

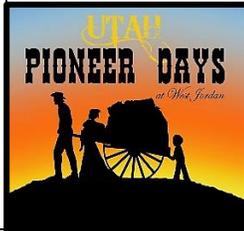
Meal on Wheels (MOW) & Congregant Meals (CM)

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 July

Monday	Tuesday	Wednesday	Thursday	Friday
		1 MOW: MACARONI-N-BEEF, Corn, Pears, Cottage Cheese & Roll	2 MOW: FISH, Au Gratin Potatoes, Carrots, Tropical Fruit, Tartar Sauce & Roll CM: HAM SANDWICH, Potato Salad, Peaches & Chips	3 
6 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Peaches & Roll	7 MOW: HICKORY CHICKEN, Red Potatoes, Green Beans, Pears & Roll CM: STUFFED CABBAGE, Potatoes & Gravy, Carrots, Pears & Roll	8 MOW: CRUNCH TOP HAM & POTATO CASSEROLE, Mixed Vegetables, Banana & Roll	9 MOW: SWEDISH MEATBALLS OVER NOODLES, Carrots, Mixed Fruit & Roll CM: CHICKEN MALIBU, Potatoes & Gravy, Peas & Carrots, Peaches & Roll	10 MOW: CHEESE ENCHILADA, Tator Tots, Beans, Orange Wedge, Chips & Salsa
13 MOW: CHICKEN STRIP, Potatoes & Gravy, Peas, Pears & Roll	14 MOW: HAM, Mac & Cheese, Pork-N-Beans, Pineapple, Cookie & Roll CM: PULLED PORK SANDWICH, Coleslaw, Potato Salad & Watermelon	15 MOW: BEEF STROGANOFF OVER NOODLES, Green Beans, Peaches & Roll	16 MOW: CHICKEN PARMESAN, Red Potatoes, Broccoli, Tropical Fruit & Roll CM: PICANTE CHICKEN, Red Potatoes, Green Beans, Tropical Fruit & Roll	17 MOW: TURKEY W/ DRESSING, Potatoes & Gravy, Peas & Carrots, Fruit Salad & Roll
20 MOW: SALISBURY STEAK, Potatoes, Mixed Vegetables, Peaches, Pudding & Roll	21 MOW: BBQ RIBLET, Mac & Cheese, Pork-N-Beans, Applesauce, Cookie & Roll CM: ***Breakfast @ 10:00** PASTRIES, Hashbrowns, Eggs, Ham & Fruit	22 MOW: LASAGNA, Corn, Salad, Watermelon & Garlic Toast	23 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Peas, Pears & Roll CM: CHEF SALAD W/ RANCH, Orange Wedge & Crackers	24 
27 MOW: CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches & Roll	28 MOW: PORK CHOP, Potatoes & Gravy, Carrots, Applesauce & Roll CM: CHEESEBURGER W/ BUN, Fries, Corn & Watermelon	29 MOW: SHEPHERD'S PIE, Green Beans, Pasta Salad, Pears & Roll	30 MOW: MANDARIN ORANGE CHICKEN OVER RICE, Egg Roll, Stir Fry Vegetables, Pineapple Chunks & Roll CM: FISH, Fries, Mixed Vegetables, Fruit Cocktail, Tartar Sauce & Roll	31 MOW: CHEF SALAD W/ RANCH, Orange Wedge & Crackers

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