

Pahvant Senior Center 435-743-5428

Senior Nutrition Program		January 2023	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3 WE'RE BACK!!!! Chicken Cordon Bleu Broccoli seasons noodles California blend Tropical fruit 2% milk	4 Chicken Fried Steaks Mashed Potatoes w/ Gravy Peas and Carrots Mandarin Oranges 2% Milk	5 Chicken Enchilada soup Crackers / cheese stick Mixed fruit Cinnamon Roll 2% Milk
9 <i>Taco Soup</i> <i>Fruit</i> Cooks Choice <i>Chocolate Chip Cookie</i> <i>Fritos Chips</i>	10 Chicken Fajitas w/ peppers/onions Key Largo Refried Beans Fruit & jello 2% milk	11 Pot Roast w/ potato, carrot, onion Fruit Salad Dinner Roll w/ margarine 2% milk	12 Meat & cheese pizza Tossed Green Salad Hot Cinnamon Apples Cake w/ frosting 2% milk
16 Closed Martin Luther King	17 Pork Chop Scalloped potato peas Apple sauce 2% Milk	18 Lasagna Corn Fruit Cocktail Garlic Bread 2% Milk	19 Baked Fish Rice pilaf Green beans Pineapple Jell o Salad Oatmeal raisin cookie 2 % Milk
23 Beef Stroganoff over noodles Green Beans Pear's w/ cottage cheese Homemade bread w/ margarine 2% milk	24 Chicken and Rice Casserole Mixed Vegetable Peach Cobbler Wheat Bread w/ Margarine 2% milk	25 Minestrone Soup Saltine crackers Cheese stick Tropical fruit Ginger snap cookie 2% milk	26 Ham & Mac and cheese Mandarin orange and pineapple with sour cream salad Bread stick 2% milk
30 Chicken Enchilada Mexican Corn Spanish Rice Peach Parfait Milk 2%	31 Pork Roast Mashed potato w gravy Broccoli Applesauce Roll w/ margarine 2% Milk		Suggested Donation Seniors 60 & older \$3.00 Under 60 COST \$6.00

**Please make your reservation by 9:00 a.m.

on the day you plan to eat at the
THANK YOU!!!

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

PAHVANT SENIOR CITIZENS CENTER
 55 South 400 West
 Fillmore, UT 84631
 Phone: (435) 743-5428

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2-Closed - Happy New Year	3	4 Bingo	5	6	7
8	9 Bingo	10	11 Bingo	12	13	14
15	16-Closed - Martin Luther King	17	18 Birthday Bingo	19	20	21
22	23 Board Meeting 10:00 a.m. Bingo	24 Ice Cream Sundae Bar -After lunch!	25 Bingo	26	26	28
29	30 Bingo	31				

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