

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 2015 – CONGREGATE &amp; MEALS &amp; MEALS ON WHEELS</b> (NOTE: "CONGREGATE MEALS" EMPHASIS WILL BE ON TUESDAYS & THURSDAYS) WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920				
<b>2</b> <b>CHICKEN CORDON BLEU</b> Potatoes & Gravy, Peas, Peaches, Roll & Margarine, 1% Milk	<b>3</b> <u>(1) Congregate Meal:</u> SOUP-N-SANDWICH <u>(2) Meals on Wheels:</u> MEAT LOAF, Potatoes & Gravy, Mixed Vegetables, Tropical Fruit, Roll & Margarine, 1% Milk	<b>4</b> <b>CHICKEN &amp; BROCCOLI ALFREDO,</b> Carrots, Pears, Roll & Margarine, 1% Milk	<b>5</b> <u>(1) Congregate Meal:</u> CHICKEN CUTLET <u>(2) Meals on Wheels:</u> CRUNCH TOP HAM & POTATO CASSEROLE, Mixed Vegetables, Banana, Roll & Marg., 1% Milk	<b>6</b> <b>TURKEY W/DRESSING</b> Potatoes & Gravy, Peas & Carrots, Fruit Cocktail, Roll & Margarine, 1% Milk
<b>9</b> <b>STUFFED GREEN PEPPER,</b> Red Potatoes, Green Beans, Peaches, Tapioca Pudding, Roll & Margarine, 1% Milk	<b>10</b> <u>(1) Congregate Meal:</u> MACARONI & BEEF <u>(2) Meals on Wheels:</u> , FISH DINNER, Au Gratin Potatoes, Peas, Tropical Fruit, Cookie, Roll & Margarine, 1% Milk	<b>11</b> <b>BEEF STROGANOFF</b> over NOODLES, Carrots, Pears, Roll & Margarine, 1% Milk	<b>12</b> <u>(1) Congregate Meal:</u> POTATO BAR <u>(2) Meals on Wheels:</u> CHICKEN STRIP, Potatoes & Gravy, Mixed Vegetables, Orange Wedge, Cookie, Roll & Marg., 1% Milk	<b>13</b> <b>CHICKEN FRIED STEAK,</b> Potatoes & Gravy, Corn, Fruit Cocktail, Roll & Margarine 1% Milk
<b>16</b> <b>HICKORY CHICKEN,</b> Red Potatoes, Carrots, Tropical Fruit, Roll & Margarine, 1% Milk 	<b>17</b> <u>(1) Congregate Meal:</u> CORN BEEF & CABAGE <u>(2) Meals on Wheels:</u> , HAM DINNER, POTATOES & Gravy, Green Beans, Jello, Fruit Cocktail, Roll & Margarine, 1% Milk	<b>18</b> <b>SPAGHETTI w MEAT SAUCE,</b> Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk	<b>19</b> <u>(1) Congregate Meal:</u> FISH DINNER <u>(2) Meals on Wheels:</u> CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches, Roll & Margarine, 1% Milk	<b>20</b> <b>CHEF SALAD w RANCH ,</b> Orange Wedge, Crackers, 1% Milk
<b>23</b> <b>SALISBURY STEAK,</b> Potatoes & Gravy, Carrots, Apple Slices, Roll & Margarine, 1% Milk	<b>24</b> <u>(1) Congregate:</u> CHEESE ENCHILADA <u>(2) Meals on Wheels:</u> , LASAGNA, Corn, Cottage Cheese, Pears, Garlic Toast, 1% Milk	<b>25</b> <b>BEEF &amp; RICE MEDLEY,</b> Corn, Tropical Fruit, Roll & Margarine, 1% Milk	<b>26</b> <u>(1) Congregate Meal:</u> MANDARIN ORANGE CHICKEN <u>(2) Meals on Wheels:</u> CHICKEN PARMESAN, Red Potatoes, Green Beans, Peaches, Roll & Margarine, 1% Milk	<b>27</b> <b>PORK CHOP,</b> Potatoes & Gravy, Mixed Vegetables, Applesauce, Roll & Margarine, 1% Milk
<b>30</b> <b>BBQ RIBLET,</b> Mac & Cheese, Baked Beans, Applesauce, Cookie, Roll & Margarine, 1% Milk	<b>31</b> <u>(1) Congregate:</u> GRILLED HAM & CHEESE <u>(2) Meals on Wheels:</u> , MACARONI & BEEF, Corn, Pears, Roll & Margarine, 1% Milk	<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>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! COME AND JOIN in WITH US.</i>	<b>FYI – RE:</b> <i>Congregate Meals: Even though we are currently focusing mainly on Tuesdays &amp; Thursdays, Cong. Meals are also available here on Mondays, Wednesdays and Fridays. Call in advance to reserve.</i>

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