

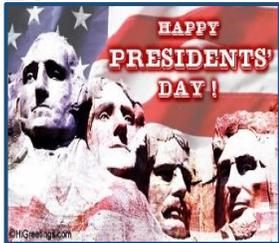
# Meal on Wheels (MOW) & Congregant Meals (CM)

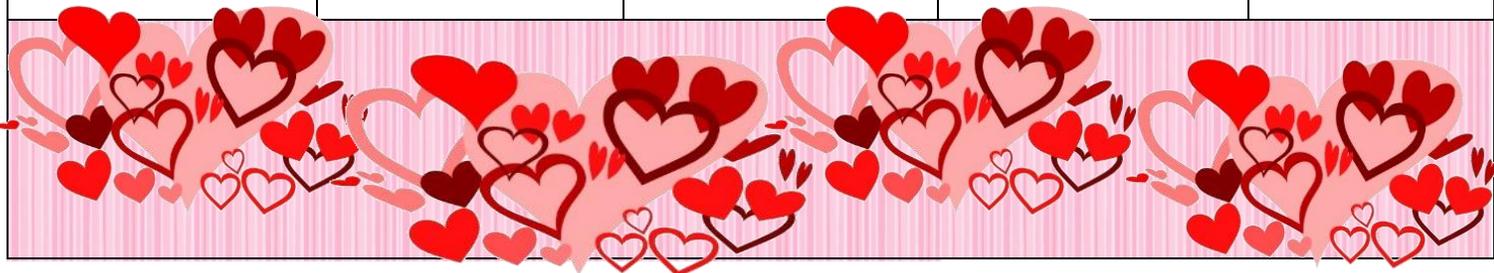
Wasatch County Senior Center: 435-654-4920

Please Reserve Your Meal At Least 24 hrs. prior

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

# February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> MOW: PARMESAN CHICKEN, Potato, Green Beans, Banana Pudding & Roll CM: GRILLED HAM & CHEESE, Potato Salad, Chips & Peaches	<b>4</b> MOW: BBQ RIBLETS, Mac & Cheese, Pork-N-Beans, Applesauce, Cookie & Roll CM: GRILLED HAM & CHEESE, Potato Salad, Chips & Peaches	<b>5</b> MOW: TUNA CASSEROLE, Peas, Pears, Cottage Cheese & Roll	<b>6</b> MOW: CHICKEN CUTLET, Potatoes & Gravy, Mixed Vegetables, Peaches & Roll CM: ROAST PORK, Potatoes & Gravy, Carrots, Applesauce & Roll	<b>7</b> MOW: HAM, Potatoes & Gravy, Carrots, Pineapple & Roll
<b>10</b> MOW: CREAMY CHICKEN PASTA, Green Beans, Peaches & Roll	<b>11</b> MOW: FISH, Au Gratin Potatoes, Mixed Vegetables, Tropical Fruit, Tartar Sauce & Roll CM: ***Breakfast @ 10:00** Biscuit & Gravy, Hashbrowns, Eggs, Sausage, Fruit & Juice/Milk	<b>12</b> MOW: HOT DOG, Corn, Pork-N-Beans, Potato Salad, Bun & Chips	<b>13</b> MOW: TURKEY DINNER, Potatoes & Gravy, Peas & Carrots, Fruit Cocktail & Roll CM: CHICKEN BREAST, Potatoes & Gravy, Peas & Carrots, Dessert & Roll	<b>14</b> MOW: CHEF SALAD W/ RANCH, Pears & Crackers 
<b>17</b> 	<b>18</b> MOW: SWEDISH MEATBALLS OVER NOODLES, Green Beans, Peaches, Pudding & Roll CM: STUFFED GREEN PEPPERS, Potatoes & Gravy, Green Beans, Pears & Roll	<b>19</b> MOW: SPAGHETTI W/ MEAT SAUCE, Corn, Salad, Orange Wedge & Garlic Toast	<b>20</b> MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Pears & Roll CM: SLOPPY JOE'S W/ TRIMMINGS	<b>21</b> MOW: CHICKEN CROSSIANT, Potato Salad, Apple Slices & Chips
<b>24</b> MOW: MACARONI & BEEF, Corn, Cottage Cheese, Pears & Roll	<b>25</b> MOW: HICKORY CHICKEN, Red Potatoes, Mixed Vegetables, Tropical Fruit & Roll CM: "MARDI GRAS" by LeBlanc's- GUMBO W/ TRIMMINGS	<b>26</b> MOW: MEAT LOAF, Potatoes & Gravy, Carrots, Peaches & Roll	<b>27</b> MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Cantaloupe & Roll CM: FISH, Red Potatoes, Carrots, Jell-O w/ Fruit & Roll	<b>28</b> MOW: PORK CHOPS, Potatoes & Gravy, Green Beans, Applesauce, Cookie & 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