




OCTOBER



Jacobs Senior Citizen Center
801-785-2818

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Regular Meals ONLY. No Alternate meals the month of October.</p>	<p>Low fat milk (12) is provided with each meal</p> <p>Numbers in parentheses represent carbohydrate count</p>	<p>Suggested donation \$3/meal</p> <p>Menu subject to change</p>	<p>1 Smoked Ham and White Beans (25) Braised Cabbage (3) Apple Sauce (14) Fresh Baked Cornbread (33)</p>	<p>2 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrot (06) Fresh Baked Roll (15) Mandarin Oranges (11)</p>
<p>5 Swedish Meatballs (39) Rice (21) Carrots (06) Fresh Navel Orange (22) Fresh Baked Roll (16)</p>	<p>6 Broiled Bratwurst with Fresh Baked Hoagies (17) Sauerkraut (04) Jackie's Cake (28) Hot Potato Salad (22)</p>	<p>7 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)</p>	<p>8 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Mixed Veggies (02) Fresh Baked Roll (16) Mandarin Oranges (11)</p>	<p>9 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>
<p>12 NO MEAL</p> 	<p>13 Teriyaki Chicken Bowl (8) Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (16)</p>	<p>14 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)</p>	<p>15 Shepherd's Pie (79) Seasoned Corn (11) Fresh Apple Crisp (67) Fresh Baked Roll (16)</p>	<p>16 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)</p>
<p>19 Cured Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (16) Assorted Tropical Fruit (08)</p>	<p>20 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Garden Green Salad (2) Jackie's Cake (28)</p>	<p>21 Black Angus Meat Loaf (3) Garlic Mashed Potatoes & Gravy (27) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)</p>	<p>22 Hearty Beef and Vegetable Stew (14) Brown Rice (30) Fresh Green Salad (2) Fresh Baked Cornbread (16) Fresh Apple (28)</p>	<p>23 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Seasoned Peas (12) Fresh Baked Roll (15) Jell-O Cup with Fruit (9)</p>
<p>26 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Mandarin Oranges (11) Fortune Cookie (24)</p>	<p>27 Sloppy Joe (0) Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Oranges (22)</p>	<p>28 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)</p>	<p>29 Ms. Helen's Cheesy Beef Lasagna (19) Seasoned Green Beans (02) Fresh Garlic Roll (15) Fresh Baked Brownie (23) Cottage Cheese with Fruit (12)</p>	<p>30 My Mummy's Chili (03) Seasoned California Blend Veggies (18) Halloween Cookie Bar (15) Cornbread (28) Granny Smith Apple (28)</p>