



November 2023




***Suggested donations \$3/meal. ** Please call 24 hours prior to order. Lindon Senior Center 801-769-8625**

Alternate Meal Schedule (Senior Center Lunches Only)

Turkey Sandwich with Soup:
Nov 6-7 Vegetable Beef
Nov 8-9 Cream of Potato

Nov 20-22 Chicken Noodle

Salad:
Nov 1-3
Nov 13-17
Nov 27-30

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Low fat milk (12) is provided with each meal</p> <p>Number in parentheses represent carbohydrate count</p>	<p>Suggested donation \$3/meal</p> <p>Menu subject to change</p>	<p>1 Kalua Pork with Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15) Brownies (28)</p>	<p>2 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Mixed Veggies (12) Fresh Baked Roll (16) Mandarin Oranges (11)</p>	<p>3 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Cherry Cobbler (17) Garden Green Salad (02)</p>
<p>6 Teriyaki Chicken Bowl (8) Steamed Brown Rice (21) Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (16)</p>	<p>7 Cheesy Beef Lasagna (19) Green Beans (02) Fresh Garlic Roll (15) Apple Sauce (14) Brownie (28)</p>	<p>8 Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Corn Bread (28) Mixed Fruit & Jell-O (09)</p>	<p>9 Garlic Roasted Beef Round with Gravy (10) Herb Roasted Potatoes (15) Peas (11) Diced Peaches (19) Fresh Baked Roll (16)</p>	<p>10 NO MEAL</p> 
<p>13 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Seasoned Peas (10) Fruit & Jell-O (09) Fresh Baked Roll (15)</p>	<p>14 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Mixed Fruit Cocktail (14) Fresh Baked Roll (16)</p>	<p>15 Beef and Vegetable Stew (14) Garden Salad (02) Corn Bread (33) Apple Crisp (67)</p>	<p>16 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (20)</p>	<p>17 Roast Turkey Breast (03) Garlic Mashed Potatoes and Gravy (25) Fresh Roll (15) Carrots (06) Cranberry Sauce (22) Mandarin Oranges (11) Pumpkin Pie (35) Stuffing (20)</p>
<p>20 Swedish Meatballs (39) Rice (21) Carrots (06) Fresh Navel Orange (22) Fresh Baked Roll (16)</p>	<p>21 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Tropical Fruit (22) Tortilla Chips (18)</p>	<p>22 Biscuit (25) and Sausage Gravy (14) Scrambled Eggs (01) Tater Tots (18) Cottage Cheese with Peaches (28)</p>	<p>23 NO MEAL</p> 	<p>24 NO MEAL</p> 
<p>27 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)</p>	<p>28 Hawaiian Haystacks Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (17) Coconut Flakes, Cheese, Chow Mein Noodles (18)</p>	<p>29 Oven Roasted Pork (00) Seasoned Mixed Veggies (12) Hot Potato Salad (15) Apple Sauce (19) Fresh Baked Roll (16) Cookie Bar (18)</p>	<p>30 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Steamed Broccoli (14) Fresh Baked Roll (15) Diced Pears (19)</p>	