


Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Swedish Meatballs (39)</b> Rice (21) Carrots (06) Orange (22) Fresh Baked Roll (16)	<b>3 Cheesy Beef Lasagna (19)</b> Green Beans (2) Fresh Garlic Roll (15) Apple Sauce (14)	<b>4 Kalua Pork (00)</b> Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15) Chocolate Brownie (28)	<b>5 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Seasoned Mixed Veggies (12) Fresh Baked Roll (16) Mandarin Oranges (11)	<b>6 Garlic Roasted Beef Round with Gravy (10)</b> Herb Roasted Baby Potatoes (15) Peas (11) Diced Peaches (19) Fresh Baked Roll (16)
<b>9 NO MEAL</b>	<b>10 Teriyaki Chicken Bowl (8)</b> Steamed Brown Rice (21) Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (16) Cookie Bar (18)	<b>11 Honey Baked Ham (0)</b> Scalloped Potatoes (13) Diced Beets (06) Corn Bread (28) Mixed Fruit in Jell-O (09)	<b>12 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	<b>13 Beef Stroganoff over Rice (34)</b> Seasoned Carrots (06) Mandarin Oranges (17) Garden Green Salad (02)
<b>16 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (27) Seasoned Peas (10) Fresh Baked Roll (15) Jell-O Cup with Fruit (9)	<b>17 Homemade Chicken Pot Pie (14)</b> Fresh Baked Biscuit (25) Garden Green Salad (2) Apple (28) Brownie (28)	<b>18 Homemade Meatloaf (3)</b> Garlic Mashed Potatoes & Gravy (30) Steamed Broccoli (14) Fresh Baked Roll (15) Diced Pears (19)	<b>19 Beef and Vegetable Stew (14)</b> Garden Salad (02) Corn Bread (33) Apple Crisp (67)	<b>20 Fish Filets with Tartar Sauce (15)</b> Potato Wedges (18) Mixed Vegetables (12) Mixed Fruit Cocktail (14) Fresh Baked Roll (16)
<b>23 Sloppy Joe (0)</b> Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Orange (22)	<b>24 Hawaiian Haystacks</b> Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (17) Coconut Flakes, Cheese, Chow Mein Noodles (18)	<b>25 Biscuit (25) and Sausage Gravy (14)</b> Scrambled Eggs (01) Tater Tots (18) Navel Orange (22)	<b>26 Beef Taco Salad (05)</b> Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Tropical Fruit (22) Tortilla Chips (18)	<b>27 Oven Roasted Pork (00)</b> Seasoned Mixed Veggies (12) Hot Potato Salad (15) Apple Sauce (19) Fresh Baked Roll (16) Cookie Bar (18)
<b>30 Country Fried Steak (4)</b> Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)	<b>31 My Mummy's Chili (3)</b> Seasoned Corn and Carrots (18) Corn Bread (28) Cottage Cheese & Fruit (28) Halloween Cookie Bar (15)		Low fat milk (12) is provided with each meal  Number in parentheses represent carbohydrate count	Suggested donation \$3/meal  <b>Menu subject to change</b>



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**Jacobs Senior Center 801-785-2818**  
Please call a day before to let us know if you're planning to eat with us.

# October 2023

### Alternate Meal Schedule (Senior Center Lunches Only)

Turkey Sandwich with Soup:

Oct 10-11 Cream of Potato  
Oct 12-13 Vegetable Beef

Oct 23-24 Chicken Noodle  
Oct 25-27 Cream of Broccoli

Salad:

Oct 2-6                      Oct 16-20  
Oct 30-31