

August 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

<p>1 Chicken & Rice Casserole Spring Mix Veg Mandarin orange Fruit blend 2% Milk</p>	<p>2 Ham sandwich w/ lettuce, tomato Pickle Spear Potato Chips Peach and pear blend Monster Cookies 2 % Milk</p>	<p>3 Roasted Lemon Pepper Chicken Mashed potato w/ gravy Peas and carrots Apple slice w/ dip Bread w/ margarine 2 % Milk</p>	<p>4 Hot Dog & toppings Potato salad cottage cheese Jell O salad Fritos Cookies 2 % Milk</p>
<p>10 Hawaiian haystacks w/ rice& veg Chow mien noodles Tropical fruit Fortune Cookie 2% Milk</p>	<p>11 Salisbury Steak Mashed Potatoes & gravy Carrots Mandarin oranges Roll w/mar 2% Milk</p>	<p>12 Chicken Pillows Mixed veggie Peaches parfait Choc Crinkle Cookie 2% milk</p>	<p>13 Philly Cheese w/ grilled onion, pepper Marinated garden salad Potato Chip Apple Cobblers 2% Milk</p>
<p>15 Cook's Choice</p>	<p>16 Pork roast Mashed potatoes & gravy Corn Fruit Cup Bread w/ margarine Tapioca pudding 2% milk</p>	<p>17 Turkey w/ stuffing & cranberry Beets Pear's w/ cottage cheese Oatmeal Cake Bread w/ margarine 2% Milk</p>	<p>18 Chicken strips w/ chick filet sauce Tater tots Green Beans Pineapple & orange Salad Choc mousse pie 2% milk</p>
<p>22 Chicken Cordon Bleu Scalloped potatoes Broccoli Fruit cocktail Roll w/Mar 2% milk</p>	<p>23 Pot Roast w/ carrots, potato, onion Vegetable Blend Peaches Whole wheat bread w/margarine Drop Sugar cookie 2% Milk</p>	<p>24 Chicken strip salad w/ croutons Mandarin orange/ pineapple tidbits Cinnamon Roll 2% milk</p>	<p>25 Sweet and Sour Chicken w/ pepper and pineapple Fried Rice Stir Fry Vegetables Fruit salad 2 % Milk White cake with raspberry</p>
<p>29 Soft Shell Ground Beef Taco w/ lettuce Tomato, onion, cheese Refried Beans Chips & Salsa Mandarin oranges 2 % Milk</p>	<p>30 Chicken Alfredo w/ noodles Vegetable Blend Bread Stick Pineapple upside down cake 2% Milk</p>	<p>31 Chicken Pot Pie w/ vegetables Side of peas & carrots Pears Bread pudding & sauce 2% Milk</p>	

Please call by 9:00 a.m. on the day you plan to eat thank-you 528-3781

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

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

August 2022

GUNNISON VALLEY SENIOR CITIZENS

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

Gunnison, Utah 84634

Gunnison Valley Senior Citizens

**Lunch is now 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.

Aug 10th.

Shopping & Dr. Trip to Richfield: The bus will be at the Gunnison Senior Center, 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.

Aug 15th.

We will be having Spaghetti, please bring your favorite dessert. And your own dishes & Utensils. Dinner is at 6 pm. At the Gunnison City Hall 38 West Center.

August 24th.

Shopping & Dr. Trip to Richfield: The bus will be at the Gunnison Senior Center, 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 Gunnison City Hall, please come and join us. Call Kathy 528-3654

If you need a quilt, hand quilted call, Kathy Brown 528-3654

Elaine Jensen 435-340-1271

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