

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

**Suggested Donation**  
**Seniors 60 & older**  
**\$3.00**  
**Under 60 full cost of**  
**meal is \$6.00**

**ZUMBA CLASS EVERY WEEK**  
**CALL JAN CHRISTENSEN @**  
**1-435-669-3097 FOR DETAILS**  
**WALKING EVERY FRIDAY @**  
**5:00 P.M.**

1  
 BBQ Pork  
 Baked Potato w/ sour cream  
 Broccoli  
 Mandarin orange  
 Dinner Roll w/ margarine  
 2% Milk  
**WALKING @ 5:00 P.M.**

2  
 Hamburger w/ trimmings  
 Potato chips  
 Macaroni salad  
 Mixed Fruit  
 Rice Crispy treat  
 2% Milk

6  
 Fish Fillet w/ tartar sauce  
 Brown rice pilaf  
 Veggie Blend  
 Tropical fruit  
 2% Milk  
**WALKING @ 5:00 P.M.**

7  
 Hamburger Veggie & Rice Soup  
 Peaches  
 Sugar Cookie Bar  
 2% Milk

BINGO

8  
 Pork Chop  
 Au gratin potatoes  
 Calif Blend  
 Banana Bread  
 Applesauce  
 2% Milk  
**WALKING @ 5:00 P.M.**

9  
 Philly cheese Sandwich w/ grilled  
 onions and green peppers  
 3 bean Salad  
 Potato chips  
 Hot Apples  
 2% Milk

13  
 Cooks Choice

**WALKING @ 5:00 P.M.**

14 **BIRTHDAY LUNCH**  
 Chicken Sandwich w/ trimmings  
 Fruit salad  
 Carrot & raisin salad  
 Chips  
 Pickle spear  
 2% Milk  
**DOUG SINGING**

15 **OLD TIME FIDDLERS**  
 Meatloaf  
 Scalloped Potatoes  
 Green beans  
 pineapple  
 Bread & margarine  
 2% milk  
**WALKING @ 5:00 P.M.**

16  
 Pot Roast  
 w/ cabbage, carrots, potato  
 Green Jell o w/ pears  
 Pistachio cake  
 Buttermilk Biscuit  
 2% Milk

20  
 Chicken Noodle Soup w veggie  
 Peaches  
 crackers  
 2% Milk  
**WALKING @ 5:00 P.M.**

21  
 Hamburger Casserole  
 Mixed Veggies  
 Orange jell O w/ mandarin orange  
 Peanut butter bar  
 Breadstick  
 2 % Milk  
**BINGO**

22  
 Pulled pork  
 Baked Beans  
 Cole Slaw  
 Fruit cocktail  
 Corn bread  
 2% Milk  
**WALKING @ 5:00 P.M.**

23  
 Swiss Steak  
 Yummy Potatoes  
 ½ of a Fresh Banana  
 Choc Mousse Pudding  
 2% Milk

27  
 Ham  
 Scalloped Potatoes  
 Peas  
 Tropical Fruit  
 2% Milk  
**WALKING @ 5:00 P.M.**

28  
 Chicken Pillows w/ gravy  
 Carrots w/ fresh parsley  
 Fruit cup  
 Gingerbread w/ lemon sauce  
 2% Milk

29  
 Hot Dog w/ Trimmings  
 Macaroni Salad  
 Chip & pickle spear  
 Pears  
 Monster cookie  
 2% Milk  
**WALKING @ 5:00 P.M.**

30  
 Chicken Cordon Bleu Casserole  
 Green Beans  
 Pineapple/mandarin orange salad  
 Bread w/ margarine  
 Milk 2%

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

PLEASE CALL 435-864-2682 NO LATER THAN 10:00 A.M. FOR LUNCH. LUNCH IS SERVED AT 12:00 P.M. THANK YOU!