

Wasatch County Senior Center: 435-654-4920 **Meal on Wheels (MOW) & Congregant Meals (CM)**

Happy October 2020

Please Reserve or Cancel Your Meal By 4:00 The Day Before. **CM: Lunch Served 11:30-12:15/ Breakfast Served at 10:00**

Monday	Tuesday	Wednesday	Thursday	Friday
  		1 MOW: FISH, Au Gratin Potatoes, Mixed Vegetables, Pears, Tartar Sauce & Roll CM: CHICKEN CORDON BLEU, Potatoes & Gravy, Pears, Pears & Roll	2 MOW: MANDRIN ORANGE CHICKEN OVER RICE, Stir Fry Vegetables, Egg Roll, Orange Wedge & Roll	
5 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Carrots, Peaches & Roll	6 MOW: HICKORY CHICKEN, Red Potatoes, Green Beans, Pears & Roll CM: PIZZA, Salad W/ Ranch & Apple Slices 	7 MOW: SPAGHETTI W/MEAT SAUCE, Corn, Salad w/ Ranch, Mandarin Oranges & Garlic Toast	8 MOW: CRUNCH TOP HAM & POTATO CASSEROLE, Mixed Vegetables, Pineapple Chunks & Roll CM: PORK CHOP, Potatoes & Gravy, Carrots, Applesauce & Roll	9 MOW: CHICKEN SALAD W/ RANCH, Mixed Fruit & Crackers 
12 	13 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Peaches & Roll CM: CHICKEN MALIBU, Potatoes & Gravy, Peas, Peaches & Roll	14 MOW: PORK CHOP, Potatoes & Gravy, Carrots, Applesauce, Cookie & Roll	15 MOW: MACARONI-N-BEEF, Corn, Pears, Cottage Cheese & Roll CM: BOY SCOUT DINNER, Orange Wedge & Roll	16 MOW: HAM SANDWICH, Potato Salad, Fruit & Chips
19 MOW: SALISBURY STEAK, Potatoes & Gravy, Carrots, Mixed Fruit & Roll	20 MOW: BEEF STEW, Tator Tots, Green Beans, Peaches, Cookie & Roll CM: ***Breakfast @ 10:00** PASTRIES, Hashbrowns, Eggs, Bacon, Fruit & Juice 	21 MOW: GROUND ROUND, Potatoes & Gravy, Corn, Pears & Roll	22 MOW: BBQ RIBLET, Mac & Cheese, Pork-N-Beans, Applesauce, Cookie & Roll CM: BBQ CHICKEN, Potatoes & Gravy, Green Beans, Tropical Fruit & Roll	23 MOW: MEAT LOAF, Potatoes & Gravy, Peas, Jell-O W/ Fruit & Roll
26 MOW: CHICKEN CUTLET, Potatoes & Gravy, Mixed Vegetables, Pears & Roll 	27 MOW: BEEF STROGANOFF OVER NOODLES, Green Beans, Peaches, Tapioca Pudding & Roll CM: FISH, Potato, California Blend Vegetables, Mixed Fruit, Tartar Sauce & Roll	28 MOW: SEASONED BAKED CHICKEN, Rice Pilaf, Peas, Tropical Fruit & Roll	29 MOW: ROAST BEEF, Potatoes & Gravy, Carrots, Peaches & Roll CM: HOT DOG, Pork-N-Beans, Corn, Fruit, Bun & Chips	30 MOW: PARMESAN CHICKEN, Red Potatoes, Broccoli, Mixed 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