

January 2024

Alternate Meal Schedule (Senior Center Lunches Only)

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




Turkey Sandwich with Soup:

Jan 1-2 Cream of Potato
Jan 3-5 Vegetable Beef
Jan 16 Chicken Noodle

Jan 17-19 Cream of Broccoli
Jan 29-30 Chicken Noodle
Jan 31 Cream of Broccoli

Salad:

Jan 8-12
Jan 22-26

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 No Meal</p> 	<p>2 No Meal</p> 	<p>3 Three Bean Beef Chili (3) Seasoned Corn and Carrots (18) Corn Bread (28) Mixed Fruit and Jell-O (09)</p>	<p>4 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Diced Carrots (06) Fresh Baked Roll (15) Fruit Cocktail (28)</p>	<p>5 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)</p>
<p>8 Swedish Meatballs (39) Rice (21) Carrots (06) Fresh Navel Orange (22) Fresh Baked Roll (16) Cookie Bar (18)</p>	<p>9 Biscuit (25) and Sausage Gravy (14) Scrambled Eggs (01) Tater Tots (18) Cottage Cheese & Peaches (28)</p>	<p>10 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Apple Sauce (14)</p>	<p>11 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Diced Peaches (19) Fresh Baked Roll (16)</p>	<p>12 Beef Stroganoff over Rice (34) Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)</p>
<p>15</p>  <p>NO MEAL</p>	<p>16 Cheesy Italian Sausage Pasta Bake (19) Broccoli (04) Fresh Garlic Roll (15) Pineapple Tidbits (07)</p>	<p>17 Shepherd's Pie (79) Seasoned Carrots (06) Pears (12) Garden Green Salad (02) Chocolate Brownie (23)</p>	<p>18 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)</p>	<p>19 Garlic Roasted Beef Round and Herb Mashed Potatoes with Gravy (30) Mixed Veggies (11) Apple (28) Fresh Baked Roll (16)</p>
<p>22 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (14)</p>	<p>23 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)</p>	<p>24 Hawaiian Haystacks Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (22) Coconut Flakes, Cheese, Chow Mein Noodles (18)</p>	<p>25 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Fruit Fluff with Cottage Cheese (28) Mixed Vegetables (12) Fresh Baked Roll (15)</p>	<p>26 Honey Baked Ham (02) Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Mixed Fruit and Jell-O (09)</p>
<p>29 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Mixed Fruit Cocktail (14) Fresh Baked Roll (16)</p>	<p>30 Beef and Vegetable Stew (14) Garden Salad (02) Corn Bread (33) Apple Crisp (67)</p>	<p>31 Oven Roasted Pork (00) Seasoned Mixed Veggies (12) Hot Potato Salad (15) Apple Sauce (19) Fresh Baked Roll (16) Cookie Bar (18)</p>	<p>Low fat milk (12) is provided with each meal</p> <p>Suggested donation \$3/meal</p>	<p>Menu subject to change</p> <p>Number in parentheses represent carbohydrate count</p>