

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



Monday	Tuesday	Wednesday	Thursday	Friday
2 MOW: PARMESAN CHICKEN, Potato, Green Beans, Peaches & Roll CM: CHICKEN FRIED STEAK, Potatoes & Gravy, California Blend Veggies & Fruit	3 MOW: BBQ RIBLET, Mac & Cheese, Applesauce, Cookie & Roll CM: CHICKEN FRIED STEAK, Potatoes & Gravy, California Blend Veggies & Fruit	4 MOW: SPAGHETTI W/MEAT SAUCE, Corn, Pears, Cottage Cheese & Garlic Toast	5 MOW: CHICKEN STRIPS, Potatoes & Gravy, Peas, Pineapple & Roll CM: BEEF STROGANOF OVER NOODLES, Green Beans & Peaches	6 MOW: FISH, Au Gratin Potatoes, Carrots, Tropical Fruit, Tartar Sauce & Roll
9 MOW: CHICKEN CUTLET, Potatoes & Gravy, Peas, Pears & Roll	10 MOW: SWEDISH MEATBALLS OVER NOODLES, Green Beans, Peaches, Pudding & Roll CM: PULLED PORK SANDWICH, Cole Slaw, Fries & Fruit	11 MOW: GROUND ROUND, Potatoes & Gravy, Carrots, Apple Pie & Roll	12 MOW: PORK CHOP, Potatoes & Gravy, Mixed Vegetables, Applesauce & Cookie CM: MACARONI & BEEF SOUP, Chicken Croissant & Apple Slices	13 MOW: TURKEY SANDWICH, Potato Salad, Apple Slices & Chips
16 MOW: MANDARIN ORANGE CHICKEN OVER RICE, Egg Roll, Stir Fry Vegetables, Orange Wedge & Roll	17 MOW: BEEF STEW, Tator Tots, Green Beans, Peaches, Pudding & Roll CM: ***Breakfast 10:00** PANCAKES, Hashbrowns, Eggs, Bacon, Fruit & Juice/ Milk	18 MOW: CHICKEN DRUMMETTS, Potatoes & Gravy, Peas, Pears & Roll	19 MOW: CHEESE ENCHILADA, Mexi-Corn, Beans, Rice Pudding, Chips & Salsa CM: HAM DINNER, Potatoes & Gravy, Carrots, Pineapple, Dessert & Roll	20 MOW: SEASONED BAKED CHICKEN, Rice Pilaf, Mixed Vegetables, Tropical Fruit & Roll
23 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Carrots, Peaches & Roll	24 25 		26 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Pears & Roll CM: FISH, Au Gratin Potatoes, Mixed Vegetables, Pears & Roll	27 MOW: HAM, Mac & Cheese, Pork-N-Beans, Pineapple & Roll
30 MOW: SALISBURY STEAK, Potatoes & Gravy, Green Beans, Pears & Roll	31 MOW: CHEF SALAD W/ RANCH, Orange Wedge & Crackers CM: **5:30pm New Year's Eve Dinner**			

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