

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

2020



Monday	Tuesday	Wednesday	Thursday	Friday
1 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Carrots, Peaches & Roll 	2 MOW: BBQ RIBLET, Mac & Cheese, Pork-N-Beans, Applesauce & Cookie CM: SPAGHETTI W/ MEAT SAUCE, Corn, Salad w/ Ranch & Garlic Toast	3 MOW: FRENCH ONION CHICKEN & RICE, Broccoli, Pineapple Chunks & Roll 	4 MOW: FISH, Au Gratin Potatoes, Mixed Vegetables, Fruit Cocktail, Tartar Sauce & Roll CM: SEASONED BAKED CHICKEN, Rice Pilaf, Carrots, Fruit Cocktail & Roll	5 MOW: GROUND ROUND, Potatoes & Gravy, Green Beans, Pears & Roll
8 MOW: STUFFED GREEN PEPPERS, Potatoes & Gravy, Green Beans, Applesauce, Cookie & Roll 	9 MOW: CHICKEN CHOW MEIN OVER NOODLES, Egg Roll, Fried Rice, Orange Wedge & Roll CM: SWEET & SOUR PORK OVER RICE, Egg Roll, Stir Fry Vegetables, Orange & Roll	10 MOW: HOT DOG, Pork-N-Beans, Tator Tots, Watermelon, Chips & Bun 	11 MOW: RAVIOLI, Corn, Pineapple, Cottage Cheese & Garlic Toast CM: HOT BEEF, Potatoes & Gravy, Salad w/ Ranch & Mandarin Oranges	12 MOW: CHICKEN NUGGETS, Potatoes & Gravy, Peas, Pears & Roll
15 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Mixed Vegetable, Pears & Roll 	16 MOW: ROAST PORK, Potatoes & Gravy, Carrots, Applesauce & Roll CM: ***Breakfast @ 10:00** Pancake, Hashbrowns, Eggs, Bacon, Fruit & Milk	17 MOW: SPAGHETTI W/ MEAT SAUCE, Corn, Salad w/ Ranch, Mandarin Oranges & Garlic Toast 	18 MOW: TUNA CASSEROLE, Peas & Carrots, Jell-O w/ Fruit & Roll CM: HAM, Potato & Gravy, Carrots, Apple Pie & Roll	19 MOW: CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches & Roll
22 MOW: BEEF STROGANOFF OVER NOODLES, Green Beans, Peaches & Roll 	23 MOW: PORK CHOP, Potatoes & Gravy, Mixed Vegetables, Applesauce, Cookie & Roll CM: CHICKEN CROSSIANT, Potato Salad, Apple Slices & Chips	24 MOW: RICE & BEEF MEDLEY, Peas & Carrots, Pears & Roll 	25 MOW: HAM, Potatoes & Gravy, Carrots, Pineapple & Roll CM: MEAT LOAF, Potatoes & Gravy, Green Beans, Peaches & Roll	26 MOW: CHICKEN CROSSIANT, Potato Salad, Apple Slices & Chips
29 MOW: SALISBURY STEAK, Potatoes, Carrots, Pears & Roll 	30 MOW: CREAMY CHICKEN PASTA, Green Beans, Peaches & Roll CM: FISH, Red Potatoes, California Blend Veggies, Tartar Sauce, Tropical Fruit & 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