
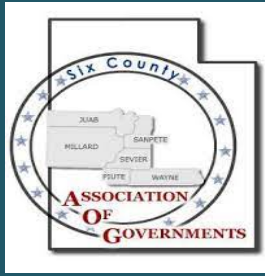


Senior Nutrition Program		September 2022	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 Baked Ham Sweet Potatoes Green Beans Applesauce Roll w/ margarine 2% Milk
5 LABOR DAY CLOSED	6 Lasagna Corn Hot cinnamon Apples Garlic Bread 2% Milk	7 Fish Fillet Rice pilaf Mixed Vegetable Fruit Peanut butter oatmeal cake 2% milk	8 Shepherd's Pie Carrots Cottage Cheese w/ Pineapple Roll w/ mar Cookie 2% Milk
12 *Cooks Choice Chicken Florentine Mixed Vegetable Apricots Garlic Bread 2% Milk	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 Pork 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 Chicken 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% MIik	29 Tamale Pie Corn Bread Glazed Carrots Fruit Gingerbread w/ sauce

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

SUGGESTED DONATION SENIORS 60 AND OVER \$2.50 UNDER 60 COST OF MEAL IS \$5.50



If you want to lift
yourself up,
lift up someone else!

Manti Senior Center
435-835-2041

- Booker T Washington

Monthly Newsletter September 2022

Bingo Monthly Drawing Winner:

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



gg63975492 GoGraph.com

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, grocery shopping, etc. Please call the Center.

Monthly Birthday Celebration:

This month we will celebrate September birthdays on Tuesday, September 20th. Stop by and celebrate with us and have a piece of cake! Feel free to join us for lunch, and wish everyone born in September a very Happy Birthday!

Blood Pressure Clinic:

Don't forget the blood pressure clinic on Tuesday, September 27th. 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 September 5th in honor of Labor Day. Please make other arrangements for lunch on that day. We apologize for the inconvenience and look forward to seeing you again on Tuesday September 6th.

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.

September Birthdays:



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

- | | |
|--------------------------------------|------------------------------------|
| 1 st – George Burton | 14 th – Dorothy Spens |
| 2 nd – Vaun Mickelsen | 14 th – Gloria Duron |
| 3 rd – Kim Squire | 18 th – JoAnna Sanders |
| 5 th – Ernie Martinez | 19 th – Joe Bennett |
| 6 th – Diane Swanson | 24 th – Warren Woodside |
| 6 th – Edna Zabriskie | 25 th – Marie Howell |
| 8 th – Pat Justesen | 25 th – Shanna Colburn |
| 11 th – Beth Ann Ericksen | 26 th – Chip Davis |
| 12 th – LaMar Kjar | 26 th – Victoria Brandt |

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