




Summer Sun,
Summer Fun

Harrington Senior Meals August 2017



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tuna Salad Sandwich Pasta Salad Three Bean Salad Berries over Ice Cream	2 Pork Chops Stuffing & Gravy Capri Vegetables Spinach Salad Applesauce Dessert	3	4
7 Taco Salad Spanish Rice Beets Spiced Pears Corn Chips Lemon Bars	8 BBQ Riblets Baked Beans Peas Coleslaw Garlic Bread Strawberry Shortcake	9 Chicken Strips Rice Pilaf Trio Vegetables Spinach Salad Mandarin Oranges Garlic Toast Dessert	10	11
14 Sweet & Sour Pork Rice Stir Fry Vegetables Cucumber Salad Tropical Fruit Salad WW Bread or Roll Dessert	15 Meatloaf & Gravy Mashed Potatoes Mixed Vegetables Green Salad & Tomato Peaches WW Roll Dessert	16 Ham Scalloped Potatoes Spinach Garden Salad Pineapple Slices WW Bread Dessert	17	18 
21 Spaghetti with Meat Sauce Caesar Salad Garlic Bread Apple Crisp	22 Egg Salad Sandwich Vegetable Tray Beets Fruit Cup Dessert	23 BILL'S SPECIAL Fish Filet Baked Potatoes Buttered Peas Coleslaw Peaches WW Roll Dessert	24	25
28 Fish & Chips Carrot Raisin Salad Coleslaw Garlic Bread Fruited Jell-O	29 Minestrone Soup Cottage Cheese Tossed Veggie Salad Apricots Dessert	30 Meatballs & Gravy Mashed Potatoes Mixed Vegetables Greens & Tomato Salad Peaches WW Bread or Roll Dessert	31	

Seniors Age 60 & over—suggested donation \$3.50

Under age 60—\$8.00 FEE

Please call the Nutrition Director for more information about
the Home Delivered Meal program toll-free 844-826-7979