



SEPTEMBER 2021

Alternate Meal Schedule (Senior Center lunched only)

Soup with Turkey Sandwich: Sep 1-3 Vegetable Beef Soup Sep 13-14 Chicken Noodle Soup	Sep 15-17 Cream of Broccoli Soup Sep 27-28 Chicken Noodle Soup Sep 29- Oct 1 Cream of Potato Soup	Salads: Sep 6-10 Sep 20-24
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jacobs Senior Citizen Center 801-785-2818	Low fat milk (12) is provided with each meal Numbers in parentheses represent carbohydrate count	1 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Cottage Cheese with Fruit (12)	2 Ms. Helen's Cheesy Beef Lasagna (19) Garden Fresh Squash (02) Fresh Garlic Roll (15) Fresh Apple (15) Fresh Baked Cookie Bar (15)	3 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (18)
6  NO MEAL	7 Grilled Chicken Breast (08) Mashed Potatoes & Gravy (25) Crinkle Cut Carrots (12) Apple (28) Fresh Baked Roll (16)	8 Cured Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Assorted Tropical Fruit (08)	9 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)	10 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Seasoned Peas (11) Mixed Fruit Cocktail (08) Fresh Baked Roll (16)
13 Teriyaki Chicken Bowl (8) Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fortune Cookie (24)	14 Homemade Meat Loaf (3) Garlic Mashed Potatoes & Gravy (27) Roasted Corn (14) Fresh Baked Roll (15) Jell-O Cup with Fruit (09)	15 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	16 Rigatoni Pasta with Meat Sauce (25) Garden Green Salad (02) Fresh Baked Garlic Roll (15) Green Beans (02) Seasonal Fruit Crisp (67)	17 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrot (06) Fresh Baked Roll (15) Mandarin Oranges (11)
20 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (19)	21 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Garden Green Salad (2) Jackie's Cake (28)	22 Barbeque Pork Rib Sandwich (20) Crisp Potato Wedges (18) Fresh Seasoned Squash (2) Mixed Fruit & Jell-O Cup (09)	23 Hearty Beef and Vegetable Stew (14) White Rice (30) Fresh Corn Bread (33) Fresh Apple (15)	24 Grilled Hamburgers with Fresh Baked Bun (17) Lettuce and tomato (01) Roasted Corn (14) Cinnamon Applesauce (14)
27 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Mandarin Oranges (11) Fortune Cookie (24)	28 Swedish Meatballs (39) Steamed White Rice (21) Seasoned Carrots (06) Peaches (18) Fresh Baked Roll (16)	29 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	30 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07) Jackie's Cake (28)	Suggested donation \$3/meal Menu subject to change