

# MEALS ON WHEELS (MOW) & CONGREGANT MEALS (CM)

WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Center Closed New Year's Day	<b>2</b> MOW: Chicken Cordon Bleu, Potatoes & Gravy, Peas, Peaches & Roll	<b>3</b> MOW: Pork Chop, Potatoes & Gravy, Carrots, Applesauce, Cookie & Roll  CM: Grilled Ham & Cheese, Potato Salad, Tomato Soup & Grapes	<b>4</b> MOW: Creamy Chicken, Pasta, Green Beans, Tropical Fruit & Roll
<b>7</b> MOW: Chicken Fried Steak, Potatoes & Gravy, Carrots, Peaches & Roll	<b>8</b> MOW: Fish Dinner, Au Gratin Potatoes, Peas, Coleslaw, Pineapple & Roll  CM: Seasoned Baked Chicken, Rice Pilaf, Mixed Vegetables & Tropical Fruit	<b>9</b> MOW: Beef Stroganoff over Noodles, Green Beans, Pears & Roll	<b>10</b> MOW: Seasoned Baked Chicken; Rice Pilaf, Mixed Vegetables, Tropical Fruit & Roll  CM: Meat Loaf, Baked Potato, Green Beans & Pears	<b>11</b> MOW: Stuffed Green Peppers, Potatoes & Gravy, Mixed Vegetables, Orange Wedge & Cookie
<b>14</b> MOW: Spaghetti w/Meat Sauce, Corn, Salad w/Ranch, Mandarin Oranges & Garlic Toast	<b>15</b> MOW: Beef Stew, Tator Tots, Green Beans, Peaches, Cookie & Roll  CM: *Breakfast*- Hash Browns, Eggs, Ham, Biscuit-N-Gravy, Fruit, Juice & Milk	<b>16</b> MOW: Turkey w/Dressing, Potatoes & Gravy, Peas & Carrots, Fruit Cocktail & Roll	<b>17</b> MOW: Beef Chow Mein over Noodles, Rice, Egg Roll, Apple Slices & Roll  CM: Salad Bar, Salads, Fruit & Roll	<b>18</b> MOW: Chef Salad w/Ranch, Orange Wedge & Crackers
<b>21</b> Center Closed Martin Luther King Day	<b>22</b> MOW: Chicken Cutlet, Potatoes & Gravy, Peas, Peaches & Roll  CM: Salisbury Steak, Potatoes & Gravy, Carrots & Peach	<b>23</b> MOW: Taco Bake, Tator Tots, Corn, Banana, Chips & Salsa	<b>24</b> MOW: Mandarin Orange Chicken, Rice, Stir Fry Vegetables, Orange Wedge & Roll  CM: Beef Macaroni Soup, Chicken Salad Sandwich & Apple Slices	<b>25</b> MOW: Ham, Potato & Gravy, Carrots, Pineapple Chunks & Roll
<b>28</b> MOW: Salisbury Steak, Potatoes & Gravy, Carrots, Fruit Cocktail & Roll	<b>29</b> MOW: Crunch Top Ham & Potato Casserole, Mixed Vegetables, Peach, Tapioca Pudding & Roll  CM: Pork Chop, Potatoes & Gravy, Peas & Applesauce	<b>30</b> MOW: Picante Chicken, Red Potatoes, Green Beans, Tropical Fruit & Roll	<b>31</b> MOW: Macaroni & Beef, Corn, Cottage Cheese, Pears & Roll  CM: Fish Sandwich, Tator Tots, Coleslaw & Apple Pie	<b>Note: Meals are subject to change without notice</b>

NOTE: Meals are funded by: State of Utah Dept. of Human Services, Mountainland Association of Governments, and Wasatch County, along with senior Donations.

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