



# MAG September 2022

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Please call 24 hours before to reserve a lunch.  
Lindon Senior Center 801-769-8625

## Alternate Meal Schedule (Senior Center Lunches Only)


### Turkey Sandwich with Soup:

Sep 1-2: Chicken Noodle  
Sep 12-13: Cream of Potato  
Sep 14-16: Vegetable Beef

Sep 26-27: Chicken Noodle  
Sep 28-30: Cream of Broccoli

### Salad:

Sep 6-9  
Sep 19-23

Monday	Tuesday	Wednesday	Thursday	Friday
Number in parentheses represent carbohydrate count	Low fat milk (12) is provided with each meal	Suggested donation \$3/meal  <b>Menu subject to change</b>	<b>1 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Cottage Cheese & Fruit (12)	<b>2 Country Fried Steak (4)</b> Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (18)
<b>5 NO MEAL</b> 	<b>6 Cured Honey Baked Ham 0</b> Scalloped Potatoes (13) Diced Beets (06) Raisin Cookie Bar (33) Assorted Tropical Fruit (08)	<b>7 Beef Lasagna (19)</b> Fresh Veggies (02) Fresh Garlic Bread Rolls (15) Fresh Apple (15) Brownie (15)	<b>8 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	<b>9 ★ FALL BBQ ★</b> <b>Come for a FREE BBQ with the Parks &amp; Rec team! Burgers, hot dogs, beans, chips and fruit!</b>
<b>12 Teriyaki Chicken Bowl (8)</b> Steamed Brown Rice (21) Steamed Broccoli (04) Pineapple (15) Fortune Cookie (24)	<b>13 Homemade Meatloaf (3)</b> Garlic Mashed Potatoes & Gravy (27) Roasted Corn (14) ★ Fresh Baked Roll (15) ★ Fresh Apple (15) <b>HEALTH FAIR &amp; FLU CLINIC</b>	<b>14 Rigatoni Pasta with Meat Sauce (25)</b> Garden Green Salad (02) Green Beans (2) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	<b>15 Hotdog with Pork and Beans (17)</b> Mixed Fruit and Jell-O (09) Roasted Corn (14) Fresh Baked Brownie (23)	<b>16 Chicken Patties (08)</b> Mashed Potatoes with Chicken Gravy (25) Cut Carrots (12) Apple (15) Fresh Baked Roll (16)
<b>19 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (27) Diced Pears (19) Mixed Vegetables (12) Fresh Baked Roll (15)	<b>20 Homemade Chicken Pot Pie (14)</b> Fresh Baked Biscuit (25) Garden Green Salad (2) Fresh Fruit (28) Brownie (28)	<b>21 Grilled Hamburgers with Fresh Baked Bun (17)</b> Loaded Potato Casserole (22) Apple (15) Roasted Corn (14)	<b>22 Pulled Pork Sandwich (20)</b> Crisp Potato Wedges (18) Fresh Veggies (02) Mixed Fruit and Jell-O (09)	<b>23 Swedish Meatballs (39)</b> Rice (21) Carrots (06) Peaches (18) Fresh Baked Roll (16)
<b>26 Sweet and Sour Chicken (30)</b> Steamed White Rice (21) Stir Fried Vegetables (12) Orange (11) Fortune Cookie (24)	<b>27 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	<b>28 Kalua Pork (00)</b> Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	<b>29 Creamed Chicken over White Rice (30)</b> Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)	<b>30 Roast Turkey Breast (03)</b> Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrots (06) Fresh Baked Roll (15) Oranges (11)