



**Lindon Senior Center**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Alternate Meal Schedule (Senior Center Lunches Only)</b>			Low fat milk (12) is provided with each meal	Suggested donation \$4/meal
<u>Turkey Sandwich with Soup:</u> Feb 10-11 Vegetable Beef Feb 12-14 Chicken Noodle Feb 24-25 Cream of Broccoli Feb 26-28 Chicken Noodle	<u>Salad:</u> Feb 3-7 Feb 18-21		Number in parentheses represent carbohydrate count	<b>Menu subject to change</b>
<b>3 Country Fried Steak (4)</b> Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)	<b>4 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	<b>5 Swedish Meatballs (39)</b> Rice (21) Broccoli (4) Orange (22) Fresh Baked Roll (15) Cookie Bar (18)	<b>6 Roast Turkey Breast (03)</b> Garlic Mashed Potatoes & Turkey Gravy (25) Green Beans (02) Fresh Baked Roll (15) Sliced pears (19)	<b>7 Three Bean Beef Chili (3)</b> Corn and Carrots (18) Corn Bread (28) Mixed Fruit and Jell-O (09)
<b>10 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (26) Fruit Fluff with Cottage Cheese (28) Seasoned Peas (12) Fresh Baked Roll (15)	<b>11 Kalua Pork (00)</b> Hawaiian Rice (25) Cole Slaw (4) Pineapple Tidbits (07) Fresh Baked Roll (15)	<b>12 Homemade Meatloaf (3)</b> Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Applesauce (14)	<b>13 Teriyaki Chicken Bowl (8)</b> Steamed Rice (21) Steamed Broccoli (4) Fruit Cocktail (14) Fresh Baked Roll (15)	<b>14 Garlic Roasted Beef Round (00)</b> Herb Mashed Potatoes with Gravy (30) Apple (28) Mixed Veggies (11) Fresh Baked Roll (16) Valentine Cookie (23)
<b>17 NO MEAL</b> 	<b>18 Beef Taco Salad (05)</b> Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)	<b>19 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (18)	<b>20 Fish Filets with Tartar Sauce (15)</b> Potato Wedges (18) Mixed Vegetables (12) Orange (12) Fresh Baked Roll (16)	<b>21 Beef Stroganoff over Rice (34)</b> Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)
<b>24 Cured Honey Baked Ham (0)</b> Loaded Mashed Potato (19) Diced Beets (06) Fresh Corn Bread (33) Fruit Cocktail (8)	<b>25 BBQ Chicken (03)</b> Au Gratin Potato (19) Seasoned Green Beans (02) Diced Peaches (19) Fresh Baked Roll (16)	<b>26 Shepherd's Pie (79)</b> Diced Carrots (6) Pears (12) Garden Green Salad (2) Chewy Chocolate Brownie (23)	<b>27 Hawaiian Haystacks</b> Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (22) Coconut Flakes, Cheese, Chow Mein Noodles (18)	<b>28 Cheesy Italian Beef Pasta Bake (19)</b> Broccoli (4) Apple Sauce (14) Fresh Garlic Roll (15) Garden Salad (02)