



May 2023

Jacobs Senior Center 801-785-2818

Please call a day before to let us know if you're planning to eat with us.

Alternate Meal Schedule (Senior Center Lunches Only)

Soup with Turkey Sandwich:


May 8-9 Vegetable Beef
May 10-12 Chicken Noodle

May 22-23 Cream of Broccoli
May 24-26 Cream of Potato

Salad:

May 1-5
May 15-19

May 30-31

Monday	Tuesday	Wednesday	Thursday	Friday
1 Teriyaki Beef Bowl (08) Steamed Rice (21) Fresh Steamed Broccoli (04) Mandarin Oranges (17) Fresh Baked Roll (15) Chocolate Chip Cookie Bar (15)	2 Pasta Bake with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	3 Oven Roasted Pork (00) Au Gratin Potato (19) Seasoned Green Beans (02) Apple Sauce (19) Fresh Baked Roll (16)	4 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	5 Taco Salad with Beef (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Tropical Fruit (22)
8 Swedish Meatballs (39) Rice (21) Carrots (06) Mixed Fruit Cocktail (08) Fresh Baked Roll (16)	9 Hawaiian Haystacks Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (07) Coconut Flakes, Cheese, Chow Mein Noodles (18)	10 Sloppy Joe (03) Fresh Baked Bun (15) Pork and Beans (25) Mixed Vegetables (12) Diced Peaches (19)	11 Shepherd's Pie (79) Seasoned Peas (11) Pears (12) Fresh Baked Roll (16) Chocolate Brownie (23)	12 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Diced Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (17)
15 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)	16 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Cookie Bar (23) Mandarin Oranges (17) Garden Green Salad (02)	17 Ham and Turkey on Hoagie Bun (46) Provolone Cheese, Lettuce, Tomato (08) Potato Chips (14) Jell-O with Fruit (22)	18 Kalua Pork (00) Hawaiian Rice (25) Peas (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	19 Honey Baked Ham (02) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (16) Fresh Apple (28) Cookie Bar (15)
22 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Apple Sauce (22)	23 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Cottage Cheese on Fruit (12) Garden Green Salad (02) Fresh Baked Brownie (23)	24 BBQ Pulled Pork (00) Au Gratin Potato (19) Seasoned Broccoli (03) Cinnamon Applesauce (28) Fresh Baked Roll (16)	25 Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)	26 Garlic Roasted Beef Round with Gravy (10) Herb Roasted Potatoes (15) Peas (11) Diced Peaches (19) Fresh Baked Roll (16)
29  No Meal	30 Malibu Chicken with Honey Mustard Sauce (08) Scalloped Potatoes (22) Seasoned Corn (02) Fresh Baked Roll (16) Mandarin Oranges (17)	31 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Fresh Orange (22) Corn Bread (28)	Suggested donation \$3/meal Menu subject to change	Low fat milk (12) is provided with each meal Number in parentheses represent carbohydrate count