

	Monday	Tuesday	Wednesday	Thursday	Friday
September 2016 – MEALS & MEALS ON WHEELS					<i>Note: Meals are subject to change without notice</i>
<i>WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920</i>					
	<p>NOTE: Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donations.</p>			<p>1 CHICKEN STRIP, Potatoes & Gravy, Peas, Pineapple, Cottage Cheese, Roll</p>	<p>2 CHEF SALAD w/RANCH DRESSING, Orange Wedge, Crackers, 1% Milk</p>
4	<p>5 LABOR DAY CENTER CLOSED NO MEALS</p> 	<p>6 CHICKEN CORDON BLEU, Potatoes & Gravy, Peas & Carrots, Banana Pudding</p>	<p>7 MACARONI & BEEF, Green Beans, cottage Cheese, Pears, Roll, 1% Milk</p>	<p>8 BURRITO w/CHILI, Tator Tots, Mexicorn, Roll, 1% Milk</p>	<p>9 SALISBURY STEAK, Potatoes, Mixed Vegetables, Orange Wedge, Jello, Roll, 1% Milk</p>
	<p>12 CREAMY CHICKEN PASTA, Green Beans, Peaches, Roll, 1% Milk</p>	<p>13 CRUNCH TOP POTATO CASSEROLE, Carrots, Banana, Roll, 1% Milk</p>	<p>14 BEEF & RICE MEDLEY, Mixed Vegetables, Pears, Cottage Cheese, Roll, 1% Milk</p>	<p>15 CHILI DOG, Tator Tots, Corn, Watermelon, Bun, 1% Milk</p>	<p>16 TURKEY w/DRESSING, Potatoes & Gravy, Peas, Fruit Cocktail, Roll, 1% Milk</p>
	<p>19 BEEF STROGANOFF over NOODLES, Green Beans, Peaches, Pudding, Roll, 1% Milk</p>	<p>20 PORK CHOP, Potatoes & Gravy, Mixed Vegetables, Applesauce, Cookie, Roll, 1% Milk</p>	<p>21 SWEET & SAUCY CHICKEN, Rice Pilaf, Carrots, Salad, Mandarin Oranges, Roll, 1% Milk</p>	<p>22 LASAGNA, Corn, Cottage Cheese, Pears, Roll, 1% Milk</p>	<p>23 HAM SANDWICH, Potato Salad, Apple Slices 1% Milk</p>
	<p>26 CHICKEN CUTLET, Potatoes & Gravy, Peas, Pears, Roll, 1% Milk</p>	<p>27 FISH DINNER, Au Gratin Potatoes, Carrots, Peaches, Roll, 1% Milk</p>	<p>28 CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Tropical Fruit, Roll, 1% Milk</p>	<p>29 CHICKEN CUTLET, Potatoes & Gravy, Peas, Pears, Roll, 1% Milk</p>	<p>30 FISH DINNER, Au Gratin Potatoes, Carrots, Peaches, Roll, 1% Milk</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">September 2016 – CONGREGATE MEALS</p> <p align="center"><i>(NOTE: "CONGREGATE MEALS" EMPHASIS WILL BE ON TUESDAYS & THURSDAYS)</i></p> <p align="center"><i>WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920</i></p>					<p align="center"><i>Note: Meals are subject to change without notice</i></p>
	<p align="center">UGGESTED MEAL DONATIONS</p> <p>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</p>	<p><i>NOTE: Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with Seniors' Donation</i></p>	<p align="center">1</p> <p>CHICKEN CORDON BLEU, Potatoes & Gravy, Peas & Carrots</p>	<p align="center">2</p> 	
4	<p align="center">5</p> 	<p align="center">6</p> <p>HAM, Mac & Cheese, Baked Beans</p>	<p align="center">7</p>	<p align="center">8</p> <p>VEGETABLE SOUP, Chicken Croissant Sandwich, Chips</p>	<p align="center">9</p>
	<p align="center">12</p>	<p align="center">13</p> <p>CHICKEN PARMESAN, Red Potatoes, Mixed Vegetables, Cookie</p>	<p align="center">14</p>	<p align="center">15</p> <p>HOT BEEF SANDWICH, Potatoes & Gravy, Green Salad</p>	<p align="center">16</p>
	<p align="center">19</p>	<p align="center">20</p> <p>BREAKFAST, Hash browns, Eggs, Bacon, French Toast, Fruit, Juice/Milk</p>	<p align="center">21</p>	<p align="center">22</p> <p>SPAGHETTI w/MEAT SAUCE, Salad</p>	<p align="center">23</p>
	<p align="center">26</p>	<p align="center">27</p> <p>SHEPHERD'S PIE, Green Beans, Spiced Apples</p>	<p align="center">28</p>	<p align="center">29</p> <p>FISH, Potato, California Blend Veggies</p>	<p align="center">30</p> 