



**August
2022**

Lindon Senior Center Please call 24 hours before to reserve a lunch. 801-769-8625

Alternate Meal Schedule (Senior Center Lunches Only)

Turkey Sandwich with Soup:

Aug 1-2: Cream of Potato
Aug 3-5: Vegetable Beef
Aug 15-16: Chicken Noodle

Aug 17-19: Cream of Broccoli
Aug 29-30: Cream of Potato
Aug 31: Chicken Noodle

Salad:

Aug 8-12
Aug 22-26

Monday	Tuesday	Wednesday	Thursday	Friday
1 Teriyaki Chicken Bowl (08) Steamed Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (15)	2 Spaghetti with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	3 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	4 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Fruit (18)	5 Creamed Chicken over White Rice (30) Seasoned California Vegetable Blend (18) Fresh Baked Rolls (16) Pineapple Tidbits (19)
8 Swedish Meatballs (39) Rice (21) Carrots (06) Peaches (18) Fresh Baked Roll (16)	9 Honey Baked Ham and Roasted Turkey Sub Sandwiches (15) Crisp Potato Chips (14) Macaroni Salad (20) Apple Sauce (28)	10 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	11 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)	12 Roast Turkey Breast 03 Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)
15 Cheesy Meat Baked Ziti (19) Green Beans (02) Fresh Garlic Roll (15) Jackie's Cake (67)	16 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Oranges (22)	17 Grilled Hamburgers with Fresh Baked Bun (17) Coleslaw (04) Apple Sauce (08) Roasted Corn (14)	18 Broiled Bratwurst with Fresh Baked Hoagies (17) Sauerkraut (04) Mixed Fruit & Jell-O Cup (09) Roasted Corn (14) Fresh Baked Brownie (23)	19 Garlic Roasted Beef Round with Gravy (10) Herb Roasted Baby Potatoes (15) Mixed Fruit Cocktail (08) Peas (11) Fresh Roll (16)
22 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (19)	23 Three Cheese Tortellini with Bolognese Sauce (28) Garden Green Salad (02) Diced Carrots (06) Cinnamon Apple Crisp (67) Fresh Baked Roll (15)	24 Old Fashioned Sloppy-Joe (03) Fresh Baked Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Navel Oranges (22)	25 Savory Chicken Salad Wrap (18) Potato Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	26 Honey Baked Ham (02) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Cornbread(16) Apple Sauce (08)
29 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Fresh Orange (22) Fresh Baked Roll (16)	30 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	31 Shepherd's Pie (79) Seasoned Peas (11) Cottage Cheese & Fruit (12) Fresh Baked Roll (16) Chocolate Brownie (23)	Suggested donation \$3/meal Low fat milk (12) is provided with each meal	Menu subject to change Number in parentheses represent carbohydrate count