

Meal Menu Wasatch County Senior Center: 435-654-4920

Meals on Wheels (MOW) & Congregate Meals (CM)

Please Reserve or Cancel Your Meal by 4:00 p.m. the Day Before **CM: Lunch Served at 12:00 Noon**



June 2022



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | 1 MOW: TACO BAKE, Tater Tots, Mixed Vegetables, Watermelon & Roll | 2 MOW: CHICKEN DRUMMETTS, Potatoes & Gravy, Carrots, Pears & Roll CM: GRILLED HAM & CHEESE, Potato Salad & Watermelon | 3 MOW: RAVIOLI, Corn, Cottage Cheese, Pineapple & Roll |
| 6 MOW: BEANS & FRANKS, Tater Tots, Mac & Cheese, Pears & Roll | 7 MOW: PICANTE CHICKEN, Red Potatoes, Green Beans, Mandarin Oranges & Roll CM: CHEESE ENCHILADAS, Tater Tots, Beans, Orange Wedge, Chips & Salsa | 8 MOW: MACARONI & BEEF, Corn, Cottage Cheese, Pineapple & Roll | 9 MOW: PORK CHOP, Potatoes & gravy, Mixed Vegetables, Applesauce & Roll CM: PULLED PORK SANDWICH, Coleslaw & Fruit | 10 MOW: CREAM OF POTATO SOUP, CHICKEN NUGGETS, Peas & Carrots, Pears & Roll |
| 13 MOW: FISH W/AUGRATIN POTATOES, Carrots, Tartar Sauce, Peaches & Roll | 14 MOW: CHICKEN PARMESAN, Red potatoes, Green Beans, Applesauce & Roll CM: LASANGNA, Corn, Salad w/Ranch, Mandarin Orange & Garlic Toast | 15 MOW: TURKEY SANDWICH, Potato Salad, Fruit & Chips | 16 MOW:CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Pears & Roll CM: CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches & Roll | 17 MOW: SALISBURY STEAK, Potato, Corn, Mixed Fruit & Roll |
| 20  JUNETEENTH CENTER CLOSED | 21 MOW: CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches & Roll CM: CHICKEN FRIED STEAK, Potatoes & Gravy, Carrots, Pears & Roll | 22 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Green Beans, Mixed Fruit & Roll | 23 MOW: CHEESE ENCHILADA, Tater Tots, Beans, Orange Wedge, Chips & Salsa CM: SALISBURY STEAK, Potato & Gravy, Mixed Vegetable, Fruit Cocktail & Roll | 24 MOW: STUFFED GREEN PEPPERS, Potatoes & Gravy, Corn, Pears & Roll |
| 27 MOW: CHICKEN STRIPS, Potatoes & Gravy, Mixed Vegetables, Peaches & Roll | 28 MOW: BBQ RIBLET, Mac & Cheese, Pork-n-Beans, Applesauce, Cookie & Roll CM: BREAKFAST, Hash Browns, Eggs, Sausage, Biscuits & Gravy, Fruit, & Juice/Milk | 29 MOW: CRUNCH TOP HAM & POTATO CASSEROLE, Green Beans, Mandarin Oranges, & Roll | 30 MOW: TUNA CASSEROLE, Peas, Banana & Roll CM: FISH, Baked Potato, Green Beans, Applesauce & Roll | |

SUGGESTED MAIL 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.