

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**

MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 MOW: FISH, Au Gratin Potatoes, Carrots, Mixed Fruit, Tartar Sauce & Roll	3 MOW: PORK CHOP, Potatoes & Gravy, Mixed Vegetables, Applesauce & Roll CM: TURKEY SANDWICH, Potato Salad, Chips & Ice Cream	4 MOW: SPAGHETTI w/ MEAT SAUCE, Corn, Cottage Cheese, Pears & Garlic Toast	5 MOW: BURRITO w/ CHILI, Rice, Corn, Cantaloupe, Chips & Salsa CM: MOTHER'S DAY / CINCO DE MAYO LUNCH: TACO BAR	6 MOW: CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches & Roll 
9 MOW: BEEF CHOW MEIN, Rice, Egg Roll, Orange Wedge & Roll	10 MOW: BBQ RIBLET, Mac & Cheese, Pork-n-Beans, Applesauce, Cookie & Roll CM: STUFFED CABBAGE, Potatoes & Gravy, Carrots & Peaches	11 MOW: CREAMY CHICKEN PASTA, Green Beans, Pears & Roll	12 MOW: TURKEY, Potatoes & Gravy, Peas, Fruit Cocktail & Roll CM: CHICKEN CORDON BLEU, Potatoes & Gravy, Mixed Vegetables & Pears	13 MOW: SALISBURY STEAK, Potatoes, Carrots, Mixed Fruit & Roll
16 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Peas, Peaches & Roll	17 MOW: BEEF STEW, Tater Tots, Green Beans, Pears, & Roll CM: BREAKFAST, Hashbrowns, Eggs, Ham, Pancakes, Juice/Milk	18 MOW: SEASONED BAKED CHICKEN, Rice Pilaf, Mixed Vegetables, Fruit Cocktail & Roll	19 MOW: BEEF STROGANOFF over NOODLES, Carrots, Applesauce, Cookie & Roll CM: CHICKEN PARMESAN, Red Potatoes, Corn, Applesauce	20 MOW: MANDARIN ORANGE CHICKEN over RICE, Egg Roll, Broccoli, Orange Wedge & Roll
23 MOW: CHICKEN STRIPS,, Potatoes & Gravy, Peas, Peaches Cookie & Roll	24 MOW: STUFFED CABBAGE,, Potatoes & Gravy, Green Beans, Cottage Cheese, Pineapple & Roll CM: BOY SCOUT DINNER w/ TRIMMINGS	25 MOW: LASAGNA, Corn, Pears, Cottage Cheese & Garlic Toast	26 MOW: ROAST BEEF, Potatoes & Gravy, Carrots, Applesauce & Roll CM: CHEF SALAD w RANCH, Mandarin Oranges, Crackers	27 MOW: HAM SANDWICH, Potato Salad, Mixed Fruit & Chips
30 CENTER CLOSED NO MEALS 	31 MOW: CHICKEN CORDON BLEU,, Potatoes & Gravy, Peas, Peaches & Roll CM: FISH, Potatoes & Gravy, Green Beans, Pears			

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.