

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

WASATCH COUNTY SENIOR CENTER PHONE: 435-654-4920

Monday	Tuesday	Wednesday	Thursday	Friday
				1 MOW: Chili Dog, Tator Tots, Corn, Cantaloupe & Bun
4 MOW: Mandarin Orange Chicken Over Rice, Stir Fry Vegetables, Egg Roll, Orange Wedge, Cookie & Roll	5 MOW: Fish, Au Gratin Potatoes, Carrots, Fruit Cocktail & Roll CM: Mardi Gras Gumbo by the LeBlanc's, Potato Salad, King Cake & Garlic Bread	6 MOW: Grilled Chicken, Potatoes & Gravy, Peas, Peaches & Roll	7 MOW: Ravioli, Corn, Cottage Cheese, Pears & Garlic Toast CM: Roast Pork, Potatoes & Gravy, Peas, Applesauce & Roll	8 MOW: Chicken Drummetts, Potatoes & Gravy, Carrots, Banana & Roll
11 MOW: Chicken Cutlet Potatoes & Gravy, Peas & Carrots, Tropical Fruit & Roll	12 MOW: Swedish Meatballs Over Noodles, Carrots, Peaches, Pudding & Roll CM: Chicken Enchilada, Spanish Rice, Chips & Salsa	13 MOW: Stuffed Green Peppers, Red Potatoes, Green Beans, Pear & Roll	14 MOW: Chicken Chow Mein Over Noodles, Stir Fry Veggies, Egg Roll, Orange Wedge & Roll CM: Corned Beef & Cabbage, Potatoes, Carrots, and St Paddy Trimmings	15 MOW: Ham, Potatoes, Cabbage, Pineapple, Cookie & Roll
18 MOW: Chicken Nuggets, Tator Tots, Mixed Vegetables, Peaches & Roll	19 MOW: Chef Salad w/ Ranch, Orange Wedge & Crackers CM: *BREAKFAST* Hashbrowns, Eggs, Ham, French Toast, Fruit, Juice & Milk	20 MOW: Tuna Casserole, Peas & Carrots, Apple Pie & Roll	21 MOW: Beef-N-Bean Burrito, Spanish Rice, Corn, Banana, Chips & Salsa CM: Chef Salad w/ Ranch	22 MOW: Pork Chop, Potatoes & Gravy, Green Beans, Applesauce, Cookie & Roll
25 MOW: Chicken Cordon Bleu, Potatoes & Gravy, Peas, Peaches & Roll	26 MOW: Ham & Bean Soup, Tator Tots, Carrots, Tropical Fruit & Roll CM: Chicken Malibu, Potatoes & Gravy, Green Beans, Pears & Roll	27 MOW: Beef Stroganoff Over Noodles, Green Beans, Orange Wedge & Cookie	28 MOW: Ham & Cheese Wrap, Potato Salad & Apple Slices CM: Fish, Baked Potato, California Blend Vegetables, Green Salad w/ Mandarin Oranges	29 MOW: Salisbury Steak, Potatoes & Gravy, Carrots, Pears & 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 persons younger than 60 years old is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00