



MAG
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August 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)

<u>Turkey Sandwich with Soup:</u>	Aug 16-18 Cream of Broccoli
Aug 1 Cream of Potato	Aug 28-29 Cream of Potato
Aug 2-4 Vegetable Beef	Aug 30-31 Chicken Noodle
Aug 14-15 Chicken Noodle	

Salad:
Aug 7-11
Aug 21-25

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Suggested donation \$3/meal</p> <p>Low fat milk (12) is provided with each meal</p>	<p>1 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Mixed Fruit Cocktail (14) Fresh Baked Roll (16)</p>	<p>2 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (26) Diced Beets (06) Fresh Baked Roll (15) Mandarin Oranges (11)</p>	<p>3 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (01) Diced Peaches (19)</p>	<p>4 Old Fashioned Sloppy-Joe (03) Fresh Baked Bun (15) Pork and Beans (25) Seasoned Mixed Veggies (12) Cottage Cheese & Fruit (19)</p>
<p>7 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Mandarin Oranges (17)</p>	<p>8 Ham and Turkey on Hoagie Bun (46) Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Jell-O with Fruit (13)</p>	<p>9 BBQ Pulled Pork (03) Seasoned Black Beans (14) Cinnamon Applesauce (28) Corn Bread (29)</p>	<p>10 Hawaiian Haystacks Creamed Chicken over White Rice (30) Green Peas (11) Mandarin Oranges (17) Coconut Flakes, Cheese, Chow Mein Noodles (18)</p>	<p>11 Oven Roasted Pork (00) Au Gratin Potato (19) Seasoned Green Beans (02) Apple Sauce (22) Fresh Baked Roll (16) Cookie Bar (18)</p>
<p>14 Pasta Bake with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)</p>	<p>15 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)</p>	<p>16 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Navel Orange (22) Steamed Broccoli (14) Fresh Baked Roll (15)</p>	<p>17 Honey Baked Ham (02) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Cornbread(16) Fresh Apple (28)</p>	<p>18 Beef Stroganoff over Rice (34) Carrots (06) Cookie Bar (23) Mandarin Oranges (17) Garden Green Salad (02)</p>
<p>21 Swedish Meatballs (39) Rice (21) Carrots (06) Mixed Fruit Cocktail (14) Fresh Baked Roll (16)</p>	<p>22 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Apple Sauce (22)</p>	<p>23 Roasted Lemon Pepper Chicken (10) Steamed White Rice (21) Steamed Broccoli (14) Garden Green Salad (02) Fresh Apple (12)</p>	<p>24 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Tropical Fruit (22) Chocolate Brownie (23)</p>	<p>25 Garlic Roasted Beef Round with Gravy (10) Herb Roasted Baby Potatoes (15) Peas (11) Diced Peaches (19) Fresh Baked Roll (16)</p>
<p>28 Malibu Chicken with Honey Mustard Sauce (08) Scalloped Potatoes (22) Seasoned Mixed Veggies (12) Fresh Baked Roll (16) Mandarin Oranges (17)</p>	<p>29 Egg, Sausage, and Cheese Breakfast Burrito (16) Tater Tots (18) Apple Crisp (67)</p>	<p>30 Kalua Pork (00) Hawaiian Rice (25) Peas (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>	<p>31 Beef Hot Dog with Fresh Bun (17) Country Baked Beans (32) Chocolate Brownie (23) Applesauce (14)</p>	<p>Menu subject to change</p> <p>Number in parentheses represent carbohydrate count</p>