

September 2017

PLEASE NOTE: Please reserve your lunch 24 hours in advance. If you miss 3 or more lunches, your name will be removed from the list. *24 hour cancellation notice is requested*

SENIOR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> Lunch is served at 12:00PM Patrons on waitlist may be admitted at 12:10PM 				1 Country fried steak Mashed potatoes & gravy Seasonal veg Diced peaches Roll Mac & Co
4 No Senior Lunch Happy Labor Day!	5 Creamed chicken w/ rice Cali blend veg Roll Pineapple Chronic Conditions Self-Management Senior Dance 8-10 PM	6 Ham & turkey sub Potato chips Macaroni salad Apple	7 Cheesy beef lasagna Squash Garlic bread Fruit crisp	8 Kalua pork w/ Hawaiian rice Corn Pineapple Roll Louise Payne
11 Swedish meatballs White rice Carrots Peaches Roll Hearing Health	12 Rigatoni pasta w/ meat sauce Green salad Garlic bread Fruit crisp Book Club 1-2 PM	13 Malibu chicken Au gratin potatoes Green beans Roll Mandarin oranges	14 Beef taco salad Mandarin oranges	15 Garlic roasted beef Baby potatoes Peas Fruit cocktail Roll Birthday Lunch-Mac & Co
18 Honey baked ham Scalloped potatoes Beets Corn bread Tropical fruit	19 Meat loaf Mashed potatoes Roasted Corn Roll Cutie orange	20 Chicken salad wrap Italian pasta salad Pickle spear Diced pears	21 Teriyaki chicken bowl w/ brown rice Broccoli Banana Roll	22 Roast turkey breast Mashed potatoes w/ gravy Carrots Roll Mandarin oranges
25 Salisbury steak Mashed potatoes w/ gravy Mixed veg Diced pears Roll Harmony Home Blood Pressure Clinic	26 Chicken pot pie Biscuit Green salad Diced pears Brownie Medicare 101 11 AM	27 Sweet & sour chicken w/ white rice Stir fry veg Orange Roll	28 Beef & veg stew Green salad Apple crisp Corn bread Muffin	29 Lemon pepper chicken w/ lemon cream sauce Scalloped potatoes Peas Fruit/cottage cheese Roll

*Contact Senior Programs Specialist, Bethany, with any questions, sign ups, or cancellations: (801)852-6043 | Hours: 10AM-2PM, Monday-Friday