


# September 2023

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

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\$3/meal

**Menu subject to  
change**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Alternate Meal Schedule (Senior Center Lunches Only)</b>			Low fat milk (12) is provided with each meal	<b>1 Garlic Roasted Beef Round with Gravy (10)</b> Herb Roasted Baby Potatoes (15) Peas (11) Diced Peaches (19) Fresh Baked Roll (16)
<u>Turkey Sandwich with Soup:</u> Sep 1 Chicken Noodle Sep 11-12 Cream of Potato Sep 13-15 Vegetable Beef	Sep 25-26 Chicken Noodle Sep 27-29 Cream of Broccoli	<u>Salad:</u> Sep 5-8 Sep 18-22	Number in parentheses represent carbohydrate count	
<b>4 NO MEAL</b> 	<b>5 Grilled Hamburgers with Fresh Baked Bun (17)</b> Loaded Potato Casserole (22) Mixed Fruit Cocktail (14) Baked Beans (32)	<b>6 Cured Honey Baked Ham (0)</b> Scalloped Potatoes (13) Diced Beets (06) Corn Bread (28) Mixed Fruit in Jell-O (09) Cookie Bar (18)	<b>7 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	<b>8 Beef Taco Salad (05)</b> Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Tropical Fruit (22) Tortilla Chips (18)
<b>11 Teriyaki Chicken Bowl (8)</b> Steamed Brown Rice (21) Steamed Broccoli (04) Pineapple (15) Garden Green Salad (02) Fortune Cookie (24)	<b>12 Oven Roasted Pork (00)</b> Au Gratin Potato (19) Seasoned Green Beans (02) Apple Sauce (19) Fresh Baked Roll (16) Cookie Bar (18)	<b>13 Homemade Meatloaf (3)</b> Garlic Mashed Potatoes & Gravy (27) Steamed Broccoli (14) Fresh Baked Roll (15) Diced Pears (19)	<b>14 Biscuit (25) and Sausage Gravy (14)</b> Scrambled Eggs (01) Tater Tots (18) Navel Orange (22)	<b>15 Beef Lasagna (19)</b> Fresh Veggies (02) Fresh Garlic Bread Rolls (15) Fresh Apple (15) Brownie (15)
<b>18 Swedish Meatballs (39)</b> Rice (21) Carrots (06) Fruit Crisp (67) Fresh Baked Roll (16)	<b>19 Hawaiian Haystacks</b> Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (17) Coconut Flakes, Cheese, Chow Mein Noodles (18)	<b>20 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Mandarin Oranges (17)	<b>21 Roasted Lemon Pepper Chicken (10)</b> Steamed White Rice (21) Steamed Broccoli (14) Garden Green Salad (02) Fresh Apple (12)	<b>22 Fish Filets with Tartar Sauce (15)</b> Potato Wedges (18) Mixed Vegetables (12) Mixed Fruit Cocktail (14) Fresh Baked Roll (16)
<b>25 Malibu Chicken with Honey Mustard Sauce (08)</b> Scalloped Potatoes (22) Seasoned Carrots (12) Fresh Baked Roll (16) Mandarin Oranges (17)	<b>26 Sloppy Joe (03)</b> Fresh Baked Bun (15) Pork and Beans (25) Mixed Veggies (12) Cottage Cheese and Mixed Fruit (19)	<b>27 Kalua Pork (00)</b> Hawaiian Rice (25) Peas (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	<b>28 Country Fried Steak (4)</b> Mashed Potatoes & Gravy (27) Seasoned Squash (12) Fresh Baked Roll (15) Applesauce (22)	<b>29 Beef Stroganoff over Rice (34)</b> Seasoned Carrots (06) Cookie Bar (23) Mandarin Oranges (17) Garden Green Salad (02)