



Jacobs Senior Citizen Center
801-785-2818

AUGUST 2021

Alternate Meal Schedule (Senior Center lunches only)

Soup with Turkey Sandwich: Aug 2-3 Chicken Noodle Soup August 4-6 Cream of Potato Soup August 16-17 Vegetable Beef Soup	August 18-20 Cream of Broccoli Soup August 30-31 Chicken Noodle Soup	Salads: August 9-13 August 23-27
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Teriyaki Chicken Bowl (08) Steamed White Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (15)	3 Ziti Pasta with Meat Sauce (25) Garden Green Salad (02) Fresh Garlic Roll (15) Seasonal Fruit Crisp (67)	4 Honey Baked Ham and Turkey Sub Sandwiches (15) Crisp Potato Chips (14) Home style Macaroni Salad (20) Apple Sauce (28)	5 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)	6 Cured Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Corn Bread (33) Apple Sauce (08)
9 Swedish Meatballs (39) Rice (21) Carrots (06) Peaches (18) Fresh Baked Roll (16)	10 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)	11 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (08)	12 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)	13 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrot (06) Fresh Baked Roll (15) Mandarin Oranges (11)
16 Cheesy Meat Baked Ziti (19) Seasoned Green Beans (02) Fresh Garlic Roll (15) Jackie's Cake (28)	17 Black Angus Meat Loaf (03) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Navel Orange (22) Fresh Baked Roll (15)	18 Grilled Hamburgers with Fresh Baked Bun (17) Coleslaw (04) Roasted Corn (14) Applesauce (14)	19 Broiled Bratwurst with Fresh Baked Hoagies (17) Sauerkraut (04) Mixed Fruit and Jell-O Cup (09) Roasted Corn (14) Fresh Brownie (23)	20 Garlic Roasted Beef Round (00) Herb Roasted Baby Potatoes (15) Fresh Roll (16) Seasoned Peas (11) Mixed Fruit Cocktail (08)
23 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Pears (19)	24 Three Cheese Tortellini with Bolognese Sauce (28) Garden Green Salad (02) Diced Carrots (06) Cinnamon Apple Crisp (67) Fresh Baked Roll (15)	25 Sloppy Joe (0) Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Navel Oranges (22)	26 Shepherd's Pie (79) Seasoned Peas (11) Cottage Cheese and Mixed Fruit (12) Fresh Baked Roll (16) Chocolate Brownie (23)	27 Country Fried Steak (04) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)
30 Barbeque Chicken (03) Au Gratin Potatoes (19) Seasoned Green Beans (02) Fresh Orange (22) Fresh Baked Roll (16)	31 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)		Suggested donation \$3/meal Menu subject to change	Low fat milk (12) is provided with each meal Numbers in parentheses represent carbohydrate count