

	Monday	Tuesday	Wednesday	Thursday	Friday
June 2015 – MEALS & MEALS ON WHEELS					<i>Note: Meals are subject to change without notice</i>
<i>WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920</i>					
	1 GROUND ROUND Potatoes & Gravy, Peas, Peaches Roll & Margarine, 1% Milk	2 HAM DINNER , Au Gratin Potatoes, Mixed Vegetables, Cottage Cheese, Pears, Roll & Margarine, 1% Milk	3 SEASONED BAKED CHICKEN Rice Pilaf, Carrots, Fruit Cocktail, Roll & Margarine, 1% Milk	4 MEAT LOAF , Potatoes & Gravy, Green Beans, Orange Wedge, Cookie, Roll & Margarine, 1% Milk	5 CHICKEN PARMESAN Red Potatoes, French Cut Green Beans, Tropical Fruit, Roll & Margarine, 1% Milk
4	8 CHICKEN CUTLET , Potatoes & Gravy, Mixed Vegetables, Applesauce, Roll & Margarine, 1% Milk	9 BEEF STEW , Tator Tots, Green Beans, Cottage Cheese, Pears, Roll & Margarine, 1% Milk	10 MANDARIN ORANGE CHICKEN , Rice, Stir Fry Vegetables, Peaches, Roll & Margarine, 1% Milk	11 SALISBURY STEAK , Potatoes, Carrots, Tropical Fruit, Roll & Margarine, 1% Milk	12 LASAGNA , Corn, Green Salad, Orange Wedge, Garlic Toast, 1% Milk
	15 FISH DINNER , Potatoes & Gravy, Mixed Vegetable, Orange Wedge, Cookie, Roll & Margarine, 1% Milk	16 BBQ RIBLET , Mac & Cheese, Baked Beans, Applesauce, Roll & Margarine, 1% Milk	17 LEMON PEPPER CHICKEN , Potatoes & Gravy, Carrots, Peaches, Roll & Margarine, 1% Milk	18 MACARONI & BEEF , Green Beans, Cottage Cheese, Pears, Garlic Toast, 1% Milk	19 CHICKEN STRIP Potatoes & Gravy, Peas & Carrots, Cole Slaw, Pineapple, Roll & Margarine, 1% Milk
	22 PORK CHOP Potatoes & Gravy, Broccoli, Applesauce Roll & Margarine, 1% Milk	23 BEEF STROGANOFF over NOODLES , Green Beans, Fruit Cocktail, Cookie, Roll & Margarine, 1% Milk	24 TURKEY w/DRESSING , Potatoes & Gravy, Peas, Fruit Cocktail, Roll & Margarine, 1% Milk	25 SPAGHETTI w/ MEAT SAUCE , Corn, Cottage Cheese, Pears, Garlic Toast, 1% Milk	26 CHICKEN FRIED STEAK , Potatoes & Gravy, Carrots, Peaches. Roll and Margarine, 1% Milk
	29 CHICKEN CORDON BLEU , Potatoes & Gravy, Peas, Peaches, Roll & Margarine, 1% Milk	30 HICKORY CHICKEN , Au Gratin Potatoes, Green Beans, Pears, Roll & Margarine, 1% Milk	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> COME AND JOIN in WITH US.	NOTE: <i>Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations.</i>	FYI – RE: Congregate Meals: <i>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>

	Monday	Tuesday	Wednesday	Thursday	Friday
June 2015 – 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>
	1 	2 CHICKEN MALIBU SANDWICH, Fries Fruit	3	4 FISH PATTY, Au Gratin Potatoes, Mixed Vegetables, Cottage Cheese, Pears, Roll & Butter	5 
4	8	9 BREAKFAST Hashbrowns, Bacon, Poached Egg, Pancake, Fruit, Milk/Juice	10	11 SALISBURY STEAK, Potatoes, Green Beans, Salad, Mandarin Oranges, Roll & Butter	12
	15 	16 BBQ RIBS, Dutch Oven Potatoes, Roll & Butter	17	18 MEAT LOAF, Potatoes & Gravy, Green Beans, Peaches, Roll & Butter	19 
	22 	23 OVEN CRISP CHICKEN, Potatoes & Gravy, Peas, Pears	24	25 BOX LUNCH, Ham Sandwich, Potato Salad, Apple Slices, Cookie	26
	29	30 BACON CHEESBURGER PASTA, Green Beans, Green Salad, Orange Wedge, Roll	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>	NOTE: <i>Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations.</i>	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