

Meal on Wheels (MOW) & Congregant Meals (CM)

Wasatch County Senior Center: 435-654-4920

Please Reserve Your Meal At Least 24 hrs. prior

CM: Lunch Served at Noon/ Breakfast Served at 10:00am

2020



Monday	Tuesday	Wednesday	Thursday	Friday
		1 MOW: SALISBURY STEAK, Potato, Green Beans, Peaches & Roll 	2 MOW: TACO BAKE, Tri Patty Potato, Mixed Vegetables, Watermelon, Chips & Salsa CM: BEEF STROGANOFF, Green Beans, Peas & Carrots, Peaches, Cottage Cheese & Roll	3 MOW: CHEF SALAD W/ RANCH, Orange Wedge & Crackers
6 MOW: CHICKEN CUTLET, Potatoes & Gravy, Carrots, Peaches & Roll	7 MOW: BBQ RIBLETS, Mac & Cheese, Beans, Applesauce, Cookie & Roll CM: MANDARIN ORANGE CHICKEN OVER RICE, Stir Fry Vegetables, Egg Roll, Orange Wedge & Roll	8 MOW: SPAGHETTI W/ MEAT SAUCE, Corn, Cottage Cheese, Pears & Garlic Toast	9 MOW: FISH, Au Gratin Potatoes, Green Beans, Tropical Fruit & Roll CM: HAM DINNER W/ EASTER TRIMMINGS	10 MOW: HAM, Potatoes & Gravy, Mixed Vegetables, Pineapple & Roll
13 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Peaches & Roll	14 MOW: BEEF CHOW MEIN OVER NOODLES, Stir Fry Vegetables, Egg Roll, Orange Wedge & Roll CM: BEEF-N-RICE MEDLEY, Carrots, Pears, Cottage Cheese & Roll	15 MOW: PICANTE CHICKEN, Red Potatoes, Green Beans, Pears & Roll	16 MOW: TURKEY W/ DRESSING, Potatoes & Gravy, Peas & Carrots, Fruit Cocktail & Roll CM: CHICKEN PARMESAN, Red Potatoes, Corn, Tropical Fruit & Roll	17 MOW: BBQ CHICKEN WINGS, Mac & Cheese, Corn, Watermelon, Cookie & Roll
20 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Peas, Orange Wedge, Cookie & Roll	21 MOW: BEEF STEW, Tator Tots, Green Beans, Peaches, Pudding & Roll CM: ***Breakfast @ 10:00** FRENCH TOAST, Hashbrowns, Eggs, Bacon, Fruit & Milk	22 MOW: GRILLED CHICKEN, Potatoes & Gravy, Mixed Vegetables, Pears & Roll	23 MOW: CHEESE ENCHILADA, Spanish Rice, Beans, Tropical Fruit, Chips & Salsa CM: STUFFED CABBAGE, Potatoes & Gravy, Carrots, Pears & Roll	24 MOW: PORK CHOPS, Potatoes & Gravy, Carrots, Applesauce & Roll
27 MOW: CHICKEN NUGGETTS, Potatoes & Gravy, Peas, Pears & Roll	28 MOW: SWEDISH MEATBALLS OVER NOODLES, Carrots, Peaches & Roll CM: CHEESE ENCHILADA, Spanish Rice, Beans, Cantaloupe, Chips & Salsa	29 MOW: STUFFED GREEN PEPPER, Potatoes & Gravy, Green Beans, Applesauce, Cookie & Roll	30 MOW: BEEF-N-BEAN BURRITO, Tator Tots, Mexi Corn, Tropical Fruit, Chips & Salsa CM: FISH, Au Gratin Potatoes, Green Beans, Fruit Cocktail, Tartar Sauce & Roll	

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 younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00