

Menu subject to change Suggested donation \$4/meal *Please call 24 hours before 801-769-8625

Monday	Tuesday	Wednesday	Thursday	Friday
3 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)	4 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	5 Swedish Meatballs (39) Rice (21) Broccoli (04) Orange (22) Fresh Baked Roll (16) Cookie Bar (18)	6 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Diced Beets (06) Fresh Baked Roll (15) Pears (19)	7 Three Bean Beef Chili (3) Corn and Carrots (18) Corn Bread (28) Mixed Fruit and Jell-O (09) Green Salad (02)
10 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Peas (12) Fruit Fluff with Cottage Cheese (28) Fresh Baked Roll (15)	11 Kalua Pork (00) Hawaiian Rice (25) Coleslaw (04) Pineapple Tidbits (07) Fresh Baked Roll (15)	12 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Apple Sauce (14)	13 Teriyaki Chicken Bowl (8) Steamed Rice (21) Steamed Broccoli (4) Fruit Cocktail (14) Fresh Baked Roll (15)	14 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)
17 Corn Beef and Cabbage (20) Braised Potatoes and Carrots (15) Green Jell-O and Fruit (10) Fresh Baked Cookie (18)	18 Orange Chicken (42) Steamed Brown Rice (21) Stir Fried Vegetables (12) Tropical Fruit (14) Fresh Baked Roll (16) Fortune Cookie (24)	19 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)	20 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	21 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)
24 Cured Honey Baked Ham (0) Loaded Mashed Potato (19) Diced Beets (06) Fresh Corn Bread (33) Fruit Cocktail (8)	25 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Diced Peaches (19) Fresh Baked Roll (16)	26 Shepherd's Pie (79) Diced Carrots (06) Pears (12) Garden Green Salad (02) Chocolate Brownie (23)	27 Hawaiian Haystacks Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (07) Coconut Flakes, Cheese, Chow Mein Noodles, Diced Tomato, Diced Celery (18)	28 Cheesy Italian Sausage Pasta Bake (19) Broccoli (06) Apple Sauce (14) Fresh Garlic Roll (15) Garden Green Salad (02)
31 Biscuit (25) and Sausage Gravy (14) Scrambled Eggs (01) Tater Tots (18) Cottage Cheese & Peaches (28)	Number in parentheses represent carbohydrate count Low fat milk (12) is provided with each meal	Alternate Meal Schedule (Senior Center Lunches Only)		
		<u>Turkey Sandwich with Soup:</u> Mar 10-11 Vegetable Beef Mar 12-14 Cream of Broccoli Mar 24-25 Chicken Noodle Mar 26-28 Cream of Potato	<u>Salad:</u> Mar 3-7 Mar 17-21 Mar 31	