



Harrington Senior Meals February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 BBQ Chicken Macaroni & Cheese Broccoli Norman- dy Spiced Salad Muffin
4 	5 Hot Turkey Sandwich Mashed Potatoes Green Beans Spring Salad Cranberry Salad Pumpkin Pie	6	7 Teriyaki Beef over Rice Oriental Vegetables Spinach Salad Mandarin Oranges Garlic Bread Dessert	8 Fish & Chips Carrots Cabbage/Apple Slaw Fruit Cocktail WW Bread or Roll Dessert
11 	12 Hamburger Steak with Grilled Onions Twice Bake Potatoes Trio Vegetables Garden Veggie Salad WW Bread Berry Crisp	13	14 Dijon Chicken Breast Garden Rice Cauliflower & Chives Mixed Greens Salad Citrus Salad WW Bread Dessert	15 Bacon & Egg Sal- ad on Croissant Sandwich Tomato Slices Spinach Salad Waldorf Salad Dessert
18 	19 Meatloaf & Gravy Mashed Potatoes Green Beans Carrot Raisin Salad Mandarin Oranges WW Bread or Roll Dessert	20 	21 Chicken Spaghetti Casserole California Vegetables Greek Salad Fruit Salad Garlic Bread Dessert	22 Navy Bean & Ham Soup Crunchy Pea Sal- ad Tossed Green Salad Peaches Combread
25	26 Cheeseburger Pie Corn Tossed Vegetable Salad Fruit cocktail French Bread Dessert	27	28 Pizza Supreme Caesar Salad Tropical Fruit Garlic 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