

# September 2023




**Jacobs Senior Center 801-785-2818**

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

Suggested donation  
\$3/meal

**Menu subject to change**

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
| <b>Alternate Meal Schedule (Senior Center Lunches Only)</b>  |  |   | Low fat milk (12) is provided with each meal<br><br>Number in parentheses represent carbohydrate count   | <b>1 Garlic Roasted Beef Round with Gravy (10)</b><br>Herb Roasted Baby Potatoes (15) Peas (11)<br>Diced Peaches (19)<br>Fresh Baked Roll (16)           |
| <u>Turkey Sandwich with Soup:</u><br>Sep 1 Chicken Noodle<br>Sep 11-12 Cream of Potato<br>Sep 13-15 Vegetable Beef   | Sep 25-26 Chicken Noodle<br>Sep 27-29 Cream of Broccoli  | <u>Salad:</u><br>Sep 5-8<br>Sep 18-22   |  |  |
| <b>4 NO MEAL</b><br><br>   | <b>5 Grilled Hamburgers with Fresh Baked Bun (17)</b><br>Loaded Potato Casserole (22)<br>Mixed Fruit Cocktail (14)<br>Baked Beans (32)                           | <b>6 Cured Honey Baked Ham (0)</b><br>Scalloped Potatoes (13)<br>Diced Beets (06)<br>Corn Bread (28)<br>Mixed Fruit in Jell-O (09)<br>Cookie Bar (18) | <b>7 Savory Chicken Salad Wrap (18)</b><br>Italian Pasta Salad (20)<br>Kosher Pickle Spears (00)<br>Diced Pears (19)                           | <b>8 Beef Taco Salad (05)</b><br>Black Beans with Cheese (20)<br>Green Salad (02)<br>Salsa (02) Ranch (02)<br>Tropical Fruit (22)<br>Tortilla Chips (18) |
| <b>11 Teriyaki Chicken Bowl (8)</b><br>Steamed Brown Rice (21)<br>Steamed Broccoli (04)<br>Pineapple (15)<br>Garden Green Salad (02)<br>Fortune Cookie (24)  | <b>12 Oven Roasted Pork (00)</b><br>Au Gratin Potato (19)<br>Seasoned Green Beans (02)<br>Apple Sauce (19)<br>Fresh Baked Roll (16)<br>Cookie Bar (18)           | <b>13 Homemade Meatloaf (3)</b><br>Garlic Mashed Potatoes & Gravy (27)<br>Steamed Broccoli (14)<br>Fresh Baked Roll (15)<br>Diced Pears (19)          | <b>14 Biscuit (25) and Sausage Gravy (14)</b><br>Scrambled Eggs (01)<br>Tater Tots (18)<br>Navel Orange (22)                                   | <b>15 Beef Lasagna (19)</b><br>Fresh Veggies (02)<br>Fresh Garlic Bread Rolls (15)<br>Fresh Apple (15)<br>Brownie (15)                                   |
| <b>18 Swedish Meatballs (39)</b><br>Rice (21)<br>Carrots (06)<br>Fruit Crisp (67)<br>Fresh Baked Roll (16)   | <b>19 Hawaiian Haystacks</b><br>Creamed Chicken over White Rice (30) Green Peas (11)<br>Pineapple Tidbits (17)<br>Coconut Flakes, Cheese, Chow Mein Noodles (18) | <b>20 Salisbury Steak (05)</b><br>Garlic Mashed Potatoes and Gravy (27)<br>Mixed Vegetables (12)<br>Fresh Baked Roll (15)<br>Mandarin Oranges (17)    | <b>21 Roasted Lemon Pepper Chicken (10)</b><br>Steamed White Rice (21)<br>Steamed Broccoli (14)<br>Garden Green Salad (02)<br>Fresh Apple (12) | <b>22 Fish Filets with Tartar Sauce (15)</b><br>Potato Wedges (18)<br>Mixed Vegetables (12)<br>Mixed Fruit Cocktail (14)<br>Fresh Baked Roll (16)        |
| <b>25 Malibu Chicken with Honey Mustard Sauce (08)</b><br>Scalloped Potatoes (22)<br>Seasoned Carrots (12)<br>Fresh Baked Roll (16)<br>Mandarin Oranges (17) | <b>26 Sloppy Joe (03)</b><br>Fresh Baked Bun (15)<br>Pork and Beans (25)<br>Mixed Veggies (12)<br>Cottage Cheese and Mixed Fruit (19)                            | <b>27 Kalua Pork (00)</b><br>Hawaiian Rice (25)<br>Peas (14)<br>Pineapple Tidbits (07)<br>Fresh Baked Rolls (15)                                      | <b>28 Country Fried Steak (4)</b><br>Mashed Potatoes & Gravy (27)<br>Seasoned Squash (12)<br>Fresh Baked Roll (15)<br>Applesauce (22)          | <b>29 Beef Stroganoff over Rice (34)</b><br>Seasoned Carrots (06)<br>Cookie Bar (23)<br>Mandarin Oranges (17)<br>Garden Green Salad (02)                 |