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April 2022

**Jacob Senior Citizen Center
801-785-2818**

Alternate Meal Schedule (Senior Center Lunches Only)

Soups with Turkey Sandwich:

April 1: Cream of Broccoli
April 11-12: Cream of Potato
April 13-15: Vegetable Beef

April 25-26 Chicken Noodle
April 27-29 Cream of Broccoli

Salads:

April 4-8
April 18-22

Monday

Tuesday

Wednesday

Thursday

Friday

**Suggested donation
\$3/meal**

Number in parentheses represent carbohydrate count

Low fat milk (12) is provided with each meal

Menu subject to change

1 Oven Roasted Pork (00)
Au Gratin Potato (19)
Seasoned Carrots (11)
Mandarin Oranges (19)
Fresh Baked Roll (16)

4 Sweet and Sour Chicken (30)

Steamed White Rice (21)
Stir Fried Vegetables (12)
Fresh Apple (12)
Fortune Cookie (24)

5 Rigatoni Pasta with Meat Sauce (25)

Garden Green Salad (02)
Seasoned Mixed Veggies (02)
Warm Apple Sauce (14)
Fresh Garlic Roll (15)

6 Homemade Chicken Pot Pie (14)

Fresh Baked Biscuit (25)
Sliced Peaches (18)
Fresh Baked Brownie (23)

7 Savory Chicken Salad Wrap (18)

Macaroni Salad (20)
Kosher Pickle Spears (00)
Apple (20)

8 Roast Turkey Breast (03)

Garlic Mashed Potatoes & Turkey Gravy (25)
Crinkle Cut Carrots (06)
Fresh Baked Roll (15)
Mandarin Oranges (11)

11 Salisbury Steak (05)

Garlic Mashed Potatoes and Gravy (26)
Diced Pears (19)
Mixed Vegetables (12)
Fresh Baked Roll (15)

12 Creamed Chicken over White Rice (30)

Seasoned California Blend Vegetables (18)
Fresh Baked Rolls (16)
Pineapple Tidbits (07)

13 Hearty Beef and Vegetable Stew (14)

Fresh Green Salad (02)
Fresh Cornbread (33)
Peaches (19)
Jackie's Cake (28)

14 Malibu Chicken with Honey Mustard Sauce (08)

Au Gratin Potatoes (22)
Steamed Broccoli (04)
Fresh Baked Roll (16)
Red Apples (22)

15 Honey Baked Ham

Scalloped Potatoes (13)
Diced Beets (06)
Fresh Corn Bread (33)
Tropical Fruit (08)
Chocolate Brownie (23)

18 Fish Filets with Tartar Sauce (15)

Seasoned Potato Wedges (18)
Carrots (11)
Fresh Orange (12)
Fresh Baked Roll (16)

19 BBQ Pulled Pork (00)

Au Gratin Potato (19)
Seasoned Corn (02)
Fresh Local Apple (28)
Fresh Baked Roll (16)

20 Savory Chicken Salad Wrap (18)

Italian Pasta Salad (20)
Kosher Pickle Spears (00)
Diced Pears (19)

21 Shepherd's Pie (79)

Seasoned Peas (11)
Cottage Cheese & Fruit (12)
Fresh Baked Roll (16)
Chocolate Brownie (23)

22 Garlic Roasted Beef Round (00)

Herb Roasted Baby Potatoes (15)
Peas (11)
Diced Peaches (8)
Fresh Baked Roll (16)

25 Country Fried Steak (4)

Mashed Potatoes & Gravy (27)
Mixed Vegetables (12)
Fresh Baked Roll (15)
Diced Pears (22)

26 Swedish Meatballs (39)

Rice (21)
Carrots (06)
Mixed Fruit Cocktail (08)
Fresh Baked Roll (16)

27 Santa Fe Shredded Turkey on Brown Rice (30)

Roasted Corn (14)
Black Beans (23)
Fresh Baked Roll (16)
Orange (22)

28 Pasta Bake with Meat Sauce (25)

Green Beans (02)
Garden Green Salad (02)
Fresh Garlic Roll (15)
Fruit Crisp (67)

29 Homemade Meatloaf (3)

Garlic Mashed Potatoes & Gravy (30)
Apple (20)
Roasted Corn (14)
Fresh Baked Roll (15)