

Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 2016 – MEALS &amp; MEALS ON WHEELS</b> WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920				<i>Note: Meals are subject to change without notice</i>
<b>NOTE: Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donation</b>	<b>NOTE: Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donation</b> <b>SUGGESTED MEAL DONATIONS</b> The suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those persons younger than 60 years old is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00			<b>1</b> <b>CHICKEN CORDON BLEU, Potatoes &amp; Gravy, Peas, Tropical Fruit, Roll, 1% Milk</b>
<b>4</b> <b>SEASONED BAKED CHICKEN, Rice Pilaf, Carrots, Fruit Cocktail, Roll, 1% Milk</b>	<b>5</b> <b>CHICKEN PARMESAN, Red Potatoes, Broccoli, Pears, Roll, 1% Milk</b>	<b>6</b> <b>BEEF &amp; RICE MEDLEY, Green Beans, Peaches, Roll, 1% Milk</b>	<b>7</b> <b>LASAGNA, Corn, Salad, Mandarin Oranges, Garlic Toast, 1% Milk</b>	<b>8</b> <b>CHICKEN FRIED STEAK, Potatoes &amp; Gravy, Peas, Orange Wedge, Cookie, Roll, 1% Milk</b>
<b>11</b> <b>FISH DINNER, Au Gratin Potatoes, Carrots, Peaches, Roll, 1% Milk</b>	<b>12</b> <b>PICANTE CHICKEN, Red Potatoes, Green Beans, Cantaloupe, Roll, 1% Milk</b>	<b>13</b> <b>TUNA CASSEROLE, Peas, Banana, Roll, 1% Milk</b>	<b>14</b> <b>CHICKEN STRIP, Potatoes &amp; Gravy, Mixed Vegetables, Pears, Roll, 1% Milk</b>	<b>15</b> <b>SALISBURY STEAK, Potatoes &amp; Gravy, Broccoli, Tropical Fruit Cocktail, Roll, 1% Milk</b>
<b>18</b> <b>CHICKEN CUTLET, Potatoes &amp; Gravy, Carrots, Apple Slices, Roll, 1% Milk</b>	<b>19</b> <b>BEEF STEW, Tator Tots, Green Beans, Peaches, Tapioca Pudding, Roll, 1% Milk</b>	<b>20</b> <b>MACARONI &amp; BEEF, Corn, Cottage Cheese, Pears, Roll, 1% Milk</b>	<b>21</b> <b>BBQ RIBLET, Mac &amp; Cheese, Baked Beans, Applesauce, Cookie, Roll, 1% Milk</b>	<b>22</b> <b>ROAST BEEF, Potatoes &amp; Gravy, Peas &amp; Carrots, Fruit Cocktail, Roll, 1% Milk</b>
<b>25</b> <b>BEEF STROGANOFF over NOODLES, Green Beans, Cottage Cheese, Pears, Roll, 1% Milk</b>	<b>26</b> <b>PORK CHOP, Potatoes &amp; Gravy, Carrots, Applesauce, Cookie, Roll, 1% Milk</b>	<b>27</b> <b>CHICKEN DRUMMETTS, Potatoes &amp; Gravy, Mixed Vegetables, Peaches, Tapioca Pudding, Roll, 1% Milk</b>	<b>28</b> <b>BURRITO w/CHILI, Mexi Corn, Chips, Salsa, Orange Wedge, 1% Milk</b>	<b>29</b> <b>CHICKEN CROISSANT SANDWICH, Macaroni Salad, Apple Slices, 1% Milk</b>

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<p align="center"><b>April 2016 – CONGREGATE MEALS</b></p> <p align="center"><i>(NOTE: "CONGREGATE MEALS" EMPHASIS WILL BE ON TUESDAYS &amp; THURSDAYS)</i></p> <p align="center"><i>WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920</i></p>				<p align="center"><i>Note: Meals are subject to change without notice</i></p>
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<p align="center"><b>4</b></p>	<p align="center"><b>5</b></p> <p><b>SALAD BAR w/TRIMMINGS</b></p>	<p align="center"><b>6</b></p>	<p align="center"><b>7</b></p> <p><b>ROAST PORK, Potatoes &amp; Gravy, Green Beans, Applesauce</b></p>	<p align="center"><b>8</b></p>
<p align="center"><b>11</b></p>	<p align="center"><b>12</b></p> <p><b>CREAM OF BROCCOLI SOUP, Tuna Croissant , Fruit</b></p>	<p align="center"><b>13</b></p> 	<p align="center"><b>14</b></p> <p><b>HOT BEEF SANDWICH, Potatoes &amp; Gravy, Green Salad</b></p>	<p align="center"><b>15</b></p>
<p align="center"><b>18</b></p>	<p align="center"><b>19</b></p> <p><b>BREAKFAST, Hash Browns, Eggs, Ham, French Toast, Juice/Milk</b></p>	<p align="center"><b>20</b></p>	<p align="center"><b>21</b></p> <p><b>GRILLED CHICKEN, Rice Pilaf, Carrots, Peach Cobbler</b></p>	<p align="center"><b>22</b></p>
<p align="center"><b>25</b></p> <p><b>FYI – RE: Congregate Meals: Even though we are currently focusing mainly on Tuesdays &amp; Thursdays, Cong. Meals are also available here on Mondays, Wednesdays and Fridays. Call in advance to reserve</b></p>	<p align="center"><b>26</b></p> <p><b>GRILLED HAM AND CHEESE, Tator Tots, Root Beer Floats</b></p>	<p align="center"><b>27</b></p>	<p align="center"><b>28</b></p> <p><b>FISH, Au Gratin Potatoes, Mixed Vegetables, Cookie</b></p>	<p align="center"><b>29</b></p> 