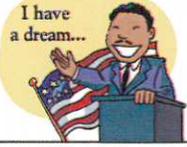


	Monday	Tuesday	Wednesday	Thursday	Friday
January 2016 – MEALS & MEALS ON WHEELS WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920					<i>Note: Meals are subject to change without notice</i>
	FYI – RE: <i>Congregate Meals: Even though we are currently focusing mainly on Tuesdays & Thursdays, Cong. Meals are also available here on Mondays, Wednesdays and Fridays. Call in advance to reserve</i>	NOTE: 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		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>	1 NEW YEAR'S DAY CENTER CLOSED NO MEALS 
4	4 CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Peaches, Roll, 1% Milk	5 BBQ RIBLET, Mac & Cheese, Baked Beans, Applesauce, Cookie, Roll, 1% Milk	6 SPAGHETTI w/ MEAT SAUCE, Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk	7 CHICKEN CHOW MEIN, Egg Roll, Fried Rice, Orange Wedge, Roll, 1% Milk	8 FISH DINNER, Potatoes & Gravy, Mixed Vegetables, Fruit Cocktail, Roll, 1% Milk
	11 CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Tropical Fruit, Roll, 1% Milk	12 BURRITO w/CHILI, Tator Tots, Mexi Corn, Apple Slices, 1% Milk	13 BEEF STROGANOFF over NOODLES, Green Beans, Peaches, Tapioca Pudding, Roll, 1% Milk	14 HICKORY CHICKEN, Au Gratin Potatoes, Broccoli, Pears, Roll, 1% Milk	15 CHEF SALAD w/RANCH, Orange Wedge, Crackers, Roll, 1% Milk
	18 MARTIN LUTHER KING DAY CENTER CLOSED 	19 BEEF STEW, Tator Tots, Green Beans, Peaches, Cookie, Roll, 1% Milk	20 LASAGNA, Corn, Green Salad, Mandarin Oranges, Garlic Toast, 1% Milk	21 CHICKEN CUTLET, Potatoes & Gravy, Carrots, Fruit Cocktail, Roll, 1% Milk	22 MEAT LOAF, Potatoes & Gravy, Peas, Pears, Roll, 1% Milk
	25 SALISBURY STEAK, Potatoes, Peas, Orange Wedge, Cookie, Roll, 1% Milk	26 CHICKEN STRIP, Potatoes & Gravy, Carrots, Peaches, Roll, 1% Milk	27 STUFFED GREEN PEPPER, Red Potatoes, Mixed Vegetables, Tropical Fruit, Roll, 1% Milk	28 CHICKEN PARMESAN, Potatoes, Broccoli, Pears, Roll, 1% Milk	29 PORK CHOP, Potatoes & Gravy, Green Beans, Applesauce, Cookie, Roll, 1% Milk

	Monday	Tuesday	Wednesday	Thursday	Friday
January 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>
	NOTE: <i>Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors'</i>	NOTE: <i>Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donation</i> 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		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>	1 NEW YEAR'S DAY CENTER CLOSED NO MEALS
4	4	5 SEASONED BAKED CHICKEN, Rice Pilaf, Mixed Vegetables, Peaches	6	7 MACARONI & BEEF SOUP, Chicken Croissant, Pears	8
	11	12 FISH DINNER, Au Gratin Potatoes, Peas, Cole Slaw	13	14 SALISBURY STEAK, Potato, Green Beans, Fruit Cup	15
	18 MARTIN LUTHER KING DAY CENTER CLOSED	19 BREAKFAST, Hash Browns, Eggs, Bacon, French Toast, Fruit, Juice/Milk	20	21 SALAD BAR, Fruit, Rolls	22
	25	26 SPAGHETTI w/ MEAT SAUCE, Corn, Garlic Toast, Fruit Cup	27	28 CHICKEN MALIBU SANDWICH, Tator Tots	29