




Suggest meal donation is \$3 Please call 24 hours before 801-769-8625

Monday	Tuesday	Wednesday	Thursday	Friday	
Alternate Meal Schedule (Senior Center Lunches Only) Menu subject to change					
<p><u>Turkey Sandwich with Soup:</u> Feb 1-2 Cream of Potato Feb 12-13 Vegetable Beef Feb 14-16 Chicken Noodle</p>		<p>Feb 26-27 Cream of Broccoli Feb 28-29 Chicken Noodle</p>	<p><u>Salad:</u> Feb 5-9 Feb 20-23</p>	<p>1 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)</p>	<p>2 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)</p>
<p>5 Swedish Meatballs (39) Rice (21) Broccoli (4) Orange (22) Fresh Baked Roll (15) Cookie Bar (18)</p>	<p>6 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Green Beans (02) Fresh Baked Roll (15) Fruit Cocktail (28)</p>	<p>7 Three Bean Beef Chili (3) Corn and Carrots (18) Corn Bread (28) Mixed Fruit and Jell-O (09)</p>	<p>8 Kalua Pork (00) Hawaiian Rice (25) Cole Slaw (4) Pineapple Tidbits (07) Fresh Baked Roll (15)</p>	<p>9 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Fruit Fluff with Cottage Cheese (28) Seasoned Peas (12) Fresh Baked Roll (15)</p>	
<p>12 Teriyaki Chicken Bowl (8) Steamed Rice (21) Steamed Broccoli (4) Fruit Cocktail (14) Fresh Baked Roll (15)</p>	<p>13 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Apple Sauce (14)</p>	<p>14 Cheesy Italian Sausage Pasta Bake (19) Broccoli (4) Apple Sauce (14) Fresh Garlic Roll (15) Valentine Cookie (23) </p>	<p>15 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (18)</p>	<p>16 Garlic Roasted Beef Round (00) Herb Mashed Potatoes with Gravy (30) Apple (28) Mixed Veggies (11) Fresh Baked Roll (16)</p>	
<p>19  NO MEAL</p>	<p>20 Cured Honey Baked Ham (0) Loaded Mashed Potato (19) Diced Beets (06) Fresh Corn Bread (33) Fruit Cocktail (8)</p>	<p>21 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)</p>	<p>22 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Diced Peaches (19) Fresh Baked Roll (16)</p>	<p>23 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)</p>	
<p>26 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Mixed Fruit Cocktail (14) Fresh Baked Roll (16)</p>	<p>27 Shepherd's Pie (79) Diced Carrots (6) Pears (12) Garden Green Salad (2) Chewy Chocolate Brownie (23)</p>	<p>28 Hawaiian Haystacks Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (22) Coconut Flakes, Cheese, Chow Mein Noodles (18) Diced Tomato (0) Diced Celery (0)</p>	<p>29 Biscuit (25) and Sausage Gravy (14) Scrambled Eggs (01) Tater Tots (18) Cottage Cheese & Peaches (28)</p>	<p>Low fat milk (12) is provided with each meal Number in parentheses represent carbohydrate count</p>	