

Pahvant Senior Center - 435-743-5428

August 2022

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

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

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

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

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

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. Bingo	2.	3. Bingo	4.	5.	6.
7.	8. Bingo	9. Board Meeting 10:00 a.m.	10. Bingo	11.	12.	13.
14.	15. Bingo	16.	17. Birthday Bingo	18.	19.	20.
21.	22. "Old Time Fiddlers" 7:00 p.m. Bingo	23.	24. Bingo	25.	26.	27.
28.	29. Bingo	30.	31. Bingo			