

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

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1.	2.	3.
4.	5. Labor Day -Closed-	6.	7. Bingo	8.	9.	10.
11.	12. Board meeting 10:00a.m. Bingo	13.	14. Bingo	15. * * * Matinee * Movie * * Cool Runnings 12:45p.m.	16.	17.
18.	19. Bingo	20. Ice Cream Sundae Bar After lunch	21. Birthday Bingo	22.	23.	24.
25.	26. Old Time Fiddlers 7:00p.m. Bingo	27.	28. Bingo	29.	30.	

Pahvant Senior Center - 435-743-5428

Senior Nutrition Program		September 2022	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 Baked Ham Sweet Potatoes Green Beans Applesauce Roll w/ margarine 2% Milk
5 LABOR DAY CLOSED	6 Lasagna Corn Hot cinnamon Apples Garlic Bread 2% Milk	7 Fish Fillet Rice pilaf Mix Vegetable Fruit Peanut butter oatmeal cake 2% milk	8 Shepherd's Pie Carrots Cottage Cheese w/ Pineapple Roll w/ mar Cookie 2% Milk
12 Chicken Teriyaki Fried Rice Cooks Choice Sunshine Carrots	13 Sloppy Joe 3 bean salad Fresh Fruit Chips No Bake Cookie 2% milk	14 Beef Stroganoff Green Beans Fruit w/ jell O Cheesy biscuit Choc Cake 2% Milk	15 Turkey Roast Mashed Potatoes w/ Gravy Beets Peaches Wheat Dinner Roll/ Margarine 2% Milk
19 Hawaiian Chicken w pepper, onion and pineapple Chinese noodles Vegetables Mandarin oranges Fortune Cookie 2% milk	20 Beef stew with veggies Cheese stick Fruit Cocktail Choc chip cookie Bread Stick 2% Milk	21 Turkey Broccoli Casserole Side of a veggie Red Potatoes Pears Corn Bread 2% Milk	22 Roast Beef Mashed potatoes & gravy Peas & Carrot Peach pie Roll w/ margarine 2% milk
26 Breaded Chicken Sandwich chips Peas Tropical Fruit Chocolate Mousse pudding 2% Milk	27 Corn Chowder with Bacon Cheese Stick Oatmeal Raisin Cookie Pineapple/mandarin Muffin 2% Milk	28 Pork Chop Stuffing & gravy Broccoli Applesauce Wheat roll w/ margarine 2% Milk	29 Tamale Pie Corn Bread Glazed Carrots Fruit Gingerbread/ sauce

Please call on the day you plan to eat at the center by 9a.m. Thanks
MENU SUBJECT TO CHANGE AND SUBSTITUTIONS THANK YOU

SUGGESTED DONATION SENIORS 60 AND OVER \$3.00
UNDER 60 COST OF MEAL IS \$6.00