

	Monday	Tuesday	Wednesday	Thursday	Friday
August 2016 – MEALS & MEALS ON WHEELS					<i>Note: Meals are subject to change without notice</i>
<i>WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920</i>					
	1 CHICKEN STRIP, Potatoes & Gravy, Carrots, Tropical Fruit, Roll, 1% Milk	2 BBQ RIBLETS, Mac & Cheese, Baked Beans, Applesauce, Cookie, Roll, 1% Milk	3 ROAST BEEF, Potatoes & Gravy, Peas, Peaches, Roll, 1% Milk	4 CHEESE BURGER, Pork-n-Beans, Corn, Apple Wedges, Bun, 1% Milk	5 FAIR DAYS CENTER CLOSES AT NOON NO MEALS 
⁴	8 TUNA CASSEROLE, Peas & Carrots, Pears, Cookie, Roll, 1% Milk	9 CHICKEN PARMESAN, Red Potatoes, Peas, Grapes, Roll, 1% Milk	10 MEAT LOAF, Potatoes & Gravy, Carrots, Tropical Fruit, Roll, 1% Milk	11 BEEF STEW, Tator Tots, Green Beans, Peaches, Pudding, Corn Bread, Roll, 1% Milk	12 SALISBURY STEAK, Potatoes, Mixed Vegetables, Orange Wedge, Jello, Roll, 1% Milk
	15 CREAMY CHICKEN PASTA, Green Beans, Peaches, Roll, 1% Milk	16 CRUNCH TOP POTATO CASSEROLE, Carrots, Banana, Roll, 1% Milk	17 BEEF & RICE MEDLEY, Mixed Vegetables, Pears, Cottage Cheese, Roll, 1% Milk	18 CHILI DOG, Tator Tots, Corn, Watermelon, Bun, 1% Milk	19 TURKEY w/DRESSING, Potatoes & Gravy, Peas, Fruit Cocktail, Roll, 1% Milk
	22 BEEF STROGANOFF over NOODLES, Green Beans, Peaches, Pudding, Roll, 1% Milk	23 PORK CHOP, Potatoes & Gravy, Mixed Vegetables, Applesauce, Cookie, Roll, 1% Milk	24 SWEET & SAUCY CHICKEN, Rice Pilaf, Carrots, Salad, Mandarin Oranges, Roll, 1% Milk	25 LASAGNA, Corn, Cottage Cheese, Pears, Roll, 1% Milk	26 HAM SANDWICH, Potato Salad, Apple Slices 1% Milk 
	29 CHICKEN CUTLET, Potatoes & Gravy, Peas, Pears, Roll, 1% Milk	30 FISH DINNER, Au Gratin Potatoes, Carrots, Peaches, Roll, 1% Milk	31 CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Tropical Fruit, Roll, 1% Milk	<i>FYI – RE: Congregate Meals: Even though we are currently focusing mainly on Tuesdays & Thursdays, Cong. Meals are also available here on Mondays, Wednesdays and Fridays. Call in advance to reserve.</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>

	Monday	Tuesday	Wednesday	Thursday	Friday
August 2016 – CONGREGATE MEALS (NOTE: "CONGREGATE MEALS" EMPHASIS WILL BE ON TUESDAYS & THURSDAYS) WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920					<i>Note: Meals are subject to change without notice</i>
	1	2 MACARONI & BEEF, Corn, Green Salad, Mandarin Oranges	3	4 GRILLED HAM & CHEESE, Cup of Tomato Soup, Chips	5 FAIR DAYS CENTER CLOSES AT NOON NO MEALS 
4	8	9 MEAT LOAF, Baked Potato, Mixed Vegetables, Cookie	10	11 PORK CHOP, Potatoes & Gravy, Green Beans, Peaches	12
	15	16 BREAKFAST, Hash Browns, Eggs, Ham, Biscuits & Gravy, Fruit, Juice/Milk	17	18 HAMBURGERS w/TRIMMINGS, Baked Beans, Watermelon (at Charleston Park at 5:00 pm)	19
	22	23 BAKED CHICKEN, Rice Pilaf, Carrots	24	25 NAVAJO TACO w/ CHILI, Cheese, Denver Mix, Lettuce, Tomatoes	26
	NOTE: 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 US	30 FISH DINNER, Potatoes & Gravy, Green Beans	NOTE: Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations.		FYI – RE: Congregate Meals: Even though we are currently focusing mainly on Tuesdays & Thursdays, Cong. Meals are also available here on Mondays, Wednesdays and Fridays. Call in advance to reserve.