






# NOVEMBER 2021

Jacobs Senior Citizen Center 801-785-2818

## Alternate Meal Schedule (Senior Center lunches only)

Soup with Turkey Sandwich:  
 Nov 8-9: Vegetable Beef Soup  
 Nov 10-12: Chicken Noodle Soup  
 Nov 22-23: Cream of Broccoli Soup  
 Nov 24-26: Chicken Noodle Soup

Salads:  
 Nov 1-5  
 Nov 15-19  
 Nov 29-30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 Swedish Meatballs (39)</b> Rice (21) Carrots (06) Diced Pears (14) Fresh Baked Roll (16)	<b>2 Corn Chowder (22)</b> Green Beans (11) Jell-O and Fruit Cup (09) Fresh Cornbread (33)	<b>3 French Toast Sticks with Maple Syrup (58)</b> Scrambled Eggs (01) Pork Sausage Links (00) Fresh Apple (28)	<b>4 Cured Honey Baked Ham (00)</b> Scalloped Potatoes (13) Diced Beets (06) Fresh Roll (16) Fresh Baked Brownie (23) Assorted Tropical Fruit (08)	<b>5 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (19)
<b>8 Creamed Chicken over White Rice (30)</b> California Blend Veggies (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)	<b>9 Hearty Beef and Vegetable Stew (14)</b> Fresh Green Salad (2) Fresh Cornbread (33) Apple Crisp (67)	<b>10 Smoked Ham and White Beans (25)</b> Braised Cabbage (03) Apple Sauce (14) Fresh Baked Cornbread (33)	 <b>NO MEAL</b>	<b>12 Garlic Roasted Beef Round (00)</b> Seasoned Peas (11) Herb Roasted Baby Potatoes (15) Mixed Fruit Fluff (58) Fresh Roll (16)
<b>15 Country Fried Steak (4)</b> Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)	<b>16 Shepherd's Pie (79)</b> Seasoned Carrots (06) Cottage Cheese and Mixed Fruit (12) Chocolate Brownie (23)	<b>17 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	<b>18 Teriyaki Chicken Bowl (8)</b> Steamed White Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (16)	<b>19 Thanksgiving Day Meal Roast Turkey Breast (03)</b> Garlic Mashed Potatoes & Turkey Gravy (25) Carrots (06) Fresh Roll (15) Stuffing (20) Mandarin Oranges (11) Cranberry Sauce (22) Pumpkin Pie (35)
<b>22 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Mandarin Oranges (11)	<b>23 Homemade Chicken Pot Pie (14)</b> Fresh Baked Biscuit (25) Garden Green Salad (02) Jackie's Cake (28)	<b>24 Homemade Meat Loaf (3)</b> Garlic Mashed Potatoes & Gravy (27) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	 <b>NO MEAL</b>	 <b>NO MEAL</b>
<b>29 Sweet and Sour Chicken (30)</b> Steamed White Rice (21) Stir Fried Vegetables (12) Mandarin Oranges (11) Fortune Cookie (24)	<b>30 Cheesy Pasta Bake (19)</b> Seasoned Green Beans (02) Fresh Garlic Roll (15) Apple Sauce (14)		Low fat milk (12) is provided with each meal  Numbers in parentheses represent carbohydrate count	Suggested donation \$3/meal  <b>Menu subject to change</b>