



September 2024



**Lindon Senior Center Please call 24 hours before
801-769-8625**

Suggested donation \$3/meal

Low fat milk (12) is provided
with each meal

Number in parentheses
represent carbohydrate count

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 NO MEAL</p> 	<p>3 Oven Roasted Chicken over Quinoa (39) Green Peas (11) Fruit Cocktail (14) Cookie Bar (18)</p>	<p>4 Garlic Roasted Beef with Gravy (10) Herb Roasted Baby Potatoes (15) Beets (6) Diced Peaches (19) Fresh Baked Roll (16)</p>	<p>5 Santa Fe Shredded Turkey over Brown Rice (30) Roasted Corn (14) Red Beans (23) Orange (22) Fresh Baked Roll (16)</p>	<p>6 Sloppy Joe (03) Fresh Baked Bun (15) Pork and Beans (25) Mixed Veggies (12) Cottage Cheese & Mixed Fruit (19)</p>
<p>9 Cheesy Italian Sausage Pasta Bake (50) Green Beans (02) Fresh Garlic Bread Rolls (15) Apple Sauce (14) Garden Green Salad (2)</p>	<p>10 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)</p>	<p>11 Kalua Pork (00) Hawaiian Rice (25) Broccoli (4) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>	<p>12 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (26) California Blend Veggies (04) Fresh Baked Roll (15) Fresh Apple (28)</p>	<p>13 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)</p>
<p>16 Swedish Meatballs (39) Rice (21) California Blend Veggies (04) Apple Sauce (14) Fresh Baked Roll (16)</p>	<p>17 Biscuit (25) and Sausage Gravy (14) Scrambled Eggs (01) Tater Tots (18) Navel Orange (22)</p>	<p>18 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (27) Green Salad (2) Fresh Apple (28) Chocolate Brownie (23)</p>	<p>19 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Broccoli (4) Fresh Roll (16) Jell-O with Fruit (14)</p>	<p>20 Grilled Hamburgers with Fresh Baked Bun (17) Hot Potato Salad (19) Sliced Pears (19) Pork and Beans (25)</p>
<p>23 Teriyaki Beef Bowl (8) Steamed Brown Rice (21) Steamed Broccoli (04) Pineapple (15) Fresh Baked Roll (15)</p>	<p>24 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Corn Bread (28) Mixed Vegetables (12) Fresh Apple (28)</p>	<p>25 Roasted Lemon Pepper Chicken (10) White Rice (21) Carrots (06) Green Salad (02) Sliced Pears (19) Cookie Bar (18)</p>	<p>26 Beef Taco Salad (05) Pinto Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)</p>	<p>27 Oven Roasted Pork (00) Loaded Mashed Potatoes (15) Diced Beets (06) Fruit Cocktail (14) Fresh Baked Roll (16)</p>
<p>30 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12)</p>		<p>Alternate Meal Schedule (Senior Center Lunches Only)</p>		
		<p><u>Turkey Sandwich with Soup:</u> Sep 3 Cream of Potato Sep 4-6 Vegetable Beef Sep 16-17 Chicken Noodle</p>	<p>Sep 18-20 Cream of Broccoli Sep 30 Cream of Potato</p>	<p><u>Salad:</u> Sep 9-13 Sep 23-27</p>