

Jacobs Senior Center  
801-785-2818



# September 2022

## Alternate Meal Schedule (Senior Center Lunches Only)

### Turkey Sandwich with Soup:

Sep 1-2: Chicken Noodle  
Sep 12-13: Cream of Potato  
Sep 14-16: Vegetable Beef

Sep 26-27: Chicken Noodle  
Sep 28-30: Cream of Broccoli

### Salad:

Sep 6-9  
Sep 19-23

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Number in parentheses  
represent carbohydrate  
count

Low fat milk (12) is  
provided with each meal

Suggested donation  
\$3/meal

**Menu subject to change**

**1 Malibu Chicken with  
Honey Mustard Sauce (08)**  
Au Gratin Potatoes (22)  
Seasoned Green Beans (02)  
Fresh Baked Roll (16)  
Cottage Cheese & Fruit (12)

**2 Country Fried Steak (4)**  
Mashed Potatoes &  
Gravy (27)  
Mixed Vegetables (12)  
Fresh Baked Roll (15)  
Diced Pears (18)

### 5 NO MEAL



**6 Cured Honey Baked Ham (0)**  
Scalloped Potatoes (13)  
Diced Beets (06)  
Raisin Cookie Bar (33)  
Assorted Tropical Fruit (08)

**7 Beef Lasagna (19)**  
Fresh Veggies (02)  
Fresh Garlic Bread Rolls (15)  
Fresh Apple (15)  
Brownie (15)

**8 Savory Chicken  
Salad Wrap (18)**  
Italian Pasta Salad (20)  
Kosher Pickle Spears (00)  
Diced Pears (19)

**9 Garlic Roasted  
Beef Round (00)**  
Herb Roasted Baby  
Potatoes (15) Peas (11)  
Apple Sauce (8)  
Fresh Baked Roll (16)

**12 Teriyaki Chicken Bowl (8)**  
Steamed Brown Rice (21)  
Steamed Broccoli (04)  
Pineapple (15)  
Fortune Cookie (24)

**13 Homemade Meatloaf (3)**  
Garlic Mashed Potatoes & Gravy  
(27)  
Roasted Corn (14)  
Fresh Baked Roll (15)  
Fresh Apple (15)

**14 Rigatoni Pasta with  
Meat Sauce (25)**  
Garden Green Salad (02)  
Green Beans (2)  
Fresh Garlic Roll (15)  
Seasonal Fruit Crisp (67)

**15 Hotdog with Pork and  
Beans (17)**  
Mixed Fruit and Jell-O (09)  
Roasted Corn (14)  
Fresh Baked Brownie (23)

**16 Chicken Patties (08)**  
Mashed Potatoes with Chicken  
Gravy (25)  
Cut Carrots (12)  
Apple (15)  
Fresh Baked Roll (16)

**19 Salisbury Steak (05)**  
Garlic Mashed Potatoes and  
Gravy (27) Diced Pears (19)  
Mixed Vegetables (12)  
Fresh Baked Roll (15)

**20 Homemade Chicken  
Pot Pie (14)**  
Fresh Baked Biscuit (25)  
Garden Green Salad (2)  
Fresh Fruit (28)  
Brownie (28)

**21 Grilled Hamburgers  
with Fresh Baked Bun (17)**  
Loaded Potato  
Casserole (22) Apple (15)  
Roasted Corn (14)

**22 Pulled Pork  
Sandwich (20)**  
Crisp Potato Wedges (18)  
Fresh Veggies (02)  
Mixed Fruit and Jell-O (09)

**23 Swedish Meatballs (39)**  
Rice (21)  
Carrots (06)  
Peaches (18)  
Fresh Baked Roll (16)

**26 Sweet and Sour  
Chicken (30)**  
Steamed White Rice (21)  
Stir Fried Vegetables (12)  
Orange (11)  
Fortune Cookie (24)

**27 Savory Chicken  
Salad Wrap (18)**  
Italian Pasta Salad (20)  
Kosher Pickle Spears (00)  
Diced Pears (19)

**28 Kalua Pork (00)**  
Hawaiian Rice (25)  
Seasoned Corn (14)  
Pineapple Tidbits (07)  
Fresh Baked Rolls (15)

**29 Creamed Chicken over  
White Rice (30)**  
Seasoned California Blend  
Vegetables (18)  
Fresh Baked Rolls (16)  
Pineapple Tidbits (07)

**30 Roast Turkey Breast (03)**  
Garlic Mashed Potatoes &  
Turkey Gravy (25)  
Crinkle Cut Carrots (06)  
Fresh Baked Roll (15)  
Oranges (11)