

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**

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 MOW: CHICKEN CUTLET , Potatoes & Gravy, Peas, Peaches & Roll 
4 MOW: CHICKEN NUGGETS , Mac & Cheese, Green Beans, Peaches & Roll	5 MOW: TUNA CASSEROLE , Peas, Banana & Roll CM: CHICKEN FRY , Potatoes & Gravy, Mixed Vegetables, Tropical Fruit	6 MOW: MEAT LOAF , Potatoes & Gravy, Carrots, Pears & Roll	7 MOW: MANDARIN ORANGE CHICKEN over RICE , Egg Roll, Broccoli & Orange Wedge CM: VEGETABLE BEEF SOUP , Grilled Cheese & Peaches	8 MOW: FISH , Au Gratin Potatoes, Carrots, Mixed Fruit, Tartar Sauce & Roll
11 MOW: GROUND ROUND Potatoes & Gravy, Peas, Peaches & Roll	12 MOW: CHICKEN PARMESAN , Red Potatoes, Mixed Vegetables, Pears, & Roll CM: HOT BEEF , Potatoes & Gravy, Salad w/Ranch, Mandarin Oranges	13 MOW: VEGETABLE LASAGNA , Green Beans, Salad w/Ranch, Mandarin Oranges & Garlic Toast	14 MOW: CHEESE ENCHILADA , Corn, Beans, Grapes, Salsa & Chips CM: EASTER LUNCH , with Trimmings	15 MOW: HAM , Pork-n-Beans, Mac & Cheese, Potato Salad, Pineapple & Roll 
18 MOW: CHICKEN DRUMMETS , Potatoes & Gravy, Peas & Carrots, Mixed Fruit & Roll	19 MOW: BEEF STEW , Potatoes, Green Beans, Banana Pudding, & Roll CM: BREAKFAST , Hashbrowns, Eggs, Bacon, Danish, Fruit, Juice/Milk	20 MOW: ROAST PORK , Potatoes & Gravy, Carrots, Applesauce & Roll	21 MOW: STUFFED GREEN PEPPERS , Potatoes & Gravy, Corn, Pears & Roll CM: POTATO BAR with Trimmings	22 MOW: CHICKEN FRIED STEAK , Potatoes & Gravy, Peas, Peaches & Roll
25 MOW: SALISBURY STEAK , Potatoes, Carrots, Mixed Fruit & Roll	26 MOW: CHICKEN MALIBU , Potatoes & Gravy, Mixed Vegetables, Mandarin Oranges & Roll CM: FISH , Potatoes & Gravy, Carrots, Pears	27 MOW: BEEF STROGANOFF over NOODLES , Green Beans, Peaches & Roll	28 MOW: CHEF SALAD w/RANCH , Orange Wedge & Crackers CM: CRUNCH TOP HAM & POTATO CASSEROLE , Green Beans & Mixed Fruit	29 MOW: CHICKEN CORDON BLEU , Potatoes & Gravy, Peas, Pears & 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.