







Davenport Senior Meals January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED 	2	3 Chicken Cordon Bleu Wild Rice Cooked Carrots Garden Salad Mandarin Oranges Bread Pudding	4 Polish Sausage Sauerkraut Pea Salad Peaches Dessert
7	8 Vegetable Beef Soup Cottage Cheese Spinach Salad Oranges WW Roll Dessert	9 	10 Chicken Fettuccine Carrot Coins Crunchy Pea Salad Garlic Bread Berry Cobbler	11 Cheeseburger Deluxe Coleslaw Fruit Tray Dessert
14	15 Biscuits & Sausage Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	16	17 Ham & Au Gratin Potato Casserole Mixed Vegetables Spinach Salad Cherries & Pineapple WW Bread or Roll Dessert	18 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert
21 CLOSED 	22 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage & Apple Slaw Tropical Fruit WW Bread or Roll Dessert	23	24 Chili with Cheese 1/2 Baked Potato Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert	25 Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches Garlic Bread Dessert
28	29 Clam Chowder 1/2 Egg or Tuna Salad Sandwich Kale Slaw Tropical Fruit Dessert	30	31 Hamburger Stroganoff Trio Vegetables Garden Salad Peaches French Bread Dessert	





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



Harrington Senior Meals January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED 	2	3 Chicken Cordon Bleu Wild Rice Cooked Carrots Garden Salad Mandarin Oranges Bread Pudding	4 Polish Sausage Sauerkraut Pea Salad Peaches Dessert
7	8 Vegetable Beef Soup Cottage Cheese Spinach Salad Oranges WW Roll Dessert	9 	10 Chicken Fettuccine Carrot Coins Crunchy Pea Salad Garlic Bread Berry Cobbler	11 Cheeseburger Deluxe Coleslaw Fruit Tray Dessert
14	15 Biscuits & Sausage Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	16	17 Ham & Au Gratin Potato Casserole Mixed Vegetables Spinach Salad Cherries & Pineapple WW Bread or Roll	18 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert
21 CLOSED 	22 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage & Apple Slaw Tropical Fruit WW Bread or Roll Dessert	23	24 Chili with Cheese 1/2 Baked Potato Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert	25 Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches Garlic Bread Dessert
28	29 Clam Chowder 1/2 Egg or Tuna Salad Sandwich Kale Slaw Tropical Fruit Dessert	30	31 Hamburger Stroganoff Trio Vegetables Garden Salad Peaches French Bread Dessert	

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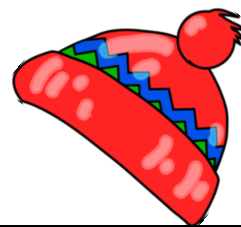
Odessa Senior Meals January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 Meatloaf Mashed Potatoes & Gravy Buttered Peas Green Sala Peaches WW Bread or Roll Dessert	3 Baked Fish Wild Rice Green Bean Casserole Coleslaw Citrus Salad WW Bread or Roll Dessert	4
7 Chili with Cheese 1/2 Baked Potato Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert	8	9 Vegetable Beef Soup Cottage Cheese Spinach Salad Oranges WW Bread or Roll Dessert	10 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage & Apple Slaw Tropical Fruit WW Bread or Roll Dessert	11 
14 Lasagna Green Beans Caesar Salad Pears Garlic Bread Dessert	15	16 Pork Roast Stuffing & Gravy Broccoli Garden Salad Tropical Fruit WW Bread or Roll Dessert	17 Chicken Fettuccine Carrot Coins Crunchy Pea Salad French Bread Berry Cobbler	18
21 	22	23 Cheeseburger Deluxe Coleslaw Fruit Tray Dessert	24 Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches Garlic Bread Dessert	25
28 Ham & Cheese Sandwich Tomato Basil Soup Coleslaw Waldorf Salad Dessert	29 	30 Chicken Strips Jo Jo's Peas & Carrots Green Salad Apple Slices WW Bread Dessert	31 Pot Roast Roasted Potatoes Green Beans Spinach Salad Mandarin Oranges WW Bread or Roll Dessert	<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>



Wilbur Senior Meals January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 Clam Chowder 1/2 Tuna or Egg Salad Sandwich Kale Slaw Tropical Fruit Dessert	3 Meatloaf Potatoes & Gravy Buttered Peas Green Salad Peaches WW Bread or Roll Dessert	4
7	8 Chili with Cheese 1/2 Baked Potato Buttered Corn Tossed Green Salad Apple Celery Salad Cornbread Dessert	9 Sweet & Sour Chicken Rice Stir Fry Vegetables Cabbage & Apple Slaw Tropical Fruit WW Bread or Roll Dessert	10 Pork Chops Stuffing & Gravy Broccoli Garden Salad Pineapple Tidbits WW Bread or Roll Dessert	11 
14 	15 Polish Sausage on a Bun Sauerkraut Pea Salad Mandarin Oranges Dessert	16 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	17 Ham Scalloped Potatoes Roasted Brussels Sprouts Garden Salad Cherries & Pineapple WW Bread or Roll Dessert	18
21 	22 Tuna Noodle Casserole Peas & Carrots Tossed Salad Peaches Garlic Bread Dessert	23 French Dip Pickled Beets Pea Salad Waldorf Salad Dessert	24 Oven Fried Chicken Jo Jo's Buttered Corn Spiced Salad Orange Quarters WW Roll Dessert	25
28	29 Biscuits & Gravy Stewed Tomatoes Juice Fresh Fruit Blueberry Muffin	30 Beef Tacos Spanish Rice Mexi Corn Cinnamon Applesauce Dessert	31 BBQ Country Ribs Sweet Potato Fries Pasta Salad Carrot Raisin Salad Pineapple Tidbits Dessert	

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donation \$4.00
Under age 60—\$8.50 FEE**

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