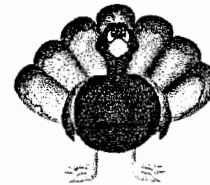




# Harrington Senior Meals November 2017





**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

		1 Bacon & Egg Salad Sandwich on Croissant Tomato Slices Spinach Salad Citrus Salad Dessert	2	3
6 Biscuits & Gravy Oven Brown Potatoes V-8 Juice Orange Quarters Pudding Parfait	7 Split Pea & Ham Soup Cottage Cheese Crackers Carrot & Raisin Salad Lettuce & Tomato Salad Pineapple WW Roll Dessert	8 Swedish Meatballs Angel Hair Pasta Green Beans Caesar Salad Pears WW Bread or Roll Dessert	9	10 
13 Oven Fried Chicken Sweet Potatoes Creamed Peas Cuke & Tomato Salad Grapes Biscuit Dessert	14 Hamburger Goulash Spinach Salad Waldorf Salad WW Bread Dessert	15 Salisbury Steak Potatoes & Gravy Trio Vegetables Green Salad WW Bread or Roll Fruit Cobbler	16	17
20 BBQ Chicken Macaroni & Cheese Cauliflower & Chives Kale Slaw Mixed Fresh Fruit Biscuit Dessert	21 Baked Fish Basil & Garlic Pasta Spinach Coleslaw WW Roll Berry Cobbler	22 Hot Turkey Sandwich Mashed Potatoes Steamed Broccoli Mixed Green Salad Chilled Peaches WW Bread or Roll Pineapple Upside Down Cake	23 	24
27 Meatloaf Potatoes & Gravy Mixed Vegetables Caesar Salad Chilled Pears Bran Muffin Dessert	28 Ham Noodles Romanoff Peas & Carrots Green Salad WW Bread or Roll Apple Crisp	29 Deli Style Turkey & Cheese Sandwich Vegetable Soup Mixed Berries Dessert	30	

**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