February 2016 – MEALS & MEALS ON WHEELS

WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920

Note: Meals are subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
1 **BEEF STEW, Tator Tots, Green Beans, Peaches, Cookie, Roll, 1% Milk**	**2** **CHICKEN CUTLET, Potatoes & Gravy, Carrots, Tropical Fruit, Roll, 1% Milk** 	**3** **GROUND ROUND, Potatoes & Gravy, Peas, Pears, Roll, 1% Milk**	**4** **MANDARIN ORANGE CHICKEN, Egg Roll, Stir Fry Vegetables, Orange Wedge, Roll, 1% Milk**	**2** **BEEF STROGANOFF over NOODLES, Mixed Vegetables, Fruit Cocktail, Roll, 1% Milk**
8 **CHICKEN STRIP, Tator Tots, Green Beans, Peaches, Roll, 1% Milk**	**9** **FISH DINNER, Au Gratin Potatoes, Mixed Vegetables, Fruit Cocktail, Roll, 1% Milk**	**10** **MACARONI & BEEF, Corn, Cottage Cheese, Pears, Roll, 1% Milk**	**11** **CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Tropical Fruit, Roll, 1% Milk**	**12** **HAM SANDWICH, Potato Salad, Apple Slices, 1% Milk**
15 **PRESIDENTS DAY CENTER CLOSED** 	**16** **RIBLET, Mac & Cheese, Baked Beans, Applesauce, Cookie, Roll, 1% Milk**	**17** **LASAGNA, Corn, Green Salad, Mandarin Oranges, Garlic Toast, 1% Milk**	**18** **SPAGHETTI w/ MEAT SAUCE, Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk**	**19** **SALISBURY STEAK, Potatoes, Peas, Orange Wedge, Jell-o, , Roll, 1% Milk**
22 **PORK CHOP, Potatoes & Gravy, Mixed Vegetables, Apple Sauce, Roll, 1% Milk**	**23** **CHEESE ENCHILADA, Rice, Beans, Banana, chips, Salsa, 1% Milk**	**24** **CHICKEN MALIBU, Potatoes & Gravy, Peas, Cottage Cheese, Pineapple, Roll, 1% Milk**	**25** **CREAMY CHICKEN PASTA, Green Beans, Peaches Roll, 1% Milk**	**26** **ROAST BEEF, Potatoes & Gravy, Carrots, Pears, Roll, 1% Milk**
29 **CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Peaches, Roll, 1% Milk**	**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 in WITH US.***	**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.***	**NOTE: M*eals are funded by: State of Utah Dept. of* *Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donation*** **SUGGESTED MEAL DONATIONS** **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**	

February 2016 – CONGREGATE MEALS

(NOTE: "CONGREGATE MEALS" EMPHASIS WILL BE ON TUESDAYS & THURSDAYS)
WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920

Note: Meals are subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
1	**2** **CHICKEN CHILI SOUP, Sandwich, Fruit** GROUNDHOG DAY 	**3**	**4** **HOT BEEF SANDWICH, Potatoes & Gravy, Green Salad**	**5**
8	**9** **GUMBO, by Ken & Mary LeBlanc, Potato Salad, King Cake** 	**10**	**11 CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Jell-o** **VALENTINE PARTY** 	**12**
15 **PRESIDENTS DAY CENTER CLOSED** 	**16** **BREAKFAST, Hash Browns, Ham, Eggs, Biscuits & Gravy, Fruit, Juice/Milk**	**17**	**18** **POTATO BAR, Baked Potato with trimmings**	**19**
22	**23** **FISH DINNER, Red Potatoes, Carrots**	**24**	**25** **GROUND ROUND, Potatoes, Green Beans**	**26**
29	**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.***	**NOTE:** ***Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations.***	**NOTE: Meals** ***are funded by: State of Utah Dept. of*** *Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donation* **SUGGESTED MEAL DONATIONS** **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**	