

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

Wasatch County Senior Center: 435-654-4920

Please Reserve Your Meal At Least 24 hrs prior

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 MOW: CHICKEN STRIP, Au Gratin Potatoes, Green Beans, Tropical Fruit & Roll	2 MOW: MACARONI & BEEF, Corn, Pears, Cottage Cheese & Roll CM: CINCO DE MAYO TACO BAR W/ TRIMMINGS	3 MOW: QUESADILLA, Tator Tots, Beans, Cantaloupe, Chips & Salsa
6 MOW: FISH, Au Gratin Potatoes, Carrots, Banana Pudding & Roll	7 MOW: STUFFED GREEN PEPPERS, Potatoes & Gravy, Mixed Vegetables, Peaches & Roll CM: GRILLED HAM & CHEESE, Potato Salad, Chips & Ice Cream	8 MOW: LASAGNA, Corn, Salad w/Ranch, Watermelon & Garlic Toast	9 MOW: ROAST PORK, Potatoes & Gravy, Green Beans, Applesauce, Cookie & Roll CM: GRILLED CHICKEN, Potatoes & Gravy, Peas & Carrots, Dessert & Roll	10 MOW: MANDARIN ORANGE CHICKEN OVER RICE, Stir Fry Vegetables, Egg Roll, Orange Wedge & Roll
13 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Carrots, Peaches & Roll	14 MOW: BEEF STROGANOFF OVER NOODLES, Green Beans, Pears, Cottage Cheese & Roll CM: HOT BEEF, Potatoes & Gravy, Salad & Apple Pie	15 MOW: GROUND ROUND, Potatoes & Gravy, Peas, Jell-O w/ Fruit & Roll	16 MOW: PARMESIAN CHICKEN, Red Potatoes, Corn, Tropical Fruit & Roll CM: MACARONI & BEEF, Corn, Cottage Cheese, Pears & Roll	17 MOW: HAM, Baked Beans, Mac & Cheese, Pineapple & Roll
20 MOW: BEEF BURRITO W/ CHILI, Corn, Cantaloupe, Chips & Salsa	21 MOW: BEEF STEW, Tator Tots, Green Beans, Peaches, Pudding & Roll CM: BREAKFAST, Hashbrowns, Eggs, Bacon, Pancakes, Fruit, Juice & Milk	22 MOW: BEEF & RICE MEDLEY, Mixed Vegetables, Cottage Cheese, Pears & Roll	23 MOW: PORK CHOP, Potatoes & Gravy, Peas, Apple Pie & Roll CM: BOY SCOUT DINNER W/ TRIMMINGS	24 MOW: CHEF SALAD W/ RANCH, Orange Wedge & Crackers
27 MOW: CLOSED	28 MOW: CHICKEN PATTY, Potatoes & Gravy, Peas, Peaches & Roll CM: CHICKEN PATTY, Potatoes & Gravy, Peas, Peaches & Roll	29 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Banana & Roll	30 MOW: HICKORY CHICKEN, Tator Tots, Corn, Pears & Roll CM: FISH, Au Gratin Potatoes, Green Beans, Fruit & Roll	31 MOW: SALISBURY STEAK, Potatoes & Gravy, Mixed Vegetables, 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