

Pahvant Senior Center 435-743-5428

Senior Nutrition Program		November 2022	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Teriyaki Chicken Fried Rice w/ peas & carrots Stir Fry Veggies Cottage cheese w/ Pineapple 2% Milk	2 Hot Hamburger w/ grilled onion Mashed Potato & gravy Green Beans Mandarin Orange Buttermilk salad Hot roll 2% Milk	3 Chicken Alfredo Egg Noodles Calif Blend Fruit Pumpkin choc chip cookie 2 % milk
7 Stuffed Green Peppers Vegetable Blend Tropical blend Bread O Henry Bar 2% Milk	8 Chicken noodle soup w/ carrot, celery Cheese stick Crackers Fruit cup 2% Milk	9 Thanksgiving Dinner Turkey Cranberries, Candied Yams Mashed Potato/ Gravy, Dressing Cranberry salad, Green Beans Pumpkin Pie Dinner Roll/ Margarine 2% Milk	10 Veterans Day CENTER CLOSED
14 Baked Ham Scalloped Potatoes Peas Mixed Fruit Corn Bread 2% milk	15 Roast Beef Mashed potato w/ gravy Green beans Frog Eye Salad Wheat Bread w/ margarine 2% Milk	16 Baked Fish Rice Pilaf Cinnamon Applesauce Broccoli 2% Milk	17 Swedish Meatballs over Noodles Normandy Blend Jell- w/ Mandarin oranges Bread pudding w/ lemon sauce 2% Milk
21 Beef barley & vegetable Soup Cheese stick Crackers Mixed Fruit Apple Cake w sauce 2% milk	22 <i>BBQ Pork Sandwiches</i> <i>Au Gratin Potatoes</i> COOKS CHOICE <i>Fruit</i> <i>Vegetable Blend</i>	23 Center Closed	24 Thanksgiving Center Closed
28 Country Fried Steak Mashed potato/ gravy Corn Pears Rolls/Margarine cookie 2% Milk	29 Tamale Pie Glazed Carrots Fruit Salad Cheddar Biscuit Brownie 2% Milk	30 Honey BBQ Chicken Baked Potato /sour cream Peas Dinner Roll w/ Margarine Tropical fruit 2% milk	60 + suggested donation \$3.00 Under 60 Cost \$6.00 Please make your reservation by 9:00 am on the day you plan to eat at the center.

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

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			Bingo			
6	7	8	9 Thanksgiving Dinner	10 Veterans Day Center Closed	11	12
	Bingo					
13	14 Board Meeting 10:00 a.m.	15	16	17 ***** Matinee Movie * 8 Below *	18	19
	Bingo		Birthday Bingo	After Lunch		
20	21	22 Ice Cream Sundaes Bar After Lunch!	23 Center Closed	24 Happy Thanksgiving Center Closed	25	26
	Bingo					
27	28 Old Time Fiddlers 7:00 p.m. Bingo	29	30			
			Bingo			