November 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' Donations.*	**1** FISH, Au Gratin Potatoes, Peaches, Tapioca Pudding, Roll, 1% Milk	**2** LASAGNA, Corn, Green Salad, Mandarin Oranges, Garlic Toast, 1% Milk	**3** BEEF-N-BEAN BURRITO, Tator Tots, Mixed Vegetables, Cantaloupe, Chips, Salsa, 1% Milk	**4** ROAST BEEF, Potatoes & Gravy, Carrots, Pears, Roll, 1% Milk
4	**7** CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Tropical Fruit, Roll, 1% Milk	**8** TUNA CASSEROLE, Peas & Carrots, Orange Wedge, Cookie, Roll, 1% Milk	**9** STUFFED GREEN PEPPERS, Red Potatoes, Mixed Vegetables, Peaches, Roll, 1% Milk	**10** MANDARIN ORANGE CHICKEN over RICE, Egg Roll, Stir Fry Vegetables, Pears, Roll, 1% Milk	**11** CLOSED FOR VETERANS DAY NO MEALS
	14 SALISBURY STEAK, Potatoes & Gravy, Peas, Peaches, Roll, 1% Milk	**15** BEEF STEW, Tator Tots, Green Beans, Banana, Roll, 1% Milk	**16** MACARONI & BEEF, Corn, Pears, Cottage Cheese, Roll, 1% Milk	**17** BBQ RIBLET, Mac & Cheese, Baked Beans, Applesauce, Cookie, Roll, 1% Milk	**18** CHICKEN CUTLET, Potatoes & Gravy, Carrots, Grapes, Roll, 1% Milk
	21 HICKORY CHICKEN, Au Gratin Potatoes, Green Beans, Peaches, Roll, 1% Milk	**22** TURKEY w/DRESSING, Potatoes & Gravy, Peas & Carrots, Fruit Salad, Pumpkin Pie, Roll, 1% Milk	**23** CHEF SALAD w/ RANCH DRESSING, Orange Wedge, Crackers 1% Milk	**24** THANKSGIVING DAY NO MEALS	**25** CENTER CLOSED NO MEALS
	28 CHICKEN FRIED STEAK, Potatoes & Gravy, Carrots, Pears, Roll, 1% Milk	**29** PORK CHOP, Potatoes & Gravy, Peas, Applesauce, Cookie, Roll, 1% Milk	**30** BEEF STROGANOFF over NOODLES, Green Beans, Tropical Fruit, 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	

November 2016 – CONGREGATE MEALS

(NOTE: "CONGREGATE MEALS" EMPHASIS WILL BE ON TUESDAYS & THURSDAYS)
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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' Donations.*	**1** PICANTE CHICKEN, Red Potatoes, Green Beans	**2**	**3** HOT BEEF SANDWICH, Potatoes & Gravy, Green Salad, Mandarin Oranges	**4** PLEASE BE SURE TO SIGN UP OR CALL AT LEAST ONE DAY IN ADVANCE
4	**7**	**8** CREAMY CHICKEN PASTA, Green Beans, Bread	**9**	**10** VEGETABLE BEEF SOUP, Ham Sandwich, Apple Slices	**11**
	14 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.*	**15** BREAKFAST, Hash browns, Bone-in-Ham, Eggs, Fruit, Juice/Milk	**16**	**17** TURKEY w/ DRESSING, Potatoes & Gravy, Peas & Carrots, Pumpkin Pie	**18**
	21	**22** CHICKEN FRIED STEAK, Potatoes & Gravy, Carrots	**23**	**24** CLOSED THANKSGIVING NO MEALS	**25**
	28	**29** FISH, Au Gratin Potatoes, Carrots, Peaches, Roll	**30**	**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	