



Please reserve your meal 24 hours in advance 801-769-7625

Monday	Tuesday	Wednesday	Thursday	Friday
Alternate Meal Schedule (Senior Center Lunches Only)			Number in parentheses represent carbohydrate count	Suggested contribution \$4/meal
<u>Turkey Sandwich with Soup:</u> Nov 10 Chicken Noodle Nov 24-25 Cream of Potato Nov 12-14 Cream of Broccoli Nov 26 Vegetable Beef			Menu subject to change	Low fat milk (12) is provided with each meal
3 Beef Stroganoff over Rice (34) Carrots (06) Apple Crisp (67) Garden Green Salad (02)	4 Biscuit (25) and Sausage Gravy (14) Scrambled Eggs (01) Tater Tots (18) Cottage Cheese & Pears (28)	5 Roasted Lemon Pepper Chicken (10) Steamed Quinoa (21) Peas (12) Pears (19) Cookie Bar (18)	6 BBQ Pulled Pork (03) Au Gratin Potatoes (22) Green Beans (02) Mandarin Oranges (19) Fresh Baked Roll (16)	7 Garlic Roasted Beef with Gravy (10) Mashed Potatoes (15) Beets (06) Jell-O with Mixed Fruit (09) Fresh Baked Roll (16)
10 Cheesy Italian Sausage Pasta Bake (48) Broccoli (04) Fresh Garlic Roll (15) Apple Sauce (14) Garden Green Salad (02)	11 NO MEAL 	12 Malibu Chicken with Honey Mustard Sauce (13) Au Gratin Potatoes (22) Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	13 Beef and Vegetable Stew (14) Garden Salad (02) Corn Bread (33) Apple Crisp (67)	14 Teriyaki Beef Bowl (08) Steamed Rice (21) Steamed Broccoli (04) Pineapple (14) Fresh Baked Roll (16)
17 Swedish Meatballs (39) Rice (21) Cali Blend Veggies (06) Pears (19) Fresh Baked Roll (16) Cookie Bar (18)	18 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (01) Diced Peaches (19)	19 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)	20 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Applesauce (14) Tortilla Chips (18)	21 Roast Turkey Breast (03) Garlic Mashed Potatoes and Gravy (25) Carrots (06) Roll (15) Stuffing (20) Mandarin Oranges (11) Cranberry Sauce (22) Pumpkin Pie Bar (35)
24 BBQ Chicken (03) Rice (21) Peas (12) Diced Peaches (19) Corn Bread (33)	25 Country Fried Steak (04) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (16) Fresh Orange (22)	26 Oven Roasted Pork (00) Over Rice (21) Beets (06) Jell-O with Fruit (09) Fresh Baked Roll (16) Cookie Bar (18)	27 NO MEAL 	28 NO MEAL 