

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>July 2015 – MEALS &amp; MEALS ON WHEELS AND CONGREGATE MEALS</b> WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920					<i>Note: Meals are subject to change without notice</i>
	<b>NOTE:</b> <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!</i> <b>COME AND JOIN</b>	<b>NOTE:</b> <i>Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations.</i>	<b>1</b> <b>OVEN CRISP CHICKEN</b> Potatoes & Gravy, Carrots, Orange Wedge, Cookie, Roll & Margarine, 1% Milk	<b>2</b> <i>(1) Congregate</i> <b>Meal:</b> HOT BEEF SANDWICH, Potatoes & Gravy, Green Salad, Apple Pie <i>(2) Meals on Wheels:</i> HOT DOG/ BUN, Pork-n-Beans, Potato Salad, Watermelon, 1% Milk	<b>3</b> CENTER CLOSED NO MEALS 
4	<b>6</b> <b>SALISBURY STEAK</b> , Potatoes, Green Beans, Tropical Fruit, Roll & Margarine, 1% Milk	<b>7</b> <i>(1) Congregate</i> <b>Meal:</b> SLOPPY JOES Potato Salad, Cottage Cheese, Jello Salad <i>(2) Meals on Wheels:</i> PORK CHOP, Potatoes & Gravy, Broccoli, Applesauce, Roll & Margarine, 1% Milk	<b>8</b> <b>CHICKEN DRUMMETS</b> , Potatoes & Gravy, Peas, Pears, Cottage Cheese, Roll & Margarine, 1% Milk	<b>9</b> <i>(1) Congregate</i> <b>Meal:</b> SALAD BAR, Salads, Fruit, Roll <i>(2) Meals on Wheels:</i> BEEF STROGONOFF over NOODLES, Green Beans, Peaches, Tapioca Pudding, Roll & Margarine, 1% Milk	<b>10</b> <b>FISH DINNER</b> , Au Gratin Potatoes, Carrots, Fruit Cocktail, Roll & Margarine, 1% Milk
	<b>13</b> <b>CHICKEN FRIED STEAK</b> , Potatoes & Gravy, Green Beans, Fruit Cocktail, Roll & Margarine, 1% Milk	<b>14</b> <i>(1) Congregate</i> <b>Meal:</b> ROAST PORK w/ DRESSING, Potatoes & Gravy, Carrots, Applesauce <i>(2) Meals on Wheels:</i> SPAGHETTI, w/MEAT SAUCE, Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk	<b>15</b> <b>ROAST PORK w/DRESSING</b> , Potatoes & Gravy, Carrots, Applesauce Roll & Margarine, 1% Milk	<b>16</b> <i>(1) Congregate</i> <b>Meal:</b> BOX LUNCH, Chicken Croissant, Pasta Salad, Apple Slices <i>(2) Meals on Wheels:</i> CHEESE ENCHILADA, Tator Tots, Beans, Tropical Fruit, Chips & Salsa, 1% Milk	<b>17</b> <b>CHICKEN CORDON BLEU</b> Potatoes & Gravy, Peas, Peaches, Roll & Margarine, 1% Milk
	<b>20</b> <b>BEEF STEW</b> Tator Tots, Green Beans, Peaches, Roll & Margarine, 1% Milk	<b>21</b> <i>(1) Congregate Meal:</i> BREAKFAST, Ham, Scrambled Eggs, Hash Browns, French Toast, Fruit, Milk/Juice <i>(2) Meals on Wheels:</i> CRUNCH TOP HAM AND POTATO CASSEROLE, Mixed Vegetables, Banana, Roll & Margarine, 1% Milk	<b>22</b> <b>ORANGE MANDARIN CHICKEN</b> , Rice, Stir Fry Vegetables, Egg Roll, Orange Wedge, Roll & Margarine, 1% Milk	<b>23</b> <i>(1) Congregate</i> <b>Meal:</b> BOY SCOUT DINNER Hamburger, Potatoes, Carrots, Watermelon <i>(2) Meals on Wheels:</i> ROAST BEEF, Potatoes & Gravy, Peas, Tropical Fruit, 1% Milk	<b>24</b> CENTER CLOSED NO MEALS 
	<b>27</b> <b>CHICKEN CUTLET</b> , Potatoes & Gravy, Peas, Pears, Roll & Margarine, 1% Milk	<b>28</b> <i>(1) Congregate</i> <b>Meal:</b> CREAM OF POTATO SOUP, Hamburger Sandwich with trimmings, Fruit <i>(2) Meals on Wheels:</i> BBQ RIBLETS, Mac & Cheese, Baked Beans, Applesauce, Roll & Margarine, 1% Milk	<b>29</b> <b>HAM DINNER</b> , Au Gratin Potatoes, Mixed Vegetables, Pineapple, Cottage Cheese, Roll & Margarine, 1% Milk	<b>30</b> <i>(1) Congregate</i> <b>Meal:</b> FISH DINNER, Au Gratin Potatoes, Mixed Vegetables, Peaches <i>(2) Meals on Wheels:</i> STUFFED GREEN PEPPERS, Red Potatoes, Green Beans, Peaches, Roll, Milk	<b>31</b> CLOSED AT NOON FOR FAIR DAYS NO MEALS 