



DECEMBER 2021

MAG

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Jacobs Senior Citizen Center 801-785-2818

Alternate Meal Schedule (Senior Center lunches only)

Soup with Turkey Sandwich:

Dec 6-7 Cream of Potato Soup

Dec 8-10 Vegetable Beef Soup

Dec 20-21 Chicken Noodle Soup



Dec 22-24 Cream of Broccoli Soup

Salads:

Dec 1-3

Dec 13-17

Dec 27-31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Low fat milk (12) is provided with each meal Numbers in parentheses represent carbohydrate count	Suggested donation \$3/meal Menu subject to change	1 Homemade Meat Loaf (3) Garlic Mashed Potatoes & Gravy (27) Roasted Corn (14) Fresh Baked Roll (15) Orange (22)	2 Three Bean Beef Chili (3) Garden Green Salad (2) Corn Bread (28) Baked Fruit Crisp (67)	3 Garlic Roasted Beef Round (0) Herb Mashed Potatoes with Gravy (15) Seasoned Peas (11) Apple Sauce (14) Fresh Baked Roll (16)
6 Swedish Meatballs (39) Rice (21) Carrots (06) Pears (14) Fresh Baked Roll (16)	7 Corn Chowder (22) Green Beans (11) Cinnamon Apple Sauce (14) Fresh Baked Roll (16)	8 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Garden Green Salad (02) Oatmeal Raisin Cookie (47)	9 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fruit Cocktail (8) Fresh Baked Roll (15)	10 Christmas Day Meal Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Carrots (06) Roll (15) Cranberry Sauce (22) Mandarin Oranges (11) Pumpkin Cookie (20)
13 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Cottage Cheese & Fruit (12)	14 Teriyaki Chicken Bowl (08) Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Orange (22) Fresh Baked Roll (15) Chocolate Brownie (23)	15 Cheesy Beef Pasta Bake (19) Seasoned Peas (02) Fresh Garlic Roll (15) Cinnamon Applesauce (14)	16 Hearty Beef and Vegetable Stew (14) Fresh Green Salad (2) Fresh Cornbread (33) Fresh Local Apple (28) Cookie Bar (67)	17 Cured Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (16) Pineapple Tidbits (07)
20 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Mandarin Oranges (11)	21 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	22 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Jell-O with Fruit (9) Fresh Baked Roll (15)	23 BBQ Pulled Pork (3) Hot German Potato Salad (19) Seasoned Corn (2) Fresh Local Apple (28) Fresh Baked Roll (16)	24  (Observed) NO MEAL
27 Chicken Parmesan with Basil Marinara Sauce and Spaghetti (30) Seasoned Green Beans (02) Cinnamon Apple Crisp (67) Fresh Baked Roll (15)	28 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)	29 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)	30 Roast Pork Loin (0) Herb Roasted Baby Potatoes (15) Sugar Glazed Carrots (11) Jell-O with Fruit (9) Fresh Baked Roll (16)	31  (Observed) NO MEAL