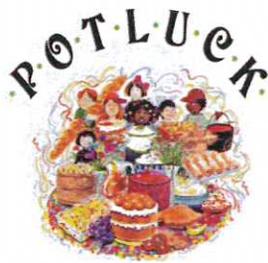
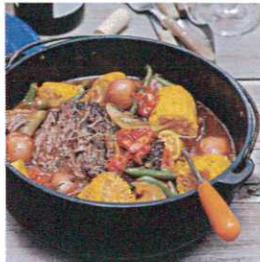


Monday	Tuesday	Wednesday	Thursday	Friday
June 2016 – MEALS & MEALS ON WHEELS WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920				<i>Note: Meals are subject to change without notice</i>
NOTE: Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch 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		1 MACARONI & BEEF, Corn, Pears, Pudding, Roll, 1% Milk	2 FISH, Au Gratin Potatoes, Mixed Vegetables, Tropical Fruit, Roll, 1% Milk	3 ROAST BEEF, Potatoes & Gravy, Peas & Carrots, Watermelon, Roll, 1% Milk
6 CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches, Roll, 1% Milk	7 BBQ RIBLETS, Mac & Cheese, Baked Beans, Applesauce, Cookie Roll, 1% Milk	8 CHICKEN NUGGET, Tator Tots, Carrots, Watermelon, Roll, 1% Milk	9 RAVIOLI, Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk	10 GROUND ROUND, Potatoes & Gravy, Green Beans, Apple Slices, Roll, 1% Milk
13 CHICKEN CORDON BLEU, Potatoes & Gravy, Green Beans, Mixed Fruit, Roll, 1% Milk	14 BEEF CHOW MEIN, Egg Roll, Stir Fry Vegies, Orange Wedge, Roll, 1% Milk 	15 LASAGNA, Corn, Green Salad, Mandarin Oranges, Garlic Toast, 1% Milk	16 SALISBURY STEAK, Potatoes, Peas, Fruit Cocktail, Roll, 1% Milk	17 HAM, Au Gratin Potatoes, Carrots, Cottage Cheese, Pineapple, Roll, 1% Milk 
20 BEEF STEW, Tator Tots, Green Beans, Orange Wedge, Pudding, Roll, 1% Milk	21 CRUNCH TOP HAM & POTATO CASSEROLE, Mixed Vegetables, Banana, Roll, 1% Milk	22 BEEF-N-RICE MEDLEY, Carrots, Pears, Cookie, Roll, 1% Milk	23 TACO BAKE, Tri Patty Potato, Corn, Peaches, Rice Pudding, Roll, 1% Milk	24 CHICKEN DRUMMETTS, Potatoes & Gravy, Peas & Carrots, Apple Slices, Roll, 1% Milk
27 CHICKEN FRIED STEAK, Potatoes & Gravy, Peas, Peaches, Roll, 1% Milk	28 CHICKEN PARMESAN, Red Potatoes, Mixed Vegetables, Watermelon, Roll, 1% Milk	29 BEEF STROGANOFF over NOODLES, Green Beans, Pears, Cottage Cheese, Roll, 1% Milk	30 ROAST PORK, Potatoes & Gravy, Peas & Carrots, Applesauce, Cookie, Roll, 1% Milk	

Monday	Tuesday	Wednesday	Thursday	Friday
June 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: 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		1	2 POT LUCK, Bring your favorite dish to share. Held at the LDS Pavilion at 250 E 200 S Midway	3 
6 	7 PIGS IN A BLANKET, Baked Beans, Mixed Salads, Ice Cream	8	9 CHICKEN CORDON BLEU, Potatoes & Gravy, Carrots	10
13	14 CHICKEN ENCHILADA, Lettuce, Chips, Salsa 	15	16 SALAD BAR w TRIMMINGS	17 HAPPY FATHER'S Day! Sunday June 19
20 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!</i>	21 BREAKFAST, Crunch Top Ham & Potato Casserole, Eggs, Bacon, Fruit, Juice/Milk	22	23 PULLED PORK SANDWICH, Potato Salad, Fruit	24
27	28 FISH, Au Gratin Potatoes, Green Beans	29 	30 DUTCH OVEN BY PERRY ROSE and "Pride Security" Held at the LDS Pavilion at 600 S and 700 E Heber	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