

May 2025



Lindon Senior Center

Please call 24 hours in advance to schedule
801-769-8625

Alternate Meal Schedule (Senior Center Lunches Only)



MAG

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Turkey Sandwich with Soup:

May 5-6 Vegetable Beef
May 7-9 Chicken Noodle

May 19-20 Cream of Broccoli
May 21,23 Cream of Potato

Salad:

May 1-2
May 12-16
May 26-30

Monday	Tuesday	Wednesday	Thursday	Friday
Number in parentheses represent carbohydrate count	Menu subject to change Low fat milk (12) is provided with each meal	Suggested donation \$4/meal	1 Sloppy Joe (00) Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Applesauce (14)	2 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Diced Beets (06) Pears (19) Fresh Baked Roll (15)
5 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)	6 Smoked Ham and White Beans (03) Braised Cabbage (03) Sweetened Apple Sauce (14) Fresh Baked Roll (16)	7 Kalua Pork (00) Hawaiian Rice (25) Coleslaw (14) Pineapple Tidbits (07) Fresh Baked Roll (16)	8 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (01) Diced Peaches (19)	9 Oven Roasted Pork (00) Loaded Mashed Potatoes (15) Beets (06) Mandarin Oranges (19) Fresh Baked Roll (16) Cookie Bar (18)
12 Orange Chicken (42) Steamed Brown Rice (21) Stir Fried Vegetables (12) Tropical Fruit (14) Fresh Baked Roll (16) Fortune Cookie (24)	13 Swedish Meatballs (39) Rice (21) Broccoli (04) Orange (22) Fresh Baked Roll (16) Cookie Bar (18)	14 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)	15 Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Green Salad (02) Fresh Baked Roll (15) Applesauce (14)	16 Teriyaki Chicken Bowl (08) Rice and Quinoa Mix (21) Steamed Broccoli (04) Fruit Cocktail (14) Fresh Baked Roll (15)
19 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Diced Peaches (22) Fresh Baked Roll (16)	20 Biscuit with Sausage Gravy (39) Scrambled Eggs (01) Tater Tots (18) Cottage Cheese with Pears (28)	21 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Mandarin Oranges (19) Green Peas (12) Fresh Baked Roll (16)	22 Ham and Turkey on Hoagie Bun (46) Provolone Cheese, Lettuce, Tomato (08) Potato Chips (14) Jell-O with Fruit Cocktail (13)	23 Garlic Roasted Beef with Gravy (10) Herb Roasted Potatoes (15) Mixed Veggies (11) Apple (28) Fresh Baked Roll (16)
26 No Meal	27 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)	28 BBQ Pulled Pork (00) Au Gratin Potato (19) Coleslaw (07) Jell-O Fruit Cup (09) Fresh Baked Roll (16)	29 Lemon Pepper Chicken (30) Rice and Quinoa Mix (21) Carrots (06) Sliced Pears (19) Cookie Bar (18)	30 Grilled Hamburgers with Fresh Baked Bun (15) Lettuce, Tomato, Pickles (02) Potato Salad (19) Apple Sauce (14) Pork and Beans (25)