW Roll 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

September 2019



| Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|--|--|---|--|---|
| 2  | 3 Crunchy Chicken Salad Sandwich Broccoli Salad Pasta Salad Mixed Melons Dessert | 4 Sweet & Sour Meatballs Garden Rice Mixed Vegetables Spinach Salad Pineapple WW Roll Dessert | 5 Clam Chowder Cottage Cheese Green Salad V-8 Juice Mixed Fruit Cheesy Biscuit Dessert | 6 | |
| 9 | 10 Teriyaki Beef over Rice Oriental Vegetables Asian Coleslaw Mandarin Oranges Garlic Bread Dessert | 11 Tuna Noodle Casserole Peas & Carrots Spinach Salad Garlic Bread Apple Crisp | 12 Ham & Cheese Sandwich Potato Salad Pea Salad Waldorf Salad Carrot Cake | 13  | |
| 16  | 17 Chef's Salad Pickled Beets Macaroni Salad WW Roll Blueberry & Pudding Parfait | 18 Chicken Cordon Bleu Parsley Potatoes Buttered Corn Greek Salad Mixed Melons Dessert | 19 Salmon with Dill Sauce Garden Rice Snap Peas Broccoli Salad Tropical Fruit Garlic Bread Dessert | 20 | |
| 23 | 24 Chicken Parmesan Rice Pilaf Italian Blend Vegetables Caesar Salad WW Bread or Roll Fruit Ambrosia | 25 Bacon Mac & Cheese Green Beans Tossed Salad Tropical Fruit WW Roll Dessert | 26 Roast Beef Potatoes & Gravy Peas Mixed Greens Salad WW Bread or Roll Pear Crisp | 27 | |
| 30  | <div style="border: 2px solid black; padding: 10px;"> <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> | | |   | 30 <small>shutterstock - 276993557</small> |