

June 2023



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

Alternate Meal Schedule (Senior Center Lunches Only)

Turkey Sandwich with Soup:

June 5-6 Vegetable Beef
 June 7-9 Chicken Noodle

June 20 Cream of Broccoli
 June 21-23 Chicken Noodle

Salad:

June 1-2
 June 12-16
 June 26-30

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested donation \$3/meal	Menu subject to change Low fat milk (12) is provided with each meal	Number in parentheses represent carbohydrate count	1 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)	2 Oven Roasted Pork Au Gratin Potato (19) Seasoned Green Beans (02) Apple Sauce (19) Fresh Baked Roll (16) Cookie Bar (18)
5 Country Fried Steak -4 Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Apple Sauce (22)	6 Roasted Lemon Pepper Chicken (10) Steamed White Rice (21) Garden Green Salad (11) Fruit Crisp (13) Fresh Apple (12)	7 Sloppy Joe (03) Fresh Baked Bun (15) Pork and Beans (25) Seasoned Mixed Veggies (12) Cottage Cheese and Mixed Fruit (19)	8 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	9 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Diced Beets (06) Fresh Baked Roll (15) Mandarin Oranges (17)
12 Malibu Chicken with Honey Mustard Sauce (08) Scalloped Potatoes (22) Seasoned Mixed Veggies (12) Fresh Baked Roll (16) Mandarin Oranges (17)	13 Hawaiian Haystacks Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (07) Coconut Flakes, Cheese, Chow Mein Noodles (18)	14 BBQ Pulled Pork (00) Au Gratin Potato (19) Seasoned Broccoli (03) Cinnamon Applesauce (28) Fresh Baked Roll (16)	15 Ham and Turkey on Hoagie Bun (46) Provolone Cheese, Lettuce, Tomato (08) Potato Chips (14) Jell-O with Fruit (22)	16 Teriyaki Chicken Bowl (08) Steamed Rice (21) Fresh Steamed Broccoli (04) Mandarin Oranges (17) Fresh Baked Roll (15) Chocolate Chip Cookie (15)
19 NO MEAL  (observed)	20 Taco Salad w/ Beef (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Tropical Fruit (22) Chocolate Brownie (23)	21 Kalua Pork (00) Hawaiian Rice (25) Peas (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	22 Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Oranges (22)	23 Garlic Roasted Beef Round with Gravy (10) Herb Roasted Baby Potatoes (15) Peas (11) Diced Peaches (19) Fresh Baked Roll (16)
26 Swedish Meatballs (39) Rice (21) Carrots (06) Fruit Cocktail (14) Fresh Baked Roll (16)	27 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	28 Honey Baked Ham-02 Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Fresh Apple (28)	29 Pasta Bake with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	30 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Cookie Bar (23) Mandarin Oranges (17) Garden Green Salad (02)