



Harrington *Sharon* 509-496-4863

Senior Meals

August 2019



Monday

Tuesday

Wednesday

Thursday

Friday

	<p>VOLUNTEERS Build A Better World</p>		<p>1 Chicken Caesar Wrap Macaroni Salad Marinated Vegetables Melon Slices Dessert</p>	<p>2 Fish & Chips Peas Coleslaw Fruited Jell-O</p>
5	<p>6 Meatloaf Potatoes & Gravy Broccoli Caesar Salad Pears WW Roll Dessert</p>	<p>7</p>	<p>8 California Chicken Casserole Green Beans Garden Salad Peaches WW Bread or Roll Dessert</p>	<p>9 BBQ Riblets Baked Beans Crunchy Pea Salad Coleslaw Cornbread Strawberry Shortcake</p>
<p>12</p>	<p>13 Chicken Strips Jo Jo's Trio Vegetables Spinach Salad Mandarin Oranges Dessert</p>	<p>14</p>	<p>15 Beef Stroganoff Green Beans Garden Salad WW Roll Fruited Jell-O</p>	<p>16 Tuna Salad Sandwich Spiced Salad Three Bean Salad- Mixed Berries Dessert</p>
<p>19</p>	<p>20 Garden Chili Cottage Cheese Caesar Salad Corn Chips WW Roll Apricot Crisp</p>	<p>21</p>	<p>22 Beef Taco Pie Coleslaw Southwest Salad Watermelon Dessert</p>	<p>23 Chicken Ala King Noodles Normandy Vegetables Tossed Green Salad Sliced Peaches WW Bread or Roll Dessert</p>
<p>26</p>	<p>27 Scrambled Eggs with Ham Oven Brown Potatoes Stewed Tomatoes Apple Juice Mixed Melons Blueberry Muffin</p>	<p>28</p>	<p>29 Baked Chicken Pasta Salad Green Beans Stewed Tomatoes Pineapple WW Bread or Roll Dessert</p>	<p>30 Hot Dogs Baked Beans Carrots Squash & Watermelon Salad Apple Slices Dessert</p>

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