

December 2024




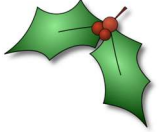

Low fat milk (12) is provided with each meal

Number in parentheses represent carbohydrate count

Please call 24 hours before lunch 801-769-8625

Suggested donation \$4/meal

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Three Bean Beef Chili (3) Corn & Carrots (18) Corn Bread (28) Fruit Salad with Cottage Cheese (28)	3 Roasted Lemon Pepper Chicken (10) Steamed White Rice (21) Carrots (06) Green Salad (02) Sliced Pears (19) Cookie Bar (18)	4 Garlic Roasted Beef (00) Herb Mashed Potatoes & Gravy (25) Roll (16) Broccoli (04) Green Salad (02) Apple Crisp (67)	5 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	6 Sloppy Joe (0) Fresh Hamburger Bun (15) Mixed Veggies (12) Pork and Beans (25) Cottage Cheese with Fruit (19)
9 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Green Beans (04) Fresh Baked Roll (16) Jell-O with Fruit (14)	10 Beef Taco Salad (05) Pinto Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Applesauce (28) Tortilla Chips (18)	11 Kalua Pork (00) Hawaiian Rice (25) Broccoli (04) Pineapple Tidbits (07) Fresh Baked Rolls (15)	12 Swedish Meatballs (39) Quinoa (21) California Blend Veggies (04) Applesauce (28) Fresh Baked Roll (16)	13 Roast Turkey Breast (03) Mashed Potatoes & Gravy (25) Carrots (06) Roll (15) Mandarin Oranges (11) Cranberry Sauce (22) Pumpkin Bar (35)
16 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Apple (28) Fresh Baked Roll (16)	17 Oven Roasted Chicken over Quinoa (22) Green Peas (11) Fruit Cocktail (14) Cookie Bar (18)	18 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Green Salad (02) Fresh Baked Roll (15) Apple (28)	19 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Orange (12) Fresh Roll (16)	 Lindon NOON YEAR'S EVE PARTY
23 Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Roll (16) Peaches (19)	24 NO MEAL 	25  NO MEAL	26 NO MEAL 	27 Oven Roasted Pork Diced Beets (06) Loaded Mashed Potatoes (15) Fruit Cocktail (14) Fresh Baked Roll (16)
30 Teriyaki Beef Bowl (8) Steamed Rice (21) Steamed Broccoli (04) Pineapple (28) Fresh Baked Roll (16)	31 No Meal 	Alternate Meal Schedule (Senior Center Lunches Only) Turkey Sandwich with Soup: Dec 9-10 Chicken Noodle Dec 23 Cream of Potato Dec 11-13 Cream of Broccoli Dec 26-27 Vegetable Beef		Salad: Dec 2-6 Dec 16-20 Dec 30