

Davenport Senior Meals October 2019



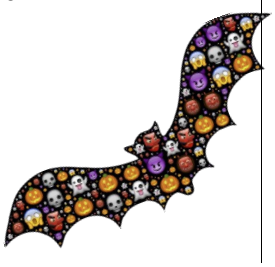
Monday	Tuesday	Wednesday	Thursday	Friday
Seniors Age 60 & over—suggested donation $4.00 **Under age 60—$8.50 FEE** Please call the Nutrition Director for more information about the Home Delivered Meal program toll-free 844-826-7979	1 Pork Curry Rice Cucumber Salad Grapes WW Roll Dessert	2	3 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	4 Lemon Baked Fish Red Potatoes Glazed Carrots Coleslaw Apple Slices Cornbread Dessert
7	8 Spaghetti & Meat Sauce Caesar Salad Apple Slices Garlic Bread Dessert	9 	10 Chicken Fajitas Rice & Beans Fresh Salsa Mandarin Oranges Cookies	11 Yankee Pot Roast Roasted Potatoes and Carrots Spinach Salad Cranberry Salad WW Roll Cereal Bars
14	15 1/2 Turkey Sandwich Corn Chowder Tossed Salad Pineapple Dessert	16	17 Meatloaf Potatoes & Gravy Green Beans Green Salad Chilled Pears Biscuit Dessert	18 Cabbage Rolls 49'er Chopped Salad Apple Wedges WW Bread or Roll Dessert
21 	22 Beef Stew Greek Salad Grapes WW Roll Oatmeal Cookies	23	24 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	25 Chicken Fried Steak Potatoes & Gravy Brussels Sprouts Tossed Green Salad WW Bread or Roll Apple Crisp
28	29 Pork Roast Stuffing & Gravy Rosemary Potatoes Tossed Green Salad Waldorf Salad WW Roll Dessert	30  	31 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches Cheesy Garlic Bread Dessert	

Volunteers
ARE ORDINARY PEOPLE WITH
Extraordinary Hearts



Harrington Senior Meals October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pork Curry Rice Cucumber Salad Grapes WW Roll Dessert	2	3 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	4 Lemon Baked Fish Red Potatoes Glazed Carrots Coleslaw Apple Slices Cornbread Dessert
7	8 Spaghetti & Meat Sauce Caesar Salad Apple Slices Garlic Bread Dessert	9 	10 Chicken Fajitas Rice & Beans Fresh Salsa Mandarin Oranges Cookies	11 Yankee Pot Roast Roasted Potatoes and Carrots Spinach Salad Cranberry Salad WW Roll Cereal Bars
14	15 1/2 Turkey Sandwich Corn Chowder Tossed Salad Pineapple Dessert	16	17 Meatloaf Potatoes & Gravy Green Beans Green Salad Chilled Pears Biscuit Dessert	18 Cabbage Rolls 49'er Chopped Salad Apple Wedges WW Bread or Roll Dessert
21	22 Beef Stew Greek Salad Grapes WW Roll Oatmeal Cookies	23	24 Hawaiian Chicken Wild Rice Asian Vegetables Coleslaw Tropical Fruit WW Roll Dessert	25 Chicken Fried Steak Potatoes & Gravy Brussels Sprouts Tossed Green Salad WW Bread or Roll Apple Crisp
28	29 Pork Roast Stuffing & Gravy Rosemary Potatoes Tossed Green Salad Waldorf Salad WW Roll Dessert	30 	31 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches Cheesy Garlic Bread Dessert	



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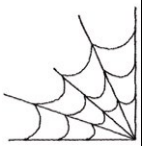
Under age 60—$8.50 FEE

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Odessa Senior Meals October 2019



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 Yankee Pot Roast Roasted Red Potatoes & Carrots Mixed Greens Salad Grapes WW Bread Cereal Bars	3 Garden Chili Cottage Cheese Spinach Salad Pears Cornbread Tortilla Chips Dessert	4
7 Crunchy Chicken Salad Sandwich Vegetable Soup Pickled Beets Chilled Peaches Dessert	8 	9 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	10 Pork Roast Stuffing & Gravy Roasted Fall Veggies Coleslaw Applesauce WW Bread or Roll Dessert	11 
14 Chicken Florentine over Pasta -with Spinach & Mushrooms Tossed Green Salad Tropical Fruit WW Roll Dessert	15	16 Beef Stew Garden Salad Baked Apples WW Bread Cereal Bars	17 Pork Lo Mean (noodles) Asian Style Slaw Mandarin Oranges Egg Roll Dessert	18
21 Baked Ham Roasted Sweet Potatoes Brussels Sprouts Tossed Green Salad Pineapple tidbits WW Roll Dessert	22	23 Cabbage Rolls 49'er Chopped Salad Fruit Cocktail WW Bread or Roll Dessert	24 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches WW Bread or Roll Dessert	25
28 Wild Rice & Ham Casserole Baked Squash Spinach Salad Orange Quarters WW Bread or Roll Dessert	29 	30 Hearty Vegetable Beef Soup Cottage Cheese Pasta Salad Pea & Cheese Salad Fruit Salad Bread Pudding 	31 Meatloaf Twice Bake Potatoes Green Beans Green Salad Chilled Pears Biscuit Dessert	

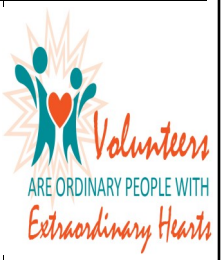


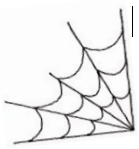
Wilbur Senior Meals
October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Roll Apple Crisp	2 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	3 Egg Salad Sandwich Minestrone Soup Oregon Berries Angel Food Cake	4
7	8 Beef Stew Kale Slaw Peaches WW Bread Cereal Bars	9 Stuffed Green Peppers 49'er Chopped Peppers Pears WW Roll Dessert	10 Baked Ham Roasted Sweet Potatoes Peas & Carrots Tossed Green Salad Pineapple WW Roll Dessert	11 
14	15 Sweet & Sour Meatballs Garden Rice Oriental Vegetables Asian Coleslaw Tropical Fruit WW Roll Dessert	16 Chicken Fettuccine Zucchini / Tomato Bake Caesar Salad Garlic Bread Mixed Berries Dessert	17 Lemon Baked Fish Garden Rice Glazed Carrots Spinach Salad Peaches Cornbread Dessert	18
21	22 Hearty Veggie Beef Soup Cottage Cheese Pasta Salad Pea & Cheese Salad Fruit Salad WW Roll Dessert	23 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert	24 Meatloaf Mashed Potatoes Green Beans Carrot Raisin Salad Chilled Pears Biscuit Dessert	25
28	29 1/2 Ham & Cheese Sandwich Corn Chowder Garden Salad Apricots Dessert	30 Chicken Fajitas Spanish Rice Fresh Salsa Mandarin Oranges Dessert	31 Cheese Ravioli with Meat Sauce Italian Veggies Caesar Salad Pears Bread Sticks Dessert	







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