

Meals 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



Monday	Tuesday	Wednesday	Thursday	Friday
3 MOW: SALISBURY STEAK, Potatoes Corn, Mixed Fruit & Roll	4 MOW: PICANTE CHICKEN, Red Potatoes, Mixed Vegetables, Mandarin Oranges & Roll CM: PARMESAN CHICKEN, Red Potatoes, Green Beans, Peaches & Roll	5 MOW: BEEF STROGANOFF, Green Beans, Applesauce, Cookie & Roll	6 MOW: CHICKEN STRIPS, Potatoes & Gravy, Peas, Peaches & Roll CM: MEAT LOAF, Potatoes & Gravy, Mixed Vegetables, Applesauce & Roll	5 MOW: FISH, Au Gratin Potatoes, Carrots, Tartar Sauce, Pears & Roll
10 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Peas & Carrots, Peaches & Roll	11 MOW: MACARONI & BEEF, Corn, Cottage Cheese, Pineapple & Roll CM: HOT TURKEY SANDWICH, Potatoes & Gravy, Fruit Salad	12 MOW: ROAST PORK, Potatoes & Gravy, Carrots, Applesauce & Roll	13 MOW: MALIBU CHICKEN, Potatoes & Gravy, Peas, Pears, & Roll CM: MACARONI & BEEF, Corn, Cottage Cheese, Pineapple & Roll	14 MOW: TACO BAKE, Tater Tots, Mexi Corn, Cantaloupe, Chips & Salsa
17 CENTER CLOSED 	18 MOW: BBQ RIBLET, Mac & Cheese, Pork-n-Beans, Applesauce, Cookie & Roll CM: SALISBURY STEAK, Potatoes, Peas, Pears & Roll	19 MOW: SPAGHETTI w/MEAT SAUCE, Corn, Cottage Cheese, Pears & Roll	20 MOW: CHICKEN NOODLE SOUP, Tater Tots, Green Beans, Orange Wedge, Cookie & Crackers CM: CHICKEN NOODLE SOUP, Hoagie Sandwich, Fruit, Chips	21 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Mixed Fruit & Roll
24 MOW: STUFFED GREEN PEPPERS, Potatoes & Gravy, Mixed Vegetables, Peaches & Roll	25 MOW: BEAN BURRITO, Red Potatoes, Corn, Orange Wedge, Chips & Salsa CM: BREAKFAST AT 10:00 A.M. Chicken Fried Steak, Eggs, Hash browns, Toast, Fruit, Juice/Milk	26 MOW: MEAT LOAF, Potatoes & Gravy, Green Beans, Pears & Roll	27 MOW: CHICKEN DRUMMETTS, Tater Tots, Peas, Tropical Fruit & Roll CM: FISH, Au Gratin Potatoes, Carrots, Tartar Sauce, Tropical Fruit	28 MOW: PORK CHOP, Potatoes & Gravy, Carrots, Applesauce & Roll
31 MOW: BEANS & FRANKS, Mac & Cheese, Tater Tots, Peaches & 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.