





Harrington Senior Meals October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
			1 California Chicken Casserole Lettuce & Tomato Salad- Greek Salad Apple Celery Salad Cheesy Biscuit Dessert	2 Chicken Fried Steak Potatoes & Gravy Trio Vegetables Tossed Green Salad WW Roll Pear Crisp
5	6 Spaghetti & Meat Sauce Caesar Salad Apricots Garlic Bread Dessert	7 	8 Pork Roast Stuffing & Gravy Roast Fall Vegetables Cabbage & Apple Slaw Fruited Jell-O	9 Crunchy Chicken Salad Sandwich Vegetable Soup Pickled Beets Chilled Peaches Dessert
12	13 Tater Tot Casserole Cottage Cheese Carrot Raisin Salad Chilled Peaches Herb Bread Dessert	14	15 Chicken Fettuccine Zucchini Tomato Bake Caesar Salad Mixed Berries Garlic Bread Dessert	16 Lemon Baked Cod Garden Rice Glazed Carrots Spinach Salad Tropical Fruit Focaccia Bread Dessert
19	20 Wild Rice & Ham Casserole Stewed Tomatoes Greek Salad Orange Quarters Onion Bread Dessert	21	22 Hearty Vegetable Beef Soup Cottage Cheese Pea & Cheese Salad Whole Grain Crackers Peach Crisp	23 Pork Chops Au Gratin Potatoes Brussels Sprouts Green Salad Applesauce Biscuit with Chives Dessert
26	27 Meatloaf Mashed Potatoes & Gravy Green Beans Green Salad Chilled Peaches Biscuit Dessert	28 	29 Honey Mustard Chicken Wild Rice Normandy Veggies Coleslaw Tropical Fruit Onion Bread Dessert	30 Cheese Ravioli with Meat Sauce Italian Vegetables Spiced Pears Bread Sticks 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