

	Monday	Tuesday	Wednesday	Thursday	Friday
September 2015 – MEALS & MEALS ON WHEELS AND CONGREGATE MEALS WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920					<i>Note: Meals are subject to change without notice</i>
		1 <i>(1) Congregate</i> <i>Meal:</i> BOX LUNCH, Hogie Sandwich, Potato Salad, Chips, Banana Splits <i>(2) Meals on Wheels:</i> FISH DINER, Au Gratin Potatoes, Carrots, Pears, Cookie, Roll, 1% Milk	2 CRUNCH TOP HAM AND POTATO CASSEROLE, Mixed Vegetables, Banana, Roll, 1% Milk	3 <i>(1) Congregate</i> <i>Meal:</i> BACON WRAPPED CHICKEN, Potato, Pasta Salad <i>(2) Meals on Wheels:</i> CHICKEN STRIP, Potatoes & Gravy, Peas, Peaches, Roll, 1% Milk	4 CHEF SALAD w/ RANCH, Orange Wedge, Cracker
4	LABOR DAY  7 LABOR DAY CENTER CLOSED NO MEALS	8 <i>(1) Congregate</i> <i>Meal:</i> SALISBURY STEAK, Mashed Potatoes, Peas, Peaches <i>(2) Meals on Wheels:</i> SALISBURY STEAK, Potatoes, Peas, Peaches, Roll, 1% Milk	9 SPAGHETTI w/ MEAT SAUCE, Corn Cottage Cheese, Pears, Garlic Toast, 1% Milk	10 <i>(1) Congregate</i> <i>Meal:</i> POTATO BAR, Potatoes with Trimmings <i>(2) Meals on Wheels:</i> CHICKEN NUGGETS, Tator Tots, Green Beans, Tropical Fruit, Roll, 1% Milk	11 MEAT LOAF, Potatoes & Gravy, Carrots, Apple Slices, Roll, 1% Milk
	14 CHICKEN FRIED STEAK, Potatoes & Gravy, Carrots, Peaches, Roll, 1% Milk	15 <i>(1) Congregate</i> <i>Meal:</i> BREAKFAST, Hashbrowns, Poached Eggs, Biscuits & Gravy, Ham, Fruit, Milk/Juice <i>(2) Meals on Wheels:</i> MANDARIN ORANGE CHICKEN over RICE, Stir Fry Vegetables, Orange Wedge, Roll, 1% Milk	16 OVEN BAKED CRISPY CHICKEN, Potatoes & Gravy, Green Beans, Peaches, Roll, 1% Milk	17 <i>(1) Congregate</i> <i>Meal:</i> CHICKEN PARMESAN, Red Potatoes, Green Beans, Fruit <i>(2) Meals on Wheels:</i> PORK CHOP, Potatoes & Gravy, Peas & Carrots, Applesauce, Cookie, Roll, 1% Milk	18 HOT DOG, Corn, Pork-N-Beans, Potato Salad, Watermelon, Bun, Roll, 1% Milk
	21 CHICKEN CUTLET, Potatoes & Gravy, Peas, Fruit Cocktail, Roll, 1% Milk	22 <i>(1) Congregate</i> <i>Meal:</i> LASAGNA, Corn, Green Salad, Garlic Toast <i>(2) Meals on Wheels:</i> CHEESE ENCHILADA, Tator Tots, Mexi Corn, Orange Slices, Chips, Salsa	23 BEEF STROGANOFF over NOODLES, Green Beans, Tapioca Pudding, Peaches, Roll, 1% Milk	24 <i>(1) Congregate</i> <i>Meal:</i> FISH DINNER, Potato Wedges, Carrots, Cole Slaw <i>(2) Meals on Wheels:</i> STUFFED GREEN PEPPERS, Red Potatoes, Green Beans, Cottage Cheese, Pears, Roll, 1% Milk	25 TURKEY SANDWICH, Macaroni Salad, Apple Slices, 1% Milk
	28 CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Peaches, Roll, 1% Milk	29 <i>(1) Congregate</i> <i>Meal:</i> MEAT LOAF, Potatoes & Gravy, Green Beans, Cookie <i>(2) Meals on Wheels:</i> HAM DINNER, Mac & Cheese, Baked Beans, Cottage Cheese, Pineapple, Roll & 1%	30 CHICKEN PARMESAN, Red Potatoes, Broccoli, Pears, Roll, 1% Milk	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! COME AND JOIN in WITH US.</i>	NOTE: <i>Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations</i>