

# January 2023

## Alternate Meal Schedule (Senior Center Lunches Only)

**LINDON SENIOR CENTER**

**Please call 24 hours before to reserve a lunch 801-769-8625**

Turkey Sandwich with Soup:

Jan 3-4 Cream of Potato

Jan 5-6 Vegetable Beef

Jan 17-18 Chicken Noodle

Jan 19-20 Cream of Broccoli



Jan 30-31 Chicken Noodle

Salad:

Jan 9-13

Jan 23-27



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2 No Meal (observed)</b></p> 	<p><b>3 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (14)</p>	<p><b>4 Three Bean Beef Chili (3)</b> Seasoned California Blend Vegetables (18) Corn Chips (18) Cheese (22) Peaches (18) Brownie (23)</p>	<p><b>5 Roast Turkey Breast (03)</b> Garlic Mashed Potatoes &amp; Turkey Gravy (25) Diced Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)</p>	<p><b>6 Country Fried Steak (4)</b> Mashed Potatoes &amp; Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)</p>
<p><b>9 Teriyaki Chicken Bowl 08</b> Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Fruit Cocktail (14) Fresh Baked Roll (15) Chocolate Brownie (23)</p>	<p><b>10 Cheesy Italian Sausage Pasta Bake (19)</b> Green Beans (02) Fresh Garlic Roll (15) Apple Sauce (14)</p>	<p><b>11 Homemade Meatloaf (3)</b> Garlic Mashed Potatoes &amp; Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)</p>	<p><b>12 Egg, Sausage, Cheese Breakfast Burrito (16)</b> Tater Tots (18) Apple Crisp (67)</p>	<p><b>13 Garlic Roasted Beef Round (00)</b> Herb Mashed Potatoes with Gravy (30) Peas (11) Jell-O with Fruit (14) Fresh Baked Roll (16)</p>
<p><b>16</b>  <b>NO MEAL</b></p>	<p><b>17 BBQ Chicken (03)</b> Au Gratin Potato (19) Seasoned Green Beans (02) Fresh Orange (22) Fresh Baked Roll (16)</p>	<p><b>18 Shepherd's Pie (79)</b> Seasoned Carrots (06) Pears (12) Garden Green Salad (02) Chocolate Brownie (23)</p>	<p><b>19 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)</p>	<p><b>20 Swedish Meatballs (39)</b> Rice (21) Carrots (06) Garden Green Salad (02) Fresh Baked Roll (16) Apple Crisp (67)</p>
<p><b>23 Sweet and Sour Chicken (30)</b> Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)</p>	<p><b>24 Rigatoni Pasta with Meat Sauce (25)</b> Green Beans (02) Garden Green Salad (02) Apple (12) Garlic Roll (15) Brownie (23)</p>	<p><b>25 Santa Fe Shredded Turkey on Brown Rice (30)</b> Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)</p>	<p><b>26 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (26) Fruit Fluff in Cottage Cheese (28) Mixed Vegetables (12) Fresh Baked Roll (15)</p>	<p><b>27 Honey Baked Ham (02)</b> Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Apple Sauce (08)</p>
<p><b>30 Creamed Chicken over White Rice (30)</b> California Blend Veggies (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)</p>	<p><b>31 Kalua Pork (00)</b> Hawaiian Rice (25) Black Beans (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>	<p><b>Suggested donation \$3/meal</b></p>	<p>Low fat milk (12) is provided with each meal</p> <p><b>Menu subject to change</b></p>	<p>Number in parentheses represent carbohydrate count</p>