

Call 435-758-2435

Senior Nutrition Program		September 2021	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 Chicken pastry pot pie with veggies Side of peas and carrots Pears Bread Pudding / sauce	2 Baked Ham Sweet Potatoes Green Beans Applesauce Roll w/ margarine
6	7 Lasagna Corn Hot cinnamon Apples Garlic Bread	8 Fish Fillet Rice pilaf Mix Vegetable Fruit Peanut butter oatmeal cake	9 Shepherd's Pie Carrots Cottage Cheese w/ Pineapple Roll w/ mar Cookie
13	14 Sloppy Joe 3 bean salad Fresh Fruit Chips No Bake Cookie	15 Beef Stroganoff Green Beans Fruit w/ jell O Cheesy biscuit Choc Cake	16 Turkey Roast Mashed Potatoes w/ Gravy Beets Peaches Wheat Dinner Roll/ Margarine
20	21 Beef stew with veggies Cheese stick Fruit Cocktail Choc chip cookie Bread Stick	22 Turkey Broccoli Casserole Side of a veggie Red Potatoes Pears Corn Bread	23 Roast Beef Mashed potatoes & gravy Peas & Carrot Peach pie Roll w/ margarine
27	28 Corn Chowder with Bacon Cheese Stick Oatmeal Raisin Cookie Pineapple/mandarin Muffin	29 Pork Chop Stuffing & gravy Broccoli Applesauce Wheat roll w/ margarine	30 Tamale Pie Corn Bread Glazed Carrots Fruit GingerBread/ sauce

Please call on the day you plan to eat at the center by 11 a.m. Thanks
MENU SUBJECT TO CHANGE AND SUBSTITUTIONS THANK YOU

SUGGESTED DONATION SENIORS 60 AND OVER \$2.50
UNDER 60 COST OF MEAL IS \$5.50