



October 2024

**Please call 24 hours in advance
801-769-8625**

Alternate Meal Schedule (Senior Center Lunches Only)

Turkey Sandwich with Soup:

Oct 1 Cream of Potato
Oct 2-4 Vegetable Beef
Oct 14-15 Chicken Noodle

Oct 16-18 Cream of Broccoli
Oct 28-29 Cream of Potato
Oct 30-31 Vegetable Beef

Salad:

Oct 7-11
Oct 21-25

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Suggested donation \$4/meal</p> <p>Menu subject to change</p>	<p>1 Oven Roasted Chicken over Quinoa (39) Green Peas (11) Fruit Cocktail (14) Cookie Bar (18)</p>	<p>2 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Apple (28) Green Salad (2) Fresh Baked Roll (15)</p>	<p>3 Biscuit (25) and Sausage Gravy (14) Scrambled Eggs (01) Tater Tots (18) Navel Orange (22)</p>	<p>4 Sloppy Joe (0) Fresh Hamburger Bun (15) Mixed Veggies (12) Pork and Beans (25) Cottage Cheese & Mixed Fruit (19)</p>
<p>7 Cheesy Italian Sausage Pasta Bake (50) Green Beans (2) Fresh Garlic Roll (15) Apple Sauce (14) Garden Green Salad (02)</p>	<p>8 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)</p>	<p>9 Kalua Pork (00) Hawaiian Rice (25) Broccoli (04) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>	<p>10 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (26) California Blend Veggies (04) Fresh Baked Roll (15) Mandarin Oranges (19)</p>	<p>11 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)</p>
<p>14 Swedish Meatballs (39) Rice (21) California Veggies (04) Apple Sauce (28) Fresh Baked Roll (16)</p>	<p>15 Honey Baked Ham (0) Scalloped Potatoes (13) Diced Beets (06) Roll (16) Mixed Fruit in Jell-O (09)</p>	<p>16 Beef and Vegetable Stew (14) Garden Salad (02) Corn Bread (33) Apple Crisp (67)</p>	<p>17 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Broccoli (04) Fresh Baked Roll (16) Jell-O with Fruit (14)</p>	<p>18 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Mixed Veggies (12) Fresh Baked Roll (15) Mandarin Oranges (19)</p>
<p>21 Teriyaki Beef Bowl (8) Steamed Brown Rice (21) Steamed Broccoli (04) Pineapple (14) Fresh Baked Roll (16)</p>	<p>22 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Apple (28)</p>	<p>23 Roasted Lemon Pepper Chicken (10) Steamed White Rice (21) Carrots (06) Green Salad (02) Sliced Pears (19) Cookie Bar (18)</p>	<p>24 Beef Taco Salad (05) Pinto Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)</p>	<p>25 Oven Roasted Pork (00) Diced Beets (06) Loaded Mashed Potatoes (15) Fruit Cocktail (14) Fresh Baked Roll (16)</p>
<p>28 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)</p>	<p>29 BBQ Pulled Pork (03) Bun (17) Black Beans (14) Cinnamon Applesauce (28) Coleslaw (14)</p>	<p>30 Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (17) Coconut Flakes, Cheese, Chow Mein Noodles (18)</p>	<p>31 My Mummy's Chili (3) Seasoned Corn and Carrots (18) Corn Bread (28) Cottage Cheese & Fruit (28) Halloween Cookie Bar (15)</p>	<p>Low fat milk (12) is provided with each meal</p> <p>Number in parentheses represent carbohydrate count</p>