

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

Wasatch County Senior Center: 435-654-4920

Please Reserve Your Meal At Least 24 hrs prior

Congregant Meals: Lunch Served at Noon/ Breakfast Served at 9:00am

# June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>MOW: CHICKEN CORDON BLEU</b> , Potatoes & Gravy, Peas, Peaches & Roll	<b>4</b> <b>MOW: FISH</b> , Au Gratin Potatoes, Carrots, Pears & Roll  <b>CM: CHICKEN FRIED STEAK</b> , Potatoes & Gravy, Carrots, Apple & Roll	<b>5</b> <b>MOW: CHICKEN PARMESAN</b> , Red Potatoes, Green Beans, Tropical Fruit & Roll	<b>6</b> <b>MOW: SWEDISH MEATBALLS OVER NOODLES</b> , Mixed Vegetables, Pineapple & Roll  <b>CM: STUFFED PEPPER</b> , Red Potatoes, Green Beans, Mixed Fruit & Roll	<b>7</b> <b>MOW: CHEESE ENCHILADA</b> , Tator Tots, Corn, Watermelon, Chips & Salsa
<b>10</b> <b>MOW: BBQ RIBLETS</b> , Mac & Cheese, Green Beans, Applesauce Cookie & Roll	<b>11</b> <b>MOW: TUNA CASSEROLE</b> , Peas & Carrots, Peaches, Pudding & Roll  <b>CM: HAM WRAP</b> , Potato Salad, Jell-O W/ Bananas	<b>12</b> <b>MOW: SPAGHETTI W/ MEAT SAUCE</b> , Corn, Salad W/ Ranch, Orange Wedge & Garlic Toast	<b>13</b> <b>MOW: BEEF &amp; RICE MEDLEY</b> , Carrots, Pears, Cottage Cheese & Roll  <b>CM: CHICKEN CORDON BLEU</b> , Potatoes & Gravy, Carrots, Dessert & Roll	<b>14</b> <b>MOW: PICANTE CHICKEN</b> , Red Potatoes, Broccoli, Apple Slices & Roll
<b>17</b> <b>MOW: CREAMY CHICKEN PASTA</b> , Green Beans, Peaches & Roll	<b>18</b> <b>MOW: TACO BAKE</b> , Tator Tots, Corn, Banana, Chips & Salsa  <b>CM: BREAKFAST</b> , Hashbrowns, Eggs, Sausage, French Toast, Fruit, Juice & Milk	<b>19</b> <b>MOW: CHICKEN DRUMMETTS</b> , Potatoes & Gravy, Peas, Watermelon & Roll	<b>20</b> <b>MOW: STUFFED GREEN PEPPERS</b> , Mixed Vegetables, Pears & Roll  Lunch at Cobblestone Pavilion <b>CM: PULLED PORK SANDWICH W/ TRIMMINGS</b>	<b>21</b> <b>MOW: PORK CHOP</b> , Potatoes & Gravy, Carrots, Applesauce, Cookie & Roll
<b>24</b> <b>MOW: SALISBURY STEAK</b> , Potatoes & Gravy, Carrots, Tropical Fruit & Roll	<b>25</b> <b>MOW: TURKEY W/ DRESSING</b> , Potatoes & Gravy, Peas & Carrots, Fruit Salad & Roll  <b>CM: CHICKEN MALIBU</b> , Potatoes & Gravy, California Blend Veggies, Jell-O W/ Fruit & Roll	<b>26</b> <b>MOW: BEEF STOGANOFF OVER NOODLES</b> , Green Beans, Peaches, Cookie & Roll	<b>27</b> <b>MOW: CHEF SALAD W/ RANCH</b> , Orange Wedge & Crackers  <b>CM: FISH SANDWICH</b> , Fries, Pasta Salad & Watermelon	<b>28</b> <b>MOW: HAM WRAP</b> , Potato Salad & Apple Slices



**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