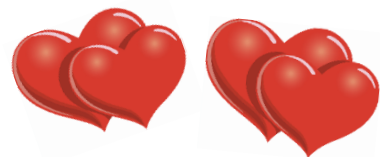


# Meal Menu Wasatch County Senior Center: 435-654-4920

## 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**

# FEBRUARY 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> MOW: FISH, Au Gratin Potatoes, Carrots, Tartar Sauce, Pears, & Roll CM: CHICKEN STRIP, Mac & Cheese, Pork & Beans, Peaches & Roll	<b>2</b> MOW: MANDARIN ORANGE CHICKEN over RICE, Vegetables, Egg Roll, Orange Wedge & Roll 	<b>3</b> MOW: RAVIOLI, Corn, Cottage Cheese, Pineapple & Roll CM: PORK CHOP, Potatoes & Gravy, Green Beans, Applesauce & Roll	<b>4</b> MOW: GROUND ROUND, Potatoes & Gravy, Green Beans, Peaches & Roll
<b>7</b> MOW: CHICKEN STRIPS, Potatoes & Gravy, Peas & Carrots, Peaches & Roll	<b>8</b> MOW: BEEF & RICE MEDLEY, Peas, Cottage Cheese, Pears & Roll CM: CHEESE ENCHILADA, Beans, Rice, Orange Wedge, Chips & Salsa	<b>9</b> MOW: LASAGNA, Green Beans, Salad w/Ranch, Mandarin Oranges, Garlic Toast	<b>10</b> MOW: SEASONED BAKED CHICKEN, Rice Pilaf, Carrots, Tropical Fruit CM: VALENTINE'S LUNCH, GRILLED CHICKEN with Trimmings	<b>11</b> MOW: HAM, Potatoes & Gravy, Green Beans, Pineapple & Roll
<b>14</b> MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Peaches & Roll 	<b>15</b> MOW: TUNA CASSEROLE, Peas & Carrots, Mixed Fruit & Roll CM: BREAKFAST AT 10:00 A.M. Hashbrowns, Eggs, Bacon, French Toast, Fruit, Juice/Milk	<b>16</b> MOW: PORK CHOP, Potatoes & Gravy, Corn, Applesauce, Cookie & Roll	<b>17</b> MOW: CHICKEN & DUMPLINGS, Tater Tots, Green Beans, Pears & Roll CM: HAM SANDWICH, Potato Salad, Fruit, Chips	<b>18</b> MOW: CHEF SALAD w/RANCH, Orange Wedge, Crackers
<b>21</b> CENTER CLOSED NO MEALS 	<b>22</b> MOW: BEEF STEW, Tater Tots, Green Beans, Peaches, Pudding & Roll CM: CHICKEN CUTLET, Potatoes & Gravy, Peas	<b>23</b> MOW: BEEF STROGANOFF over NOODLES, Mixed Vegetables, Applesauce, Cookie & Roll	<b>24</b> MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Peas, Pears & Roll CM: SALMON PATTY, Rice Pilaf, Carrots, Tartar Sauce	<b>25</b> MOW: HICKORY CHICKEN, Red Potatoes, Mixed Vegetables, Tropical Fruit & Roll
<b>28</b> MOW: SALISBURY STEAK, Potatoes, Corn, Mixed Fruit & Roll	Congregate Meals on Tuesdays and Thursdays will be served via "drive – thru" pick up between 11:45 a.m. and 12:15 p.m. in front of the Senior Center.			

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.