

September 2019

Jacob Senior Citizen Center 801-785-2818

Alternate Meal Schedule(Senior Center lunches only)

Sept 2 -6 Salad

Sept 9 -10 Chicken & Rice Soup with Turkey Sandwich


Sept 11-13 Minestrone Soup with Turkey Sandwich

Sept 16- 20 Salad

Sept 23-24 Cream of Broccoli Soup with Turkey Sandwich

Sept 25-27 Vegetable Beef Soup with Turkey Sandwich

Sept 30 Salad

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  NO MEAL	3 Creamed Chicken over White Rice(30) California Blend Vegetables(18) Roll(16) Pineapple(7)	4 Malibu Chicken with Honey Mustard Sauce(8) Au Gratin Potatoes(22) Green Beans(2) Fresh Baked Roll(16) Cottage Cheese & fruit(12)	5 National Squash Day Ms. Helen's Lasagna(19) Garden Fresh Squash(2) Fresh Garlic Bread(15) Seasonal Fruit Crisp(67)	6 Kalua Pork(0) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (7) Fresh Baked Roll(15)
9 Swedish Meatballs(39) Steamed White Rice(21) Seasoned Carrots(6) Peaches(18) Fresh Baked Roll (16)	10 Rigatoni Pasta with Meat Sauce(25) Green Salad(2)Green Beans(2) Fresh Garlic Bread(15) Seasonal Fruit Crisp(67)	11 Honey Baked Ham & Turkey Sandwiches(15) Crisp Potato Chips(14) Macaroni Salad(20) Fresh Local Apple(28)	12 Beef Taco Salad Corn Chips, Shredded Lettuce, Diced Tomato, Cheese, Kidney Beans, Ranch Dressing, Taco Sauce, Sour Cream(40) Mandarin Oranges(11)	13 Garlic Roasted Beef(0) Roasted Potatoes(15) Seasoned Peas(11) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)
16 Honey Baked Ham(0) Scalloped Potatoes(13) Diced Beets(6) Fresh Corn Bread (33) Assorted Tropical Fruit(8)	17 Meatloaf(3) Garlic Mashed Potatoes and Gravy(27) Corn(14) Fresh Roll(15) Jello Cup with Fruit (9)	18 Savory Chicken Salad Wrap(18) Italian Pasta Salad(20) Kosher Pickle Spears(0) Diced Pears(19)	19 Teriyaki Chicken (8) Steamed Brown Rice(21) Fresh Broccoli(4) Banana(27) Fortune Cookie (24)	20 Turkey Breast(3) Garlic Mashed Potatoes & Turkey Gravy(25) Carrots(6) Fresh Roll(15) Mandarin Oranges(11)
23 Salisbury Steak(5) Garlic Mashed Potatoes and Gravy(27) Mixed Vegetables(12) Roll(15) Diced Pears(19)	24 Chicken Pot Pie(14) Fresh Baked Biscuit(25) Garden Green Salad(2) Diced Pears(15) Fresh Baked Brownie(23)	25 BBQ Pork Rib Sandwich(20) Crisp Potato Wedges(18) Garden Fresh Squash(2) Mixed Fruit/ Jell-O Cup(9)	26 Hearty Beef and Vegetable Stew(14) Fresh Green Salad(2) Fresh Corn Bread (33) Granny Smith Apple Crisp(67)	27 Grilled Hamburgers with Fresh Baked Bun(17) Coleslaw (4) Fresh Baked Brownie(23) Roasted Corn (14)
30 Sweet and Sour Chicken & Rice(51) Stir Fried Vegetables(12) Mandarin Oranges(11) Fortune Cookie(24)		Suggested donation \$3/meal Menu subject to change		Low fat milk (12) is provided with each meal Numbers in parentheses represent carbohydrate count