

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 11:30-12:15/ Breakfast Served at 10:00

2020 AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
3 MOW: STUFFED GREEN PEPPER, Potatoes & Gravy, Green Beans, Peaches & Roll 	4 MOW: BEEF CHOW MEIN, Stir Fry Vegetables, Egg Roll, Orange Wedge & Roll CM: HICKORY CHICKEN, Red Potatoes, Mixed Vegetables, Pears & Roll	5 MOW: SPAGHETTI W/ MEAT SAUCE, Corn, Pears, Cottage Cheese & Garlic Toast	6 MOW: FISH, Au Gratin Potatoes, Carrots, Tropical Fruit, Tartar Sauce & Roll CM: HAM WRAP, Pasta Salad, Fruit Cup & Chips	7 Office Closed at NOON No Meals Today 
10 MOW: SALISBURY STEAK, Potatoes, Carrots, Pears & Roll	11 MOW: PICANTE CHICKEN, Red Potatoes, Green Beans, Tropical Fruit & Roll CM: CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Peaches & Roll	12 MOW: BEEF & RICE MEDLEY, Mixed Vegetables, Cantaloupe & Roll	13 MOW: PORK CHOP, Potatoes & Gravy, Peas, Applesauce, Cookie & Roll CM: ROAST PORK, Potatoes & Gravy, Carrots, Applesauce & Roll	14 MOW: GRILLED CHICKEN, Potatoes & Gravy, Peas & Carrots, Peaches, Tapioca Pudding & Roll
17 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Peaches & Roll	18 MOW: TACO BAKE, Tator Tots, Corn, Watermelon, Salsa & Chips CM: ***Breakfast @ 10:00** PASTRIES, Hashbrowns, Eggs, Sausage & Fruit	19 MOW: ROAST BEEF, Potatoes & Gravy, Carrots, Pears & Roll	20 MOW: BEEF RAVIAOLI, Corn, Pineapple, Cottage Cheese & Garlic Toast CM: NAVAJO TACO W/ CHILI, Cheese, Lettuce, Denver Mix & Tomatoes	21 MOW: TURKEY SANDWICH, Potato Salad, Fruit Cup & Chips
24 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Mixed Fruit & Roll	25 MOW: BEAN & BEEF BURRITO, Tator Tots, Mexi Corn, Tropical Fruit, Salsa & Chips CM: LASAGNA, Corn, Green Salad, Mandarin Oranges & Garlic Toast	26 MOW: SEASONED BAKED CHICKEN, Rice Pilaf, Carrots, Tropical Fruit & Roll	27 MOW: HAM WRAP, Potato Salad, Apple Slices & Chips CM: FISH, Red Potatoes, Broccoli, Pineapple, Tartar Sauce & Roll	28 MOW: MEAT LOAF, Potatoes & Gravy, Green Beans, Applesauce, Cookie & Roll
31 MOW: CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches & 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