

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 2015 – MEALS &amp; MEALS ON WHEELS</b> WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920					<i>Note: Meals are subject to change without notice</i>
	<b>2</b> <b>BEEF-N-RICE MEDLEY,</b> Carrots, Tropical Fruit, Roll, 1% Milk	<b>3</b> <b>CHICKEN PARMESAN,</b> Red Potatoes, Green Beans, Pears Cottage Cheese, Roll, 1% Milk	<b>4</b> <b>LASAGNA,</b> Corn, Green Salad, Mandarin Oranges, Garlic Toast, 1% Milk	<b>5</b> <b>BEEF-N-BEAN BURRITO,</b> Tator Tots, Beans, Chips, Salsa, Cantaloupe, 1% Milk	<b>6</b> <b>PORK CHOP,</b> Potatoes & Gravy, Mixed Vegetables, Applesauce, Cookie, Roll, 1% Milk
4	<b>9</b> <b>CHICKEN DRUMMETS,</b> Potatoes & Gravy, Mixed Vegetables, Jell-o, Fruit Cocktail, Roll & 1% Milk	<b>10</b> <b>HOT DOG,</b> Pork-n-beans, Carrots, Potato Salad, Apple slices, Bun, 1% Milk	<b>11</b> <b>VETERANS DAY CENTER CLOSED NO MEALS</b> 	<b>12</b> <b>CHICKEN CUTLET,</b> Potatoes & Gravy, Peas, Pears, Roll, 1% Milk	<b>13</b> <b>FISH DINNER,</b> Tator Tots, Green Beans, Peaches, Roll, 1% Milk
	<b>16</b> <b>SALISBURY STEAK,</b> Potatoes, Green Beans, Peaches, Roll, 1% Milk	<b>17</b> <b>CHICKEN CORDON BLEU,</b> Potatoes & Gravy, Peas & Carrots, Banana, Roll, 1% Milk	<b>18</b> <b>SPAGHETTI W/MEAT SAUCE,</b> Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk	<b>19</b> <b>MANDARIN ORANGE CHICKEN,</b> Rice, Stir Fry Vegetables, Orange Slice, Roll, 1% Milk	<b>20</b> <b>STUFFED GREEN PEPPER,</b> Red Potatoes, Mixed Vegetables, Tropical Fruit, Cookie, Roll, 1% Milk
	<b>23</b> <b>CHICKEN FRIED STEAK,</b> Potatoes & Gravy, Green Beans, Peaches, Roll, 1% Milk	<b>24</b> <b>TURKEY W/DRESSING,</b> Potatoes & Gravy, Peas, Fruit Salad, Pumpkin Pie, Roll, 1% Milk	<b>25</b> <b>CHEF SALAD W/RANCH,</b> Orange Wedge, Crackers, 1% Milk	<b>26</b> <b>CENTER CLOSED THANKSGIVING DAY</b>  Happy Thanksgiving	<b>27</b> <b>CENTER CLOSED NO MEALS</b>
	<b>30</b> <b>HICKORY CHICKEN,</b> Potatoes, Green Beans, Peaches, Roll, 1% Milk	<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!</i> <b>COME AND JOIN in WITH US.</b>	<b>FYI – RE:</b> <b>Congregate Meals:</b> <i>Even though we are currently focusing mainly on Tuesdays &amp; Thursdays, Cong. Meals are also available here on Mondays, Wednesdays</i>		<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>