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# May 2022



## Alternate Meal Schedule (Senior Center Lunches Only)

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

**Soup with Turkey Sandwich:**  
 May 9-10 Vegetable Beef  
 May 11-13 Chicken Noodle

May 23-24 Cream of Broccoli  
 May 25-27 Cream of Potato

**Salads:**  
 May 2-6 May 31  
 May 16-20

Monday		Tuesday		Wednesday		Thursday		Friday	
2 NO LUNCH SERVED		3 <b>Pasta Bake with Meat Sauce (25)</b> Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)		4 <b>Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (11)		5  <b>TACO BAR &amp; PINATA PARTY!</b>		6 <b>Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (26) Orange (11) Mixed Vegetables (12) Fresh Baked Roll (15)	
9 NO LUNCH SERVED		10 <b>Teriyaki Chicken Bowl (08)</b> Steamed Rice (21) Fresh Steamed Broccoli (04) Pineapple (28) Fresh Baked Roll (15) Chocolate Chip Cookie Bar (15)		11 <b>Kalua Pork (00)</b> Hawaiian Rice (25) Peas (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)		12 <b>Sloppy Joe (03)</b> Fresh Baked Bun (15) Hot German Potato Salad (19) Corn (02) Diced Peaches (19)		13 <b>Roast Turkey Breast (03)</b> Garlic Mashed Potatoes & Turkey Gravy (25) Diced Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)	
16 NO LUNCH SERVED		17 <b>Malibu Chicken with Honey Mustard Sauce (08)</b> Scalloped Potatoes (22) Seasoned Corn (02) Fresh Baked Roll (16) Mandarin Oranges (11)		18 <b>BBQ Pulled Pork (00)</b> Au Gratin Potato (19) Seasoned Corn (02) Cinnamon Applesauce (28) Fresh Baked Roll (16)		19 <b>Shepherd's Pie (79)</b> Seasoned Peas (11) Pears (12) Fresh Baked Roll (16) Chocolate Brownie (23)		20 <b>Garlic Roasted Beef Round with Gravy (10)</b> Herb Roasted Baby Potatoes (15) Peas (11) Applesauce (19) Fresh Baked Roll (16)	
23 NO LUNCH SERVED		24 <b>Homemade Chicken Pot Pie (14)</b> Fresh Baked Biscuit (25) Sliced Peaches (18) Garden Green Salad (02) Fresh Baked Brownie (23)		25 <b>Meatloaf (3)</b> Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Diced Pears in Jell-O (33)		26 <b>Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)		27 <b>Honey Baked Ham (02)</b> Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (16) Fresh Apple (28) Cookie Bar (15)	
30  <b>No Meal</b>		31 <b>BBQ Chicken (03)</b> Au Gratin Potato (19) Seasoned Green Beans (02) Fresh Orange (22) Fresh Baked Roll (16)		<b>Suggested donation \$3/meal</b>		Low fat milk (12) is provided with each meal  <b>Menu subject to change</b>		Number in parentheses represent carbohydrate count	