



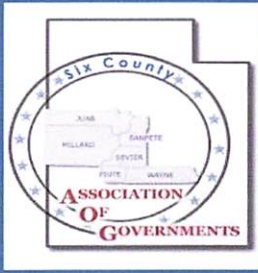


| Senior Nutrition Program | | | | <i>July 2022</i> | | | |
|--|--|--|--|---|--|--|--|
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | |
| Please call by 9 a.m. on the day you plan to eat at the center. Thank you | | | | | |  | |
| 4 CENTER CLOSED  | | 5 Country Fried Steak Mashed Potatoes & Gravy Spring Blend Pineapple/Orange Salad Bread w/ Margarine 2% Milk | | 6 Turkey & Cheese Hoagie w/ Trimmings Green Salad Fruit Cup Pumpkin Chocolate Chip Cookie 2% Milk | | 7 Pork Chop Stuffing Carrots Applesauce Cornbread w/ Honey Butter 2% Milk | |
| 11 *Cook's Choice Lemon Pepper Chicken Au Gratin Potatoes Beets Roll w/ Margarine Apricots 2 % Milk | | 12 Tomato Soup Chicken Salad Sandwich w/ Lettuce Chips Mixed Fruit 2% Milk | | 13 Malibu Chicken w/ Sauce Scalloped Potatoes Peas & Carrots Mandarin Oranges Lemon Bars Bread w/ Margarine & 2% Milk | | 14 Sloppy Joes Pickled Beets Chips Pears and Peach Blend Chocolate Cake w/ Choc Frosting 2% Milk | |
| 18 Swedish Meatballs Steamed Rice Green Beans Peach Parfait Bread w/ Margarine 2% Milk | | 19 Roast Beef Mashed Potatoes & Gravy Broccoli Pistachio Salad BIRTHDAY CAKE! Roll w/ Margarine & 2% Milk  | | 20 Chef Salad w/ Cheese Breadstick Pears Chocolate Pudding 2% Milk | | 21 Hot Dog w/ Trimmings Potato Salad Mandarin & Pineapple Cookie Frito's 2% Milk | |
| 25 CENTER CLOSED HAPPY PIONEER DAY!  | | 26 Spaghetti Green Salad Garlic Bread Hot Cinnamon Apples 2% Milk | | 27 Meatloaf Baked Potato w/ Sour Cream Mixed Veggie Jell-O w/ Fruit Roll w/ Margarine 2% Milk | | 28 Chicken Alfredo w/ Noodles Vegetable Blend Bread Stick Pineapple Upside Down Cake 2% Milk | |

Senior Nutrition Program
 District IV
 PO Box 820
 Richfield, UT 84701

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

**Please make your reservation by 9:00 a.m. on the day you plan to eat at the center. THANK YOU!!!



Success is not final;
Failure is not fatal;
It is the courage to
continue
That counts.

Manti Senior Center
435-835-2041

Monthly Newsletter **July 2022**

Bingo Monthly Drawing Winner:

The winner for last month's monthly Bingo drawing was Diane Swanson! Congratulations Diane! Come join us for Bingo every Tuesday immediately after lunch, and win prizes and be entered for a larger monthly prize drawing!

Rides:

Please call the Center if you would like a ride to lunch and Bingo on Tuesdays! We would love to have you there! Also, if you are in need of a ride to doctors' appointments, etc. Please call the Center. 435-835-2041

Monthly Birthday Celebration:

This month we will celebrate July birthdays on Tuesday, July 19th. Stop by and celebrate with us and have a piece of cake! Feel free to join us for lunch, and wish everyone born in July a very Happy Birthday!

Blood Pressure Clinic:

Don't forget the blood pressure clinic on Tuesday, July 26th. Stop by on the 4th Tuesday of each month to get your blood pressure, blood sugar and oxygen checked, and feel free to stay for lunch and Bingo!

Upcoming Center Closures:

Please remember we will be closed on Monday July 25th in honor of Pioneer Day. Please make other arrangements for lunch on that day. We apologize for the inconvenience and look forward to seeing you again on Tuesday July 26th.

Cost of Lunch for People Under 60:

Just a reminder... The cost of lunch for people under the age of 60 is \$6.00. This is a REQUIRED cost and MUST BE PAID on the day that lunch is consumed. For people 60 years of age and older, the suggested donation is \$3.00, which can be paid at any time and is not required.

July Birthdays:



We would like to wish a very happy birthday, and many many more, to our following seniors born in the month of July...

| | |
|-----------------------------------|-----------------------------------|
| 1 st – Marie Crowson | 23 rd – Barry Baker |
| 7 th – Monte Hermansen | 23 rd – Denise Shand |
| 14 th – Pat Larsen | 23 rd – Gary Carlson |
| 15 th – Ann Stevens | 25 th – Terry Lowry |
| 18 th – Karen Nielsen | 28 th – Brent Blackham |
| 22 nd – Lloyd Call | 30 th – Barbara Penrod |

We apologize if we have missed any birthdays, and wish you all a very happy birthday!!