



Expert Resources. Enriching Lives.

# JUNE

Jacobs Senior Citizen Center  
801-785-2818



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Regular Meals ONLY. No Alternate Meals during the month of June.</b></p>	<p><b>1 Sloppy Joe (0)</b> Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Navel Oranges (22)</p>	<p><b>2 Creamed Chicken over White Rice (30)</b> Seasoned Peas (18) Fresh Baked Rolls (16) Jackie's Cake (28)</p>	<p><b>3 Teriyaki Chicken Bowl (08)</b> Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (15)</p>	<p><b>4 Honey Baked Ham (00)</b> Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Applesauce (19)</p>
<p><b>7 Sweet and Sour Chicken (30)</b> Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (28) Fresh Baked Roll (15)</p>	<p><b>8 Broiled Bratwurst with Fresh Baked Hoagies (17)</b> Sauerkraut (04) Cottage Cheese and Fruit (09) Roasted Corn (14) Chocolate Chip Cookie Bar (15)</p>	<p><b>9 Country Fried Steak (04)</b> Mashed Potatoes with Gravy (27) Mixed Vegetables (12) Mixed Fruit and Jell-O (09) Fresh Baked Roll (15)</p>	<p><b>10 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)</p>	<p><b>11 Roast Turkey Breast (03)</b> Garlic Mashed Potatoes &amp; Turkey Gravy (25) Crinkle Cut Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)</p>
<p><b>14 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Green Beans (02) Fresh Baked Roll (16) Mandarin Oranges (11)</p>	<p><b>15 Ziti Pasta with Meat Sauce (25)</b> Seasoned Green Beans (02) Garden Green Salad (02) Fresh Baked Garlic Roll (15) Seasonal Fruit Crisp (67)</p>	<p><b>16 Barbeque Chicken (03)</b> Au Gratin Potatoes (19) Seasoned Green Beans (02) Fresh Local Apple (28) Fresh Baked Roll (16)</p>	<p><b>17 Black Angus Meat Loaf (3)</b> Garlic Mashed Potatoes &amp; Gravy (27) Roasted Corn (14) Fresh Baked Roll (15) Orange (22)</p>	<p><b>18 Garlic Roasted Beef Round with Gravy (10)</b> Herb Roasted Baby Potatoes (15) Seasoned Peas (11) Mixed Fruit and Jell-O (09) Fresh Baked Roll (16)</p>
<p><b>21 Swedish Meatballs (39)</b> Rice (21) Carrots (06) Peaches (18) Fresh Baked Roll (16)</p>	<p><b>22 Santa Fe Shredded Turkey with Rice (25)</b> Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)</p>	<p><b>23 BBQ Beef Sandwich with Fresh Baked Bun (35)</b> Roasted Corn &amp; Red Pepper (14) Apple (27) Chocolate Brownie (23)</p>	<p><b>24 Spaghetti &amp; Meat Sauce (25)</b> Garden Green Salad (02) Seasoned Green Beans (02) Fresh Baked Garlic Roll (15) Seasonal Fruit Crisp (67)</p>	<p><b>25 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (19)</p>
<p><b>28 Roasted Lemon Pepper Chicken (10)</b> Herb Mashed Potatoes &amp; Gravy (26) Applesauce (19) Seasoned Peas (11) Fresh Baked Roll (16)</p>	<p><b>29 Shepherd's Pie (79)</b> Seasoned Carrots (06) Cottage Cheese &amp; Fruit (12) Chocolate Brownie (23)</p>	<p><b>30 Kalua Pork (00)</b> Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>	<p>Low fat milk (12) is provided with each meal</p> <p>Numbers in parentheses represent carbohydrate count</p>	<p>Suggested donation \$3/meal</p> <p>Menu subject to change</p>