

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

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

**July  
2024**



**Alternate Meal Schedule (Senior Center Lunches Only)**



Turkey Sandwich with Soup:  
July 8-9 Cream of Potato  
July 10-12 Chicken Noodle

July 22-23 Vegetable Beef  
July 25-26 Cream of Broccoli

Salad:  
July 1-5  
July 15-19  
July 29-31

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Broccoli (04) Fresh Baked Roll (16) Fruit Cocktail (14)</p>	<p><b>2 Roast Turkey Breast (03)</b> Garlic Mashed Potatoes &amp; Turkey Gravy (25) Green Beans (02) Fresh Baked Roll (15) Orange (16)</p>	<p><b>3 Beef Hot Dog with Fresh Bun (17)</b> Country Baked Beans (32) Cookie (23) Unsweetened Applesauce (14)</p>	<p><b>4 No Meal</b> </p>	<p><b>5 BBQ Chicken (03)</b> Au Gratin Potato (19) Carrots (06) Diced Peaches (19) Cornbread (29) Garden Green Salad (02)</p>
<p><b>8 Swedish Meatballs (39)</b> Rice (21) Broccoli (04) Navel Orange (22) Cookie Bar (18)</p>	<p><b>9 Beef Taco Salad (05)</b> Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)</p>	<p><b>10 Ham and Turkey on Hoagie Bun (46)</b> Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Mandarin Oranges (19)</p>	<p><b>11 Fish Filets with Tartar Sauce (15)</b> Potato Wedges (18) Mixed Veggies (12) Fresh Orange (12) Fresh Baked Roll (16)</p>	<p><b>12 Sausage Pasta Bake (25)</b> Seasoned Green Beans (02) Garden Green Salad (02) Seasonal Fruit Crisp (67) Fresh Garlic Baked Roll (15)</p>
<p><b>15 Teriyaki Beef Bowl (08)</b> Steamed Brown Rice (21) Steamed Broccoli (04) Pineapple (14) Fresh Baked Roll (15)</p>	<p><b>16 Oven Roasted Pork (00)</b> Loaded Potatoes (15) Seasoned Diced Beets (06) Fruit Cocktail (14) Fresh Baked Roll (16) Cookie Bar (18)</p>	<p><b>17 Beef Stroganoff over Rice (34)</b> Seasoned Carrots (06) Apple Crisp (67) Garden Green Salad (02)</p>	<p><b>18 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)</p>	<p><b>19 Homemade Meatloaf (3)</b> Garlic Mashed Potatoes &amp; Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)</p>
<p><b>22 Creamed Chicken over White Rice (30)</b> Green Peas (11) Fruit Cocktail (14) Cookie Bar (18)</p>	<p><b>23 BBQ Pulled Pork (03)</b> Bun (17) Seasoned Black Beans (14) Cinnamon Applesauce (28) Coleslaw (14)</p>	<p><b>24 No Meal- Pioneer Day</b> </p>	<p><b>25 Country Fried Steak (4)</b> Mashed Potatoes &amp; Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (16)</p>	<p><b>26 Sweet and Sour Chicken (30)</b> Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)</p>
<p><b>29 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (27) Fruit with Jell-O (14) Green Beans (02) Fresh Baked Roll (15)</p>	<p><b>30 Kalua Pork (00)</b> Hawaiian Rice (25) Seasoned Black Beans (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>	<p><b>31 Shepherd's Pie (79)</b> Seasoned Carrots (06) Pears (12) Garden Green Salad (02) Chocolate Brownie (23)</p>	<p><b>Suggested donation \$3/meal</b>  Low fat milk (12) is provided with each meal</p>	<p>Number in parentheses represent carbohydrate count  <b>Menu subject to change</b></p>