



MAG

Expert Resources. Enriching Lives.



March 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:

Mar 1-3 Chicken Noodle

Mar 13-14 Cream of Potato

Mar 15-17 Vegetable Beef



Mar 27-28 Chicken Noodle

Mar 29-31 Cream of Broccoli

Salad:

Mar 6-10

Mar 20-24

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 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Steamed Broccoli (04) Fresh Baked Roll (16) Red Apples (22)</p>	<p>2 Smoked Ham and White Beans (03) Braised Cabbage (03) Sweetened Apple Sauce (14) Fresh Baked Roll (16)</p>	<p>3 Three Bean Beef Chili (25) Seasoned California Blend Vegetables (18) Cornbread (28) Diced Peaches (19)</p>
<p>6 Swedish Meatballs (39) Rice (21) Carrots (06) Orange (22) Garden Green Salad (02) Apple Crisp (67)</p>	<p>7 Cheesy Italian Sausage Pasta Bake (19) Seasoned Green Beans (02) Apple Sauce (14) Fresh Garlic Roll (15) Cookie Bar (23)</p>	<p>8 Kalua Pork (00) Hawaiian Rice (25) Black Beans (14) Pineapple Tidbits (07) Fresh Baked Roll (15)</p>	<p>9 Roasted Lemon Pepper Chicken (10) Herb Mashed Potatoes Gravy (26) Seasoned Peas (11) Fresh Baked Roll (16) Applesauce (19)</p>	<p>10 Roast Turkey Breast 03 Garlic Mashed Potatoes & Turkey Gravy (25) Diced Carrots (06) Fresh Baked Roll (15) Fruit (14-22)</p>
<p>13 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)</p>	<p>14 Oven Roasted Pork (00) Loaded Mashed Potatoes (15) Diced Beets (06) Mandarin Oranges (19) Fresh Baked Roll (16) Cookie Bar (18)</p>	<p>15 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)</p>	<p>16 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)</p>	<p>17 Corn Beef and Cabbage (25)  Braised Potatoes Carrots (15) Green Jell-O and Fruit (10) Fresh Baked Cookie (18)</p>
<p>20 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Diced Pears (19) Mixed Vegetables (12) Fresh Baked Roll (15)</p>	<p>21 Egg, Sausage, and Cheese Breakfast Burrito (16) Tater Tots (18) Apple Crisp (67)</p>	<p>22 Shepherd's Pie (79) Seasoned Peas (11) Cottage Cheese & Fruit (12) Fresh Baked Roll (16) Chocolate Brownie (23)</p>	<p>23 Cold Cut Subs Honey Cured Ham, Roasted Turkey with Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Jell-O with Fruit (13)</p>	<p>24 Garlic Roasted Beef Round (00) Herb Roasted Potatoes (15) Peas (11) Diced Peaches (8) Fresh Baked Roll (16)</p>
<p>27 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (22)</p>	<p>28 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Apple Crisp (67) Diced Peaches (19) Garden Green Salad (02)</p>	<p>29 Sloppy Joe (03) Fresh Baked Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Applesauce (14)</p>	<p>30 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)</p>	<p>31 EASTER BRUNCH  \$3 pp 10am THE MIXED NUTS PERFORMANCE</p>