July 2016 – Meals & Meals on Wheels

Wasatch County Senior Center Phone: 435-654-4920

	Monday	Tuesday	Wednesday	Thursday	Friday
					Note: Meals are subject to change without notice
	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*	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.*		**1** HOT DOG, Pork-n-Beans, Potato Salad, Watermelon, Bun, 1% Milk
4	**4** CENTER CLOSED NO MEALS	**5** CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches, Roll, 1% Milk	**6** SPAGHETTI w/ MEAT SAUCE, Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk	**7** TURKEY w/DRESSING, Potatoes & Gravy, Peas & Carrots, Fruit Cocktail, Roll, 1% Milk	**8** STUFFED GREEN PEPPER, Red Potatoes, Mixed Vegetables, Tropical Fruit, Roll, 1% Milk
	11 FISH DINNER, Au Gratin Potatoes, Carrots, Peaches, Roll, 1% Milk	**12** BEEF STEW, Green Beans, Tator Tots, Banana, Roll, 1% Milk	**13** OVEN CRISP CHICKEN, Potatoes & Gravy, Peas, Pears, Roll, 1% Milk	**14** MANDARIN ORANGE CHICKEN, Rice, Stir Fry Vegetables, Orange Wedge, Roll, 1% Milk 1% Milk	**15** PORK CHOP, Potatoes & Gravy, Green Beans, Applesauce, Cookie, Roll, 1% Milk
	18 SALISBURY STEAK, Potatoes, Carrots, Peaches, Pudding, Roll, 1% Milk	**19** SEASONED BAKED CHICKEN, Rice Pilaf, Mixed Vegetables, Green Salad, Mandarin Oranges, Roll, 1% Milk	**20** SHEPHERDS PIE, Green Beans, Spiced Apples, Roll, 1% Milk	**21** BEEF STROGANOFF over NOODLES, Green Beans, Pears, Cookie, Roll, 1% Milk	**22** HAM, Baked Beans, Mac & Cheese, Cottage Cheese, Pineapple, Roll, 1% Milk
	25 CENTER CLOSED NO MEALS IN OBSERVANCE OF	**26** CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Peaches, Roll, 1% Milk	**27** MACARONI & BEEF, Corn, Pears, Pudding, Roll, 1% Milk	**28** CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Watermelon, Roll , 1% Milk	**29** CHEF SALAD w/ DRESSING, Orange Wedge, Crackers, 1% Milk, 1% Milk

July 2016 – Congregate Meals

(Note: "Congregate Meals" Emphasis Will Be On Tuesdays & Thursdays)
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4	**4** **CLOSED FOR HOLIDAY**	**5** **HOT TURKEY SANDWICH, Potatoes & Gravy, Fruit Salad**	**6**	**7** **HICKORY CHICKEN, Baked Potato, Cob of Corn, Watermelon**	**8**
	11	**12** **CHEF SALAD w/ RANCH, Roll**	**13**	**14** **TACO BAKE, Corn, Chips, Salsa**	**15**
	18	**19** **BREAKFAST, Hash Browns, Eggs, Bacon, Pancakes, Fruit, Juice/Milk**	**20**	**21** **BOX LUNCH, Chicken Croissant w/Trimmings**	**22**
	25 **CLOSED IN OBSERVANCE OF**	**26** **FISH, Au Gratin Potatoes, Mixed Vegetables**	**27**	**28** **STUFFED CABBAGE, Red Potatoes, Green Beans**	**29**