








Harrington Senior Meals

December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3 Pork Chops Potatoes & Gravy Roasted Carrots Garden Salad Applesauce Biscuit with Chives Dessert	4 Clam Chowder Cottage Cheese Green Salad V-8 Juice Tropical Fruit Salad WW Bread Dessert	5 Spaghetti & Meat Sauce Caesar Salad Sliced Peaches Garlic Bread Dessert	6	7 
10 Chicken Pot Pie Garden Salad Mixed Berries WW Roll Carrot Cake	11 1/2 Ham & Cheese Sandwich Cottage Cheese Corn Chowder Fresh Fruit Tray Dessert 	12 Meatloaf Potatoes & Gravy Green Beans Garden Salad WW Bread or Roll Fruited Jell-O	13	14
17 Orange Glazed Chicken Garden Rice Stir Fry Veggies Asian Style Slaw Chilled Pineapple WW Bread or Roll Dessert	18 Country Fried Steak Potatoes & Gravy Green Beans Tossed Veggie Salad Fruit Cocktail WW Bread or Roll Dessert	19 BBQ Meatballs Rice Pilaf Italian Vegetables Caesar Salad Mandarin Oranges WW Roll Dessert	20	21
24 	25	26 Baked Ham Scalloped Potatoes Glazed Carrots Chopped Kale Salad Pineapple & Cherries Bread & Raisin Pudding	27 	28
31 Chicken Fettuccine Italian Vegetables Caesar Salad Mandarin Oranges Bread Sticks Carrot Cake				

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