



April 2025

Lindon Senior Center

Please call 24 hours before 801-769-7625

Alternate Meal Schedule (Senior Center Lunches Only)


Turkey Sandwich with Soup:

Apr 7-8 Vegetable Beef
Apr 9-11 Chicken Noodle

Apr 21-22 Chicken Noodle
Apr 23-25 Cream of Potato

Salad:

Apr 1-4 Apr 28-30
Apr 14-18

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Orange (22)	2 Lemon Pepper Chicken (30) Steamed White Rice (21) Carrots (06) Sliced Pears (19) Green Salad (02) Cookie Bar (18)	3 Sloppy Joe (00) Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Applesauce (14)	4 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Diced Beets (06) Fresh Baked Roll (15) Sliced Pears (19)
7 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Mandarin Oranges (19) Peas (12) Fresh Baked Roll (15)	8 Cheesy Italian Sausage Pasta Bake (25) California Blend Veggies (06) Fresh Garlic Roll (15) Applesauce (14) Garden Green Salad (02)	9 Teriyaki Chicken Bowl (8) Steamed Brown Rice (21) Fresh Broccoli (04) Fruit Cocktail (14) Fresh Baked Roll (15)	10 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	11 Swedish Meatballs (39) Rice (21) Broccoli (04) Orange (22) Fresh Baked Roll (16) Cookie Bar (18)
14 Orange Chicken (42) Steamed Brown Rice (21) Stir-Fried Vegetables (06) Tropical Fruit (14) Fresh Baked Roll (16) Fortune Cookie (10)	15 Oven Roasted Pork (00) Loaded Mashed Potato (15) Seasoned Diced Beets (06) Mandarin Oranges (19) Fresh Baked Roll (16) Cookie Bar (18)	16 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)	17 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)	18 Cured Honey Baked Ham (0) Au Gratin Potatoes (19) Green Beans (02) Diced Peaches (19) Fresh Baked Roll (16)
21 Kalua Pork (00) Hawaiian Rice (25) California Blend Veggies (06) Coleslaw (04) Pineapple Tidbits (07) Fresh Baked Roll (15)	22 Biscuit with Sausage Gravy (39) Scrambled Eggs (01) Tater Tots (18) Cottage Cheese with Peaches (28)	23 Shepherd's Pie (79) Diced Carrots (06) Pears (12) Garden Green Salad (02) Chocolate Brownie (23)	24 Cold Cut Subs Honey Cured Ham, Roasted Turkey with Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Jell-O with Fruit Cocktail (13)	25 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Applesauce (14)
28 Malibu Chicken with Honey Mustard Sauce (08) Quinoa (21) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	29 Grilled Hamburgers with Fresh Baked Bun (15) Lettuce, Tomato, Pickles (02) Potato Salad (19) Apple Sauce (14) Pork and Beans (25)	30 BBQ Pulled Pork (00) Au Gratin Potato (19) Coleslaw (07) Jell-O Fruit Cup (09) Corn Bread (33)	Suggested donation \$4/meal Low fat milk (12) is provided with each meal	Menu subject to change Number in parentheses represent carbohydrate count