

# April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>Suggested Donation</b> <b>Seniors 60 &amp; Older \$3.00</b> <b>Under 60 full cost of</b> <b>Meal is \$6.00</b>		Master
3 Country Fried Steak Mashed potatoes w/ country gravy Mixed Vegetable Tropical fruit Bread w/ margarine 2% Milk	4 Taco Salad Chip & Salsa Peaches Carrot Cake 2% Milk	5 Lasagna Corn Hot Cinnamon Apples Garlic Bread 2% Milk	6 Turkey and Stuffing Bake w/ gravy Cranberry Sauce Seasoned Green Beans Pear crisp Bread w/ margarine EASTER TREAT 2% Milk
10 Cooks Choice	11 Tuna Wrap Cole Slaw Potato Chips Peaches Brownie w Choc Frosting 2% Milk	12 Chicken Cordon Bleu Rice pilaf Normandy blend veggie Fruit salad 2% milk	13 Meatloaf Mashed potato/gravy Carrots Applesauce Roll w/ Margarine O Henry Bar 2% milk
17 Beef Stroganoff over noodles Green beans Fruit Dinner Roll w/ Margarine 2% milk	18 Ham & Bean Soup Cheese stick Fruit cup Crackers Choc crinkle cookies 2% Milk	19 Lemon Pepper Chicken Au gratin potato Beets Bread w/ margarine Fruit 2% Milk	20 Chef Salad w/turkey, Ham & Cheese Pears w/ cottage cheese Bread stick Peanut Butter Cookie 2%Milk
24 Fish Fillet w/ tartar sauce Alfredo noodles Calif Blend Fruit cocktail Bread w/ margarine 2% milk	25 French Dip w/au jus Chips Macaroni salad w veggie Peaches Jell o Poke Cake 2% Milk	26 Chicken Ala King over rice Side of Peas/carrots Mandarin Orange Biscuits 2% Milk	27 Shepherd's Pie Side of green beans Tapioca pudding fruit Raisin filled cookies 2% Milk

Senior Nutrition Program  
 District IV  
 PO Box 820  
 Richfield, UT 84701

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

\*\*Please make your reservation by 9:00 a.m.  
 on the day you plan to eat at the center.  
 THANK YOU!!!1/11-ehk

# April 2023

## GUNNISON VALLEY SENIOR CITIZENS

**P.O. BOX 605 Phone: 528-3781 (Lorna)**

**Gunnison, Utah 84034**

### Gunnison Valley Senior Citizens

**Lunch is served at the Gunnison City Hall, Monday thru Thursday “come and join us.”**

Keith Reber from My Hearing Centers will be at the Center for your hearing needs. **He will be here every Wednesday of the month. Call for appointment 801-341-2193.**

### April 5<sup>th</sup>.

**Shopping & Dr. Trip to Richfield:** The bus leaving the Gunnison City Hall at 8:45 a.m., please call Lorna on the day before to secure a spot on the bus. If you need to be picked up at your home call Lorna 528-3781 let her know.

### April 17<sup>th</sup>.

**We will be having Ham and cheesy potatoes, bring your favorite dessert and dishes**

### April 19<sup>th</sup>.

**Shopping & Dr. Trip to Richfield:** The bus leaving the Gunnison City Hall at 8:45 a.m., please call Lorna on the day before to secure a spot on the bus. If you need to be picked up at your home call Lorna 528-3781 let her know.

**There are hand quilted Tricot baby quilts and Tricot queen quilts, and pre-stamped or “Cheater” quilts for sale.**

**We are quilting Tuesdays & Thursdays at the New City Hall, please come and join us. Call Kathy 528-3654 or Judy at 528-5828**

**If you need a quilt, hand quilted call, Kathy Brown 528-3654 or Elaine Jensen 435.340.1271**

**Any ladies wanting to learn to hand quilt you are welcome to come.**