

Monday	Tuesday	Wednesday	Thursday	Friday
May 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	3 CHICKEN MALIBU, Potatoes & Gravy, Peas, Peaches	4	5 TACO BAR, w/ TRIMMINGS 	6 
9	10 SPAGHETTI w/ MEAT SAUCE, Corn, Green Salad, Garlic Toast	11	12 PICANTE CHICKEN, Red Potatoes, Green Beans, Fruit	13
16	17 BREAKFAST, Hash Browns, Eggs, Bacon, Biscuits & Gravy, Fruit, Juice/Milk	18	19 SLOPPY JOES, Corn on the Cob, Potato Salad, Cottage Cheese Salad, Chips	20
23 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>	24 CHICKEN FRIED STEAK, Potatoes & Gravy, Carrots, Fruit	25	26 BEEF STROGANOFF over NOODLES, Green Beans, Fruit	27
30 	31 FISH, Au Gratin Potatoes, Mixed Vegetables, Fruit	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		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

Monday	Tuesday	Wednesday	Thursday	Friday
May 2016 – MEALS & MEALS ON WHEELS WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920				<i>Note: Meals are subject to change without notice</i>
2 CHICKEN FRIED STEAK, Potatoes & Gravy, Peas, Peaches, Roll, 1% Milk	3 CHICKEN STRIP, Tator Tots, Mixed Vegetables, Orange Wedge, Roll, 1% Milk	4 SPAGHETTI, w/ MEAT SAUCE, Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk	5  CHEESE ENCHILADA, Rice, Beans, Chips, Salsa, Cantaloupe, Roll, 1% Milk	6 FISH DINNER, Au Gratin Potatoes, Carrots, Tropical Fruit, Roll, 1% Milk 
9 CHICKEN CORDON BLEU, Potatoes & Gravy, Peas & Carrots Pears, Roll, 1% Milk	10 TURKEY w/ DRESSING, Potatoes & Gravy, Peas, Fruit Cocktail, Roll, 1% Milk	11 CHILI DOG, Tator Tots, Mexi Corn, Watermelon, Bun, 1% Milk	12 CREAMY CHICKEN PASTA, Green Beans, Peaches, Tapioca Pudding, Roll, 1% Milk	13 HAM, Baked Beans, Mac & Cheese, Pineapple Slice, Cottage Cheese, Roll, 1% Milk
16 CHICKEN CUTLET, Potatoes & Gravy, Carrots, Fruit Cocktail, Roll, 1% Milk	17 BEEF STEW, Tator Tots, Green Beans, Peaches, Vanilla Pudding, Roll, 1% Milk	18 MEAT LOAF, Potatoes & Gravy, Peas, Tropical Fruit, Roll, 1% Milk	19 SEASONED BAKED CHICKEN, Rice Pilaf, Carrots, Pears, Roll, 1% Milk	20 PORK CHOP, Potatoes & Gravy, Mixed Vegetables, Applesauce, Cookie, Roll, 1% Milk
23 SALISBURY STEAK, Potatoes & Gravy, Carrots, Apple Slices, Roll, 1% Milk	24 MANDARIN ORANGE CHICKEN, Egg Roll, Stir Fry Vegetables, Orange Wedge, Roll, 1%	25 STUFFED GREEN PEPPERS, Red Potatoes, Green Beans, Peaches, Pudding, Roll, 1% Milk	26 CHICKEN MALIBU, Potatoes & Gravy, Peas & Carrots, Pineapple Slice, Cottage Cheese, Roll, 1% Milk	27 CHEF SALAD w/ RANCH DRESSING, Orange Wedge, Crackers,, 1% Milk
30 MEMORIAL DAY HOLIDAY CENTER CLOSED 	31 HICKORY CHICKEN, Potatoes & Gravy, Carrots, Orange Wedge, Cookie, Roll, 1% Milk	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		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