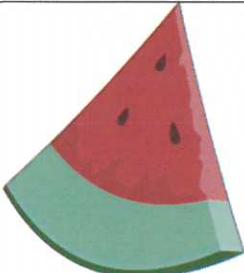


	Monday	Tuesday	Wednesday	Thursday	Friday
August 2015 – MEALS & MEALS ON WHEELS AND CONGREGATE MEALS WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920					<i>Note: Meals are subject to change without notice</i>
	3 FISH DINNER, Au Gratin Potatoes, Carrots, Orange Slice, Cookie, Roll, 1% Milk	4 <i>(1) Congregate</i> <u>Meal:</u> BAKED CHICKEN, Rice Pilaf, Mixed Vegetables, Green Salad, Mandarin Oranges <u>(2) Meals on Wheels:</u> CHICKEN CHOW MEIN, Rice, Egg Roll, Tropical Fruit, Roll, 1% Milk	5 GROUND ROUND, Potatoes & Gravy, Peas, Peaches, Roll & 1% Milk	6 <i>(1) Congregate</i> <u>Meal:</u> PORK CHOP, Potato, Green Beans, Applesauce, Roll, 1% Milk <u>(2) Meals on Wheels:</u> CHICKEN PARMESAN, Red Potatoes, Green Beans, Pears, Roll, 1% Milk	7 SALISBURY STEAK, Potatoes, Mixed Vegetables, Apple Slices, Roll, 1% Milk
4	10 CHICKEN STRIP, Potatoes & Gravy, Peas, Banana, Roll, 1% Milk	11 <i>(1) Congregate</i> <u>Meal:</u> CHICKEN ENCHILADA, Mexi Corn, Chips, Salsa, Ice Cream <u>(2) Meals on Wheels:</u> CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Peaches, Roll, 1% Milk	12 MACARONI & BEEF, Corn, Cottage Cheese, Pears, Roll 1% Milk	13 <i>(1) Congregate</i> <u>Meal:</u> HOT TURKEY SANDWICH, Potatoes & Gravy, Fruit Salad <u>(2) Meals on Wheels:</u> SEASONED BAKED CHICKEN, Rice Pilaf, Mixed Vegetables, Tropical Fruit, Roll, 1% Milk	14 PORK CHOP, Potatoes & Gravy, Carrots, Applesauce, Cookie, Roll, 1% Milk
	17 MANDARIN ORANGE CHICKEN, Rice, Stir Fry Vegetables, Orange Slice, Roll, 1% Milk	18 <i>(1) Congregate</i> <u>Meal:</u> BREAKFAST, Hashbrowns, Scrambled Eggs, Bacon Link Sausage, Pancakes, Fruit, Milk/Juice <u>(2) Meals on Wheels:</u> BEEF STEW, Tator Tots, Green Beans, Peaches, Roll, 1% Milk	19 TURKEY & DRESSING, Potatoes & Gravy, Peas, Fruit Cocktail, Roll, 1% Milk	20 <i>(1) Congregate</i> <u>Meal:</u> HAMBURGERS w/Trimmings, Baked Beans, Watermelon <u>(2) Meals on Wheels:</u> BBQ RIBLET, Mac & Cheese, Baked Beans, Applesauce, Cookie, Roll, 1% Milk	21 HAM DINNER, Scalloped Potatoes, Mixed Vegetables, Cottage Cheese, Pineapple, Roll, 1% Milk
	24 CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Tropical Fruit, Roll, 1% Milk	25 <i>(1) Congregate</i> <u>Meal:</u> NAVAJO TACO w/CHILI, Cheese, Lettuce, Denver Mix, Cookie <u>(2) Meals on Wheels:</u> MEAT LOAF, Potatoes & Gravy, Mixed Vegetables, Orange Slices, Roll, 1% Milk	26 BEEF STROGANOFF over NOODLES, Green Beans, Peaches, Tapioca Pudding, Roll, 1% Milk	27 <i>(1) Congregate</i> <u>Meal:</u> FISH DINNER, Au Gratin Potatoes, Green Beans, Fruit Jell-o Salad, Roll <u>(2) Meals on Wheels:</u> LASAGNA, Corn, Cottage Cheese, Pears, Garlic Toast, 1% Milk	28 CHICKEN CUTLET, Potatoes & Gravy, Carrots, Fruit Cocktail, Roll, 1% Milk
	31 HICKORY CHICKEN, Potatoes, Green Beans, Peaches, Roll, 1% Milk		NOTE: <i>Eating here at the Senior Citizens is a lot of fun! The visiting and sociality is great and is one of our main purposes. The food is delicious also! COME AND JOIN in WITH US.</i>		NOTE: <i>Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations</i>