

Call 435-758-2435

Senior Nutrition Program		November 2021	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2 Teriyaki Chicken Fried Rice Stir Fry Veggies Cottage cheese w/ Pineapple Fortune Cookie	3 Hot Hamburger w/ grilled onion Mashed Potato & gravy Green Beans Orange Buttermilk salad Hot roll	4 Chicken Alfredo Egg Noodles Calif Blend Fruit Pumpkin choc chip cookie
8	9 Chicken noodle soup w/ carrot, celery Cheese stick Crackers Fruit cup	10 Thanksgiving Dinner Turkey Cranberries, Candied Yams Mashed Potato/ Gravy, Dressing Cranberry salad, Green Beans Pumpkin Pie Dinner Roll/ Margarine	11 Veterans Day CENTER CLOSED
15	16 Roast Beef Mashed potato w/ gravy Green beans Frog Eye Salad Wheat Bread w/ margarine	17 Baked Fish Tatar Tots Cinnamon Applesauce Broccoli Corn Bread w/ margarine	18 Swedish Meatballs Steamed Rice Normandy Blend Fruit Cup Bread pudding w/ lemon sauce
22	23 COOKS CHOICE	24 Center Closed	25 Thanksgiving Center Closed
29	30 Honey BBQ Chicken Baked Potato /sour cream Vegetable blend Peas Dinner Roll w/ Margarine Tropical fruit		

Senior Nutrition Program
District IV
PO Box 820

**Please make your reservation by 11:00 a.m.
on the day you plan to eat at the center.