

**MAG**

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October 2025

Please reserve your meal 24 hours in advance
801-769-8625

Alternate Meal Schedule (Senior Center Lunches Only)Turkey Sandwich with Soup:

Oct 1-3 Vegetable Beef

Oct 14 Chicken Noodle

Oct 15-17 Cream of Broccoli

Oct 27-28 Cream of Potato

Oct 29-31 Vegetable Beef

Salad:

Oct 6-10

Oct 20-24

Monday	Tuesday	Wednesday	Thursday	Friday
Suggested contribution \$4/meal Menu subject to change	Low fat milk (12) is provided with each meal Number in parentheses represent carbohydrate count	1 Roasted Lemon Pepper Chicken (10) Steamed White Rice (21) Carrots (06) Green Salad (02) Sliced Pears (19) Cookie Bar (18)	2 BBQ Pulled Pork (03) Bun (17) Black Beans (14) Cinnamon Applesauce (28) Coleslaw (14)	3 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)
6 Cheesy Italian Sausage Pasta Bake (50) Green Beans (2) Fresh Garlic Roll (15) Apple Sauce (14) Garden Green Salad (02)	7 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (26) California Blend Veggies (04) Fresh Baked Roll (15) Mandarin Oranges (19)	8 Kalua Pork (00) Hawaiian Rice (25) Broccoli (04) Pineapple Tidbits (07) Fresh Baked Rolls (15)	9 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Apple (28)	10 Teriyaki Beef Bowl (8) Steamed Brown Rice (21) Steamed Broccoli (04) Pineapple (14) Fresh Baked Roll (16)
13 NO MEAL  Columbus Day	14 Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (17) Coconut Flakes, Cheese, Chow Mein Noodles (18)	15 Biscuit (25) and Sausage Gravy (14) Scrambled Eggs (01) Tater Tots (18) Navel Orange (22)	16 Beef Taco Salad (05) Pinto Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)	17 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)
20 BBQ Chicken (03) Rice (21) Green Beans (02) Diced Peaches (19) Corn Bread (33)	21 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Apple (28) Green Salad (2) Fresh Baked Roll (15)	22 Oven Roasted Pork (00) Loaded Mashed Potatoes (15) Beets (06) Fruit Cocktail (14) Fresh Baked Roll (16)	23 Grilled Hamburgers with Fresh Baked Bun (17) Hot Potato Salad (19) Pork and Beans (25) Applesauce (14)	24 Orange Chicken (42) Brown Rice (21) Roll (16) Stir Fried Vegetables (12) Tropical Fruit (14) Fortune Cookie (10)
27 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Broccoli (04) Fresh Baked Roll (16) Jell-O with Fruit (14)	28 Beef and Vegetable Stew (14) Garden Salad (02) Corn Bread (33) Apple Crisp (67)	29 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	30 Honey Baked Ham (0) Scalloped Potatoes (13) Diced Beets (06) Roll (16) Mixed Fruit in Jell-O (09)	31 My Mummy's Chili (3) Seasoned Corn and Carrots (18) Corn Bread (28) Cottage Cheese & Fruit (28) Halloween Cookie Bar (15)