



January 2025

Please call 24 hours in advance 801-769-8625

Alternate Meal Schedule (Senior Center Lunches Only)

Turkey Sandwich with Soup:

Jan 2-3 Vegetable Beef

Jan 13-14 Chicken Noodle

Jan 15-17 Cream of Broccoli



Jan 27-28 Chicken Noodle

Jan 29-31 Cream of Potato

Salad:

Jan 6-10

Jan 21-24

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Low fat milk (12) is provided with each meal</p> <p>Suggested donation \$4/meal</p>	<p>Menu subject to change</p> <p>Number in parentheses represent carbohydrate count</p>	<p>1 No Meal</p> 	<p>2 Oven Roasted Chicken (01)</p> <p>Over Quinoa (21) Green Peas (11) Fruit Cocktail (14) Cookie Bar (18)</p>	<p>3 Sloppy Joe (0)</p> <p>Fresh Hamburger Bun (15) Mixed Veggies (12) Pork and Beans (25) Cottage Cheese with Fruit (19)</p>
<p>6 Malibu Chicken with Honey Mustard Sauce (08)</p> <p>Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Jell-O with Fruit (14)</p>	<p>7 Beef Taco Salad (05)</p> <p>Pinto Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)</p>	<p>8 Kalua Pork (00)</p> <p>Hawaiian Rice (25) Broccoli (04) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>	<p>9 Roast Turkey Breast (03)</p> <p>Garlic Mashed Potatoes & Turkey Gravy (25) Diced Carrots (06) Fresh Baked Roll (15) Fruit Cocktail (28)</p>	<p>10 Teriyaki Beef Bowl (8)</p> <p>Steamed Rice (21) Steamed Broccoli (04) Mandarin Oranges (11) Fresh Baked Roll (16)</p>
<p>13 Country Fried Steak (4)</p> <p>Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Apple (28)</p>	<p>14 Savory Chicken Salad Wrap (18)</p> <p>Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)</p>	<p>15 Homemade Meatloaf (3)</p> <p>Garlic Mashed Potatoes & Gravy (30) Fresh Baked Roll (15) Fruit Cocktail (14) Brownie (23)</p>	<p>16 Fish Filets with Tartar Sauce (15)</p> <p>Potato Wedges (18) Mixed Vegetables (12) Orange (12) Fresh Baked Roll (16)</p>	<p>17 Garlic Roasted Beef (00)</p> <p>and Herb Mashed Potatoes with Gravy (25) Mixed Veggies (11) Apple (28) Fresh Baked Roll (16)</p>
<p>20</p> 	<p>21 Roasted Lemon Pepper Chicken (10)</p> <p>Steamed White Rice (21) Carrots (06) Sliced Pears (19) Cookie Bar (18)</p>	<p>22 Biscuit (25) and Sausage Gravy (14)</p> <p>Scrambled Eggs (01) Tater Tots (18) Cottage Cheese & Peaches (28)</p>	<p>23 Beef Stroganoff over Rice (34)</p> <p>Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)</p>	<p>24 Beef and Vegetable Stew (14)</p> <p>Garden Salad (02) Corn Bread (33) Apple Sauce (14)</p>
<p>27 Honey Baked Ham (02)</p> <p>Scalloped Potatoes (13) Diced Beets (06) Diced Peaches (19) Fresh Baked Roll (15)</p>	<p>28 Three Bean Beef Chili (3)</p> <p>Carrots (18) Corn Bread (28) Fresh Apple (25)</p>	<p>29 Orange Chicken (18)</p> <p>Brown Rice (21) Stir Fry Veggie Blend (08) Tropical Fruit (14) Fortune Cookie (10)</p>	<p>30 Swedish Meatballs (39)</p> <p>Quinoa (21) California Blend Veggies (06) Apple Sauce (28) Fresh Baked Roll (16)</p>	<p>31 BBQ Chicken (03)</p> <p>Au Gratin Potato (19) Seasoned Green Beans (02) Fresh Orange (22) Fresh Baked Roll (16)</p>