March 2016 – MEALS & MEALS ON WHEELS

WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920

Note: Meals are subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
NOTE: *Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donation*	**1** **HICKORY CHICKEN, Red Potatoes, Carrots, Pears, Roll, 1% Milk**	**2** **BEEFY SHELLS & CHEESE, Broccoli, Green Salad, Orange Wedge Roll, 1% Milk**	**3** **TURKEY W/DRESSING, Potatoes & Gravy, Peas, Fruit Cocktail, Roll & 1% Milk**	**4** **BEEF RAVIOLI, Corn, Cottage Cheese, Pineapple, Garlic Toast, 1% Milk**
7 **CHICKEN CUTLET, Potatoes & Gravy, Carrots, Tropical Fruit, Roll, 1% Milk**	**8** **FISH DINNER, Au Gratin Potatoes, Green Beans, Peaches, Roll, 1% Milk**	**9** **LASAGNA, Corn, Green Salad, Mandarin Oranges, Garlic Toast, 1% Milk**	**10** **MEAT LOAF, Potatoes & Gravy, Peas, Pears, Roll, 1% Milk**	**11** **CRUNCH TOP HAM AND POTATO CASSEROLE, Mixed Vegetables, Banana, Roll, 1% Milk**
14 **CHICKEN CORDON BLEU, Potatoes & Gravy, Carrots, Fruit Cocktail, Roll, 1% Milk**	**15** **BEEF STEW, Tator Tots, Green Beans, Peaches, Pudding, Roll, 1% Milk**	**16** **OVEN BAKED CRISPY CHICKEN, Potatoes & Gravy, Peas, Tropical Fruit, Roll, 1% Milk**	**17** **SPAGHETTI w/MEAT SAUCE, Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk**	**18** **CHEF SALAD w/RANCH DRESSING, Orange Wedge, Crackers, Roll, 1% Milk**
21 **CHICKEN FRIED STEAK, Potatoes & Gravy, Peas, Pears, Roll, 1% Milk**	**22** **BBQ RIBLET, Mac & Cheese, Baked Beans, Applesauce, Cookie, Roll, 1% Milk**	**23** **CREAMY CHICKEN PASTA, Green Beans, Peaches, Cookie, Roll, 1% Milk**	**24** **HAM DINNER, Au Gratin Potatoes, Carrots, Pineapple, Roll, 1% Milk**	**25** **HOT DOG, Corn, Pork-N-Beans, Potato Salad, Apple Wedges, Bun, 1% Milk**
28 **SALISBURY STEAK, Potatoes, Peas, Peaches, Roll, 1% Milk**	**29** **CHICKEN PARMESSAN, Red Potatoes, Broccoli, Pears, Roll, 1% Milk**	**30** **BEEF STROGANOFF over NOODLES, Green Beans, Tropical Fruit, Roll, 1% Milk**	**31** **PORK CHOP, Potatoes & Gravy, Mixed Vegetables, Applesauce, Roll, 1% Milk**	**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**

March 2016 – CONGREGATE MEALS

(NOTE: "CONGREGATE MEALS" EMPHASIS WILL BE ON TUESDAYS & THURSDAYS)
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Monday	Tuesday	Wednesday	Thursday	Friday
NOTE: *Meals are funded by: State of Utah Dept. of* *Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donation*	**1** **CHEESE ENCHILADA, Lettuce, Chips, Salsa**	**2**	**3** **CHICKEN STRIPS, Potatoes & Gravy, Mixed Vegetables**	**4**
7	**8** **HOT TURKEY SANDWICH, Potatoes & Gravy, Fruit Salad**	**9**	**10** **STUFFED GREEN PEPPERS, Potatoes & Gravy, Green Bean**	**11**
14	**15** **BREAKFAST, Hash Browns, Eggs, Bacon, Pancakes, Fruit, Juice/Milk**	**16**	**17** **CORNED BEEF AND CABBAGE, Potatoes, Carrots**	**18**
21	**22** **SALISBURY STEAK, Potatoes & Gravy, Green Beans**	**23**	**24** **HAM DINNER, Potatoes & Gravy, Peas & Carrots**	**25**
28 **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***	**29** **FISH DINNER, Au Gratin Potatoes, Mixed Vegetables**	**30**	**31** **POTATO BAR, Baked Potato with Fixings**	**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**