






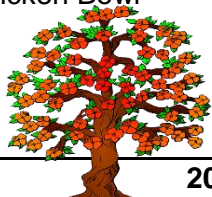











JAN - SENIOR CENTER 385-201-1065



UNITED WAY BUS 801- 374-9306

SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alternate Meals				
Sept 1 - 3 Vegetable Soup Sept 6 - 10 Chef's Salad Sept 13 - 14 Chicken Noodle Sept 15 - 17 Cr. Of Broccoli Sept 20 - 24 Chef's Salad	Sept 27 - 28 Chicken Noodle Sept 29 - Oct 1 Cr. Potato 	Malibu Chicken Au Gratin Potatoes Beans Roll Mandarin Oranges 	Cheesy Beef Lasagna Squash Garlic Roll Apple Cookie Bar 	Country Fried Steak Mashed Potatoes/Gravy Mixed Vegetables Jello w/Fruit Roll 
6	7	8	9	10
	Grilled Chicken Mashed Potatoes w/Gravy Carrots Apple Roll	Honey Baked Ham Scalloped Potatoes Beets Corn Bread Applesauce 	Santa Fe Shredded Turkey on Brown Rice Black Beans Corn Orange / Roll	Garlic Beef Roasted Baby Potatoes Peas Jello w/Fruit Roll 
13	14	15	16	17
Teriyaki Chicken Bowl Brown Rice Broccoli Roll Apple 	Meatloaf Mashed Potatoes / Gravy Corn Orange Roll	Chicken Salad Wrap Italian Pasta Salad Pickles Pears 	Rigatoni w/ Meat Sauce Tossed Salad w/ Dressing Green Beans Garlic Roll Fruit Crisp	Roast Turkey Mashed Potatoes/Gravy Carrots Mandarin Oranges Roll 
20	21	22	23	24
Salisbury Steak Mashed Potatoes/Gravy Mixed Vegetables Pears Roll 	Chicken Pot Pie Fresh Biscuit Tossed Salad w/ Dressing Jackie's Cake	BBQ Pork Rib Sandwich Potato Wedges Squash Fruit & Jello Cup 	Beef & Vegetable Stew White Rice Corn Bread Apple	Grilled Hamburgers w/ Bun Lettuce & Tomato Corn Applesauce 
27	28	29	30	
Sweet & Sour Chicken Steamed White Rice Stir Fry Vegetables Apple Roll 	Swedish Meatballs Rice Carrots Peaches Roll 	Kalua Pork Hawaiian Rice Corn Pineapple Roll 	Creamed Chicken / Rice Peas Jackie's Cake Roll 	<p style="text-align: center;">ALL MEALS MUST BE CALLED INTO THE CENTER BY NOON THE DAY BEFORE TO RESERVE A MEAL 385-201-1065</p>