

# August 2019

**JACOB'S SENIOR CITIZEN CENTER 801-785-2818**

**Alternate Meal Schedule(Senior Center lunches only)**

- Aug 1-2 Vegetable Beef Soup with Turkey Sandwich
- Aug 5 - 9 Salad
- Aug 12 -13 Chicken & Rice Soup with Turkey Sandwich
- Aug 14-16 Minestrone Soup with Turkey Sandwich
- Aug 19 -23 Salad
- Aug 26-27 Cream of Broccoli Soup with Turkey Sandwich
- Aug 28-30 Vegetable Beef Soup with Turkey Sandwich

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested donation \$3/meal  Menu subject to change	Low fat milk (12) is provided with each meal  Numbers in parentheses represent carbohydrate count		<b>1 Sloppy Joe(0)</b> Fresh Hamburger Bun(15) Mustard Potato Salad(19) Pork and Beans(25) Navel Orange(22)	<b>2 Kalua Pork(0)</b> Hawaiian Rice(25) Pineapple Tidbits(7) Fresh Roll(15) Corn(14) Chocolate Chip Cookie(66)
<b>5 Teriyaki Chicken Bowl(8)</b> Steamed Brown Rice(21) Fresh Steamed Broccoli(4) Banana(27) Fresh Baked Roll(15)	<b>6 Ham &amp; Turkey Sub Sandwiches(15)</b> Crisp Potato Chips(14) Macaroni Salad(20) Fresh Local Apple(28)	<b>7 Ziti Pasta with Meat Sauce(25)</b> Garden Green Salad(2) Fresh Garlic Bread(15) Seasonal Fruit Crisp(67)	<b>8 Hawaiian Haystacks</b> Diced Tomatoes, Green Peas, Diced Celery, Pineapple Tidbits, Coconut Flakes, Black Olives, Chow Mein Noodles, Cheese, White Rice(30) California Blend Vegetables(5)	<b>9 Country Fried Steak(4)</b> Mashed Potatoes & Country Gravy(27) Mixed Vegetables(12) Fresh Roll(15) Peaches(18)
<b>12 Swedish Meatballs(39)</b> Rice(21) Carrots (6) Peaches(18) Fresh Baked Roll (16)	<b>13 Grilled Hamburgers &amp; Fresh Baked Bun(17)</b> Coleslaw(4) Corn(14) Mixed Fruit and Jell-0(9) Fresh Baked Brownie(23)	<b>14 Malibu Chicken with Honey Mustard Sauce(8)</b> Au Gratin Potatoes(22) Green Beans(2) Roll(16) Fruit Cocktail(8)	<b>15 Ground Beef Taco Salad</b> Tortilla Chips, Lettuce, Diced Tomatoes, Cheese, Kidney Beans, Ranch Dressing, Taco Sauce, Sour Cream(40) Diced Pears(19)	<b>16 Roast Turkey Breast(3)</b> Mashed Potatoes & Gravy(25) Carrot (6) Fresh Roll (15) Mandarin Oranges(11)
<b>19 Broiled Bratwurst with Fresh Baked Hoagies(17)</b> Sauerkraut(4) Corn(14) Mixed Fruit and Jell-0(9) Fresh Baked Brownie(23)	<b>20 Ms. Helen's Cheesy Beef Lasagna(19)</b> Seasoned Green Beans(2) Fresh Garlic Bread(15) Seasonal Fruit Crisp(67)	<b>21 Homestyle Meat Loaf(3)</b> Garlic Mashed Potatoes & Gravy(30) Roasted Corn(14) Fresh Roll(15) Orange(22)	<b>22 Chicken Salad Wrap(18)</b> Italian Pasta Salad(20) Kosher Pickle Spears(0) Diced Pears(19)	<b>23 Garlic Roasted Beef(0)</b> Roasted Baby Potatoes(15) Seasoned Peas(11) Mixed Fruit Cocktail(8) Fresh Baked Roll(16)
<b>26 Salisbury Steak(5)</b> Garlic Mashed Potatoes and Gravy(27) Mixed Vegetables(12) Fresh (15) Diced Pears (19)	<b>27 Honey Baked Ham(0)</b> Scalloped Potatoes(13) Diced Beets(06) Fresh Corn Bread(33) Apple Sauce(8)	<b>28 3 Cheese Tortellini &amp; Bolognese Sauce(28)</b> Garden Green Salad(2) Carrots (6) Fresh Roll(15) Cinnamon Apple Crisp(67)	<b>29 Shepherd's Pie(79)</b> Seasoned Peas(11) Cottage Cheese & Fruit(12) Fresh Baked Roll(16) Chocolate Brownie(23)	<b>30 Barbeque Chicken(3)</b> Au Gratin Potatoes(19) Seasoned Green Beans(2) Fresh Orange(22) Fresh Baked Roll(16)