

January 2018

PLEASE NOTE: Please reserve your lunch 24 hours in advance. *If you miss 2* or more lunches, your name will be removed from the list. *24 hour cancellation notice is requested*

SENIOR menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Happy New Year!</p> <p>No meal</p>	<p>2 Creamed chicken/rice Cali blend veg Fresh Roll Fruit crisp</p> <p>Senior Dance 8-10 PM</p>	<p>3 Meat loaf Mashed potatoes Roasted corn Cutie orange Roll</p>	<p>4 Spaghetti w/ meat sauce Green beans Garlic bread Apple</p>	<p>5 Garlic roast beef Baby potatoes w/ gravy Diced beets Fruit cocktail Roll</p> <p>Mac & Co</p>
<p>8 Sweet & sour chicken White rice Stir fry veg Orange Roll</p>	<p>9 Country fried steak Potatoes & gravy Mixed veg Cottage cheese w/ fruit Roll Utah Home, Health & Hospice Balance Clinic 11-12 PM</p>	<p>10 Three cheese tortellini w/ marinara sauce Green salad Sliced carrots Apple crisp Roll</p>	<p>11 Ground beef taco salad Mandarin oranges</p>	<p>12 Curried chicken White rice Cali blend veg Pineapple tidbits Roll</p>
<p>15 Martin Luther King Day</p> <p>No meal</p>	<p>16 Swedish meatballs White rice Carrots Fruit cocktail Brownie Roll</p>	<p>17 Chicken salad wrap Italian pasta salad Kosher pickle spear Diced pears Molina Social 1-2 pm</p>	<p>18 Corn chowder Green beans Green salad Jell-O/fruit Corn bread</p>	<p>19 Roast turkey breast Garlic mashed potatoes & gravy Carrots Mandarin oranges Roll</p> <p>Birthday Lunch- Mac & Co</p>
<p>22 French toast sticks w/ syrup Scrambled eggs Pork sausage links Banana Harmony Home Blood Pressure Clinic 11-12</p>	<p>23 Cheesy beef lasagna Green beans Garlic bread Apple sauce</p>	<p>24 Beef & veg stew Green salad Peanut butter cookie Corn bread muffin</p>	<p>25 Chicken pot pie Biscuit Jell-O w/ fruit Brownie</p>	<p>26 Salisbury steak Garlic mashed potatoes & gravy Mixed veg Diced pears Roll</p>
<p>29 Beef chili Cali blend veg Corn chips Cheese Peaches Corn bread</p>	<p>30 Honey baked ham Scalloped potatoes Diced beets Tropical fruit Brownie Roll</p>	<p>31 Malibu chicken w/ honey mustard sauce Au gratin potatoes Green beans Roll Oranges</p>		<ul style="list-style-type: none"> Lunch is served at 12:00PM Patrons on waitlist may be admitted at 12:10PM

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