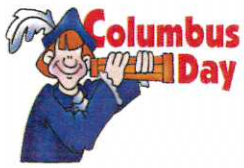
October 2016 – Meals & Meals on Wheels

Wasatch County Senior Center Phone: 435-654-4920

Note: Meals are subject to change without notice

	Monday	Tuesday	Wednesday	Thursday	Friday
	3 CHICKEN CORDON BLEU, Potatoes & Gravy, Peaches, Roll, 1% Milk	**4** CRUNCH TOP HAM AND POTATO CASSEROLE, Mixed Vegetables, Banana, Roll, 1% Milk	**5** MEAT LOAF, Potatoes & Gravy, Peas, Pears, Roll, 1% Milk	**6** BEEF RAVIOLI, Corn, Cottage Cheese, Pineapple, Garlic Toast, 1% Milk	**7** FISH, Au Gratin Potatoes, Green Beans, Cantaloupe, Roll, 1% Milk
4	**10** CLOSED FOR COLUMBUS DAY NO MEALS 	**11** BBQ RIBLET, Mac & Cheese, Baked Beans, Applesauce, Cookie, Roll, 1% Milk	**12** BEEF STROGANOFF over NOODLES, Green Beans, Tropical Fruit, Roll, 1% Milk	**13** CHICKEN CHOW MEIN, Egg Roll, Stir Fry Vegetables, Orange Wedge, Roll, 1% Milk	**14** SALISBURY STEAK, Potatoes & Gravy, Peas & Carrots, Peaches, Roll, 1% Milk
	17 TUNA CASSEROLE, Peas & Carrots, Orange Wedge, Cookie, Roll, 1% Milk	**18** CHICKEN NUGGETTS, Tator Tots, Green Beans, Apple Slices, Roll, 1% Milk	**19** SPAGHETTI w/ MEAT SAUCE, Corn, Cottage Cheese, Pears, Garlic Toast, 1% Milk	**20** CHEESE ENCHILADA, Red Potatoes, Beans, Peaches, Chips & Salsa, 1% Milk	**21** PORK CHOP, Potatoes & Gravy, Peas, Applesauce, Cookie, Roll, 1% Milk
	24 CHICKEN CUTLET, Potatoes & Gravy, Peas & Carrots, Peaches, Roll, 1% Milk	**25** BEEF-N-RICE MEDLEY, Mixed Vegetables, Pears, Roll, 1% Milk	**26** CHICKEN PARMESAN, Red Potatoes, Green Beans, Tropical Fruit, Roll, 1% Milk	**27** TURKEY w/ DRESSING, Potatoes & Gravy, Peas, Fruit Cocktail, Roll, 1% Milk	**28** HOT DOG, Pork-n-Beans, Corn, Potato Salad, Apple Slices, Bun, 1% Milk
	31 CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Pears, 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	

October 2016 – CONGREGATE MEALS

(NOTE: "CONGREGATE MEALS" EMPHASIS WILL BE ON TUESDAYS & THURSDAYS)
WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920

Note: Meals are subject to change without notice

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	**4** CHICKEN FAJITA, Shredded Lettuce, Chips, Salsa	**5**	**6** SALAD BAR w/TRIMMINGS, Salads, Fruit, Roll	**7** PLEASE BE SURE TO SIGN UP OR CALL AT LEAST ONE DAY IN ADVANCE
4	**10**	**11** ROAST PORK w/ DRESSING, Potatoes & Gravy, Carrots, Applesauce	**12**	**13** CHICKEN NOODLE SOUP, Grilled Cheese, Apple Slices	**14**
	17 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.*	**18** BREAKFAST, Bone-in-Ham, Hash Browns, Eggs, Fruit, Juice/Milk	**19**	**20** SALISBURY STEAK, Potatoes & Gravy, Green Beans	**21**
	24	**25** CLUB SANDWICH, Potato Salad	**26**	**27** HALLOWEEN PARTY HOT DOG BAR w/ TRIMMINGS	**28**
	31	*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.*	NOTE: *Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations.*	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	