








Harrington Senior Meals

April 2019

Susie 509-270-6023



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 1  | 2 Chicken Fried Steak Potatoes & Gravy Asparagus Tossed Green Salad Biscuit Apricot Crisp | 3 | 4 Oven Fried Chicken Sweet Potato Fries Creamed Peas Cuke & Tomato Salad Grapes WW Roll Dessert | 5 Egg Salad Sandwich Minestrone Soup Tossed Salad Oregon Berries Ice Cream |
| 8 | 9 Pork Roast & Gravy Mashed Potatoes Baked Squash Greek Salad Applesauce WW Bread or Roll Dessert | 10  | 11 Beef Stew Green Salad Peaches Biscuit Dessert | 12 1/2 Ham Sandwich Split Pea Soup Three Bean Salad Garden Salad Pineapple Whole Grain |
| 15 | 16 Beef Stroganoff Green Beans Tossed Salad Strawberries & Bananas WW Bread or Roll Dessert | 17 | 18 Pork Chops Au Gratin Potatoes Peas 49'er Chopped Salad Applesauce Biscuit w/Chives Dessert | 19 Lemon Baked Fish Oven Brown Potatoes Glazed Carrots Coleslaw Peaches |
| 22  | 23 Tater Tot Casserole Cottage Cheese Carrot/Raisin Salad Peaches WW Bread Dessert | 24  | 25 Tuna Noodle Casserole Peas & Carrots Garden Salad Blueberries WW Bread or Roll Dessert | 26 Bacon, Broccoli & Swiss Cheese Quiche Spinach Salad Fruit Tray Blueberry Muffin |
| 29 | 30 Honey Mustard Chicken Brown Rice Mixed Vegetables Coleslaw Tropical Fruit WW Roll 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

