December 2015 – Meals & Meals on Wheels and Congregate Meals

Wasatch County Senior Center Phone: 435-654-4920

Note: Meals are subject to change without notice

	Monday	Tuesday	Wednesday	Thursday	Friday
	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*	**1** *(1) Congregate Meal:* VEGETABLE SOUP, Grilled Cheese, Fruit *(2) Meals on Wheels:* BBQ RIBLET, Mac & Cheese, Baked Beans, Applesauce, Cookie, Roll, 1% Milk	**2** BEEF STROGANOFF over NOODLES, Green Beans, Peaches, Tapioca Pudding, Roll, 1% Milk	**3** *(1) Congregate Meal:* GRILLED CHICKEN, Rice Pilaf, Mixed Vegetables *(2) Meals on Wheels:* CHICKEN NUGGETS, Tator Tots, Mixed Vegetables, Fruit Cocktail, Jell-o, Roll, 1% Milk	**4** ROAST BEEF, Potatoes & Gravy, Carrots, Pears, Roll, 1% Milk
4	**7** CHICKEN CORDON BLEU, Potatoes & Gravy, Peas & Carrots, Tropical Fruit, Roll & 1% Milk	**8** *(1) Congregate Meal:* POTATO BAR, Potatoes with Trimmings *(2) Meals on Wheels:* LASAGNA, Carrots, Green Salad, Mandarin Oranges, Garlic Toast, 1% Milk	**9** CREAMY CHICKEN PASTA, Green Beans, Peaches, Banana Pudding, Roll, 1% Milk	**10** *(1) Congregate Meal:* CHICKEN STRIP, Tator Tots, Corn, Roll *(2) Meals on Wheels:* CHEESE ENCHILADA, Tator Tots, Mexi Corn, Orange Wedge, Chips, Salsa,, 1% Milk	**11** SEASONED BAKED CHICKEN, Rice Pilaf, Broccoli, Fruit Cocktail, Roll, 1% Milk
	14 CHICKEN CUTLET, Potatoes & Gravy, Peas, Pears, Roll, 1% Milk	**15** *(1) Congregate Meal)* FISH DINNER, Au Gratin Potatoes, Green Beans *(2) Meals on Wheels:* CHICKEN PARMESAN, Red Potatoes, Carrots, Applesauce, Cookie, Roll, 1% Milk	**16** CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Peaches, Roll, 1% Milk	**17** *(1) Congregate Meal:* HAM DINNER, Potato, Carrots, Pineapple, Roll *(2) Meals on Wheels:* TACO BAKE, Potato, Corn, Banana, Chips, Salsa, 1% Milk	**18** HAM DINNER, Au Gratin Potatoes, Mixed Vegetables, Cottage Cheese, Pineapple, Roll, 1% Milk
	21 FISH DINNER, Potatoes & Gravy, Peas, Pears,, Roll, 1% Milk	**22** *(1) Congregate Meal:* BREAKFAST, Crunch Top Ham and Potatoes, Poached Eggs, Bacon, Pancakes, Fruit, Juice/MIlk *(2) Meals on Wheels:* CRUNCH TOP HAM AND POTATO CASSEROLE, Roll, 1% Milk	**23** Turkey Sandwich, Potato Salad, Apple Slices, 1% Milk	**24** CHRISTMAS EVE CENTER CLOSED NO MEALS	**25** CHRISTMAS DAY CENTER CLOSED NO MEALS
	28 PORK CHOP, Potatoes & Gravy, Green Beans, Applesauce, Cookie, Roll, 1% Milk	**29** *(1) Congregate Meal:* SLOPPY JOES, Potato Salad, Cottage Cheese Jell-o Salad *(2) Meals on Wheels:* CRUNCH TOP HAM AND POTATO CASSEROLE, Roll, 1% Milk	**30** MACARONI & BEEF, Corn, Cottage Cheese, Pears, Roll, 1% Milk	**31** *(1) Congregate Meal:* ROAST BEEF, Potatoes & Gravy, Carrots, Salad, Éclair, Served at 6:00 PM *(2) Meals on Wheels:* SALISBURY STEAK, Potatoes, Peas, Orange Wedge, Cookie, Roll, 1% Milk	NOTE: *Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations*