

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**



March 2022



Monday	Tuesday	Wednesday	Thursday	Friday
	1 MOW: CRUNCH TOP HAM & POTATO CASSEROLE, Green Beans, Mixed Fruit & Roll CM: MANDARIN ORANGE CHICKEN over RICE, Egg Roll, Orange Wedge	2 MOW: SPAGHETTI w/MEAT SAUCE, Corn, Salad w/Ranch, Mandarin Oranges, Garlic Toast	3 MOW: PORK CHOP, Potatoes & Gravy, Broccoli, Applesauce & Roll CM: PULLED PORK SANDWICH, Cole Slaw, Chips, Root Beer Floats	4 MOW: FISH, Red Potatoes, Carrots, Tartar Sauce, Tropical Fruit & Roll
7 MOW: RAVIOLI, Corn, Cottage Cheese, Pears & Roll	8 MOW: PICANTE CHICKEN, Red Potatoes, Broccoli, Pineapple & Roll CM: CHILI DOG, Tater Tots, Corn, Peaches	9 MOW: SHEPHERD'S PIE Green Beans, Fruit Cocktail & Roll	10 MOW: CREAM OF POTATO SOUP, Peas & Carrots, Chicken Nuggets, Pears & Biscuit CM: PORK CHOP, Potatoes & Gravy, Peas & Carrots, Applesauce	11 MOW: MACARONI & BEEF, Carrots, Salad w/Ranch, Mandarin Oranges & Roll
14 MOW: CHICKEN CUTLET, Potatoes & Gravy, Peas, Mandarin Oranges & Roll	15 MOW: BEEF STEW, Tater Tots, Green Beans, Peaches, Pudding & Roll CM: BREAKFAST, Hashbrowns, Eggs, Sausage, Pancakes, Fruit, Juice/Milk	16 MOW: TACO BAKE Tater Tots, Corn, Mixed Fruit, Salsa & Chips	17 MOW: HAM, Potatoes, Carrots, Cabbage, Pineapple & Roll CM: HAM, Potatoes, Carrots, Cabbage & St. Patty's Trimmings 	18 MOW: TURKEY SANDWICH, Potato Salad, Peaches, Chips
21 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Peas, Peaches & Roll	22 MOW: BBQ RIBLET, Mac & Cheese, Pork-n-Beans, Applesauce, Cookie & Roll CM: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Peas	23 MOW: STUFFED GREEN PEPPERS, Potatoes & Gravy, Corn, Pears, Cookie & Roll	24 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Carrots, Peaches & Roll CM: FISH, Au Gratin Potatoes, Green Beans, Tartar Sauce	25 MOW: SALISBURY STEAK, Potatoes, Green Beans, Mixed Fruit & Roll
28 MOW: CHICKEN STRIPS, Potatoes & Gravy, Peas, Peaches & Roll	29 MOW: BEANS & FRANKS, Mac & Cheese, Tater Tots, Pears, & Roll CM: CHICKEN MALIBU SANDWICH, Potato Salad, Chips & Apple	30 MOW: ROAST BEEF, Potatoes & Gravy, Carrots, Applesauce & Roll	31 MOW: CHICKEN PARMESAN, Red Potatoes, Green Beans, Mixed Fruit & Roll CM: SPAGHETTI w MEATBALLS, Salad w/Ranch, Garlic Toast	

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.