

Jacobs Senior Center 801-785-2818

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



MAG

Expert Resources. Enriching Lives.

August 2024

Suggested donation \$3/meal

Low fat milk (12) is provided
with each meal

Number in parentheses
represent carbohydrate
count

Menu subject to change

Monday		Tuesday		Wednesday		Thursday		Friday	
Alternate Meal Schedule (Senior Center Lunches Only)						1 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (26) Cut Carrots (06) Fresh Baked Roll (15) Fruit Cocktail (28)		2 Old Fashioned Sloppy-Joe (03) Fresh Baked Bun (15) Pork and Beans (25) Mixed Veggies (12) Cottage Cheese & Fruit (19)	
<u>Turkey Sandwich with Soup:</u> Aug 5-6 Vegetable Beef Aug 7-9 Chicken Noodle		Aug 19-20 Cream of Broccoli Aug 26-30 Vegetable Beef		<u>Salad:</u> Aug 1-2 Aug 12-16 Aug 26-30					
5 Cheesy Italian Sausage Pasta Bake (50) Green Beans (02) Garden Green Salad (02) Fresh Garlic Roll (15) Apple Sauce (14)		6 Biscuits and Sausage Gravy (29) Eggs (01) Tater Tots (18) Fruit Crisp (67)		7 Oven Roasted Chicken over Quinoa (39) Green Peas (11) Fruit Cocktail (14) Cookie Bar (18)		8 Ham and Turkey on Hoagie Bun (46) Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Mandarin Oranges (19)		9 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)	
12 Swedish Meatballs (39) Rice (21) Broccoli (04) Fresh Navel Orange (16) Fresh Baked Roll (16) Cookie Bar (18)		13 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (01) Diced Peaches (19)		14 BBQ Pulled Pork (03) Bun (17) Baked Beans (14) Cinnamon Applesauce (28) Coleslaw (14)		15 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Broccoli (04) Fresh Roll (16) Jell-O with Fruit (14)		16 Grilled Hamburgers with Fresh Baked Bun (15) Lettuce, Tomato, Pickles (02) Hot Potato Salad (19) Sliced Pears (19) Pork and Beans (25)	
19 Teriyaki Beef Bowl (08) Steamed Brown Rice (21) Steamed Broccoli (04) Pineapple (14) Fresh Baked Roll (15)		20 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (14) Cookie Bar (18)		21 Roasted Lemon Pepper Chicken (10) Steamed White Rice (21) Carrots (06) Garden Green Salad (02) Fresh Apple (12)		22 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)		23 Oven Roasted Pork (00) Loaded Mashed Potatoes (15) Diced Beets (06) Fruit Cocktail (14) Fresh Baked Roll (16)	
26 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Cornbread (28) Fresh Apple (28)		27 Santa Fe Shredded Turkey over Brown Rice (30) Roasted Corn (14) Red Beans (23) Orange (22) Fresh Baked Roll (16)		28 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)		29 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Green Salad (02) Navel Oranges (22) Chocolate Brownie (23)		30 Kalua Pork (00) Hawaiian Rice (25) Black Beans (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)	