

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 Cooks Choice	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 \$2.50
UNDER 60 COST OF MEAL IS \$5.50

September 2022

GUNNISON VALLEY SENIOR CITIZENS

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

Gunnison, Utah 84634

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.

Sept 7th.

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.

Sept 19th.

We will be having Breakfast Just bring your own dishes & Utensils. Dinner is at 6 pm. At the Gunnison City Hall 38 West Center.

Sept 21st.

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.