

Monday	Tuesday	Wednesday	Thursday	Friday
April 2015 – CONGREGATE & MEALS & MEALS ON WHEELS (NOTE: "CONGREGATE MEALS" EMPHASIS WILL BE ON TUESDAYS & THURSDAYS) WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920				<i>Note: Meals are subject to change without notice</i>
NOTE: 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.	1 CHICKEN CUTLET , Potatoes & Gravy, Green Beans, Peaches, Roll & Margarine, 1% Milk	2 (1) <u>Congregate Meal:</u> EASTER DINNER (2) <u>Meals on Wheels:</u> HAM DINNER, Au Gratin Potatoes, Peas, Pineapple, Roll & Margarine, 1% Milk	3 ROAST BEEF Potatoes & Gravy, Carrots, Apple Slices, Roll & Margarine, 1% Milk 
6 CHICKEN CORDON BLEU , Potatoes & Gravy, Peas & Carrots, Pears, Roll & Margarine, 1% Milk	7 (1) <u>Congregate Meal:</u> CHICKEN FRIED STEAK (2) <u>Meals on Wheels:</u> , FISH DINNER, Au Gratin Potatoes, Mixed Vegetables, Tropical Fruit, Cookie, Roll & Margarine, 1% Milk	8 OVEN CRISP CHICKEN , Potatoes & Gravy, Peas, Peaches, Roll & Margarine, 1% Milk	9 (1) <u>Congregate Meal:</u> CHICKEN STRIPS (2) <u>Meals on Wheels:</u> CREAMY CHICKEN PASTA, Green Beans, Salad, Mandarin Oranges, Roll & Marg., 1% Milk	10 SALISBURY STEAK , Potatoes, Carrots, Banana, Roll & Margarine 1% Milk
13 BEEF STROGANOFF over NOODLES, Carrots, Pears, Roll & Margarine, 1% Milk	14 (1) <u>Congregate Meal:</u> HOT TURKEY SANDWICH (2) <u>Meals on Wheels:</u> , CHICKEN CHOW MEIN, Rice, Egg Roll, Tropical Fruit, Roll & Margarine, 1% Milk	15 BACON CHEESE BURGER PASTA , Mixed Vegetables, Green Salad, Orange Wedge, Roll & Margarine, 1% Milk	16 (1) <u>Congregate Meal:</u> SALAD BAR (2) <u>Meals on Wheels:</u> PORK CHOP, Potatoes & Gravy, Peas, Applesauce, Cookie, Roll & Margarine, 1% Milk	17 CHICKEN PARMESAN , Red Potatoes, Green Beans, Peaches, Roll & Margarine 1% Milk
20 CHICKEN STRIP , Potatoes & Gravy, Mixed Vegetables, Tropical Fruit, Roll & Margarine, 1% Milk	21 (1) <u>Congregate:</u> BREAKFAST (2) <u>Meals on Wheels:</u> , BEEF STEW, Tator Tots, Green Beans, Peaches, Roll & Margarine, 1% Milk	22 SEASONED BAKED CHICKEN , Rice Pilaf, Carrots, Fruit Cocktail, Roll & Margarine, 1% Milk	23 (1) <u>Congregate Meal:</u> FISH DINNER (2) <u>Meals on Wheels:</u> CHICKEN FRIED STEAK, Potatoes & Gravy, Peas, Pears, Roll & Margarine, 1% Milk	24 BBQ RIBLET , Mac & Cheese, Baked Beans, Applesauce, Cookie, Roll & Margarine 1% Milk
27 HICKORY CHICKEN , Tator Tots, Green Beans, Peaches, Tapioca Pudding, Roll & Margarine, 1% Milk	28 (1) <u>Congregate:</u> CHICKEN PARMESAN (2) <u>Meals on Wheels:</u> , MEAT LOAF, Potatoes & Gravy, Mixed Vegetables, Tropical Fruit, Roll & Margarine, 1% Milk	29 SPAGHETTI w/Meat Sauce , Corn, Pears, Cottage Cheese, Garlic Toast, 1% Milk	30 (1) <u>Congregate:</u> BOX LUNCH, (2) <u>Meals on Wheels:</u> , MANDARIN ORANGE CHICKEN, Rice, Stir Fry Vegetables, Orange Wedge, Roll & Margarine, 1% Milk	FYI – RE: <i>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.</i>