



Harrington Senior Meals July 2020



24 HOURS IN ADVANCE TO RESERVE OR CANCEL

Monday	Tuesday	Wednes-	Thursday	Friday
<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>		1	2 Turkey Sandwich - Deli Style Potato Salad Fruit Salad Pumpkin Pie	3  Happy 4th of July!
6 	7 Spaghetti & Meat Sauce Caesar Salad Peaches Garlic Bread Dessert	8	9 Chef's Salad Mixed Melons WW Roll Cereal Bars 	10 Baked Lemon Fish Herbed Fettuccine Carrots Cabbage & Apple Slaw Mixed Berries Garlic Bread Dessert
13	14 Pork Roast Stuffing & Gravy Green Beans Tossed Green Salad Fresh Fruit Dessert	15 	16 Chinese Almond Chicken Asian Style Veggies Steamed Rice Asian Slaw Egg Roll Mixed Berries Shortcake	17 Quiche Lorraine Spinach Salad Crunchy Pea Salad Pineapple & Cherries Lemon Bars
20 	21 Hamburger Steak with Grilled Onions Mashed Potatoes Green Beans Tossed Green Salad Herb Bread Cherry Crisp	22	23 Chicken Enchiladas Spanish Rice Southwest Salad Fruited Jell-O	24 Clam Chowder 1/2 Turkey Sandwich Spiced Salad Three Bean Salad Watermelon WW Crackers Dessert 
27	28 Country Fried Steak Potatoes & Gravy Trio Vegetables Carrot Raisin Salad Peaches Bread Pudding	29	30 Chicken & Dumplings 49'er Chopped Salad Mixed Berries Biscuit Dessert	31 Pepper Steak Garden Rice Cucumber Salad Grapes Cornbread Dessert

Volunteer Opportunities