





April 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
		<p>Suggested Donation Seniors 60 & Older \$3.00 Under 60 full cost of Meal is \$6.00 Make checks payable to Six County Senior Nutrition</p>					
<p>3 Country Fried Steak Mashed potatoes w/ country gravy Mixed Vegetable Tropical fruit Roll w/ margarine 2% Milk</p>		<p>4 Taco Salad Chip & Salsa Peaches Carrot Cake 2% Milk</p>		<p>5 Lasagna Corn Hot Cinnamon Apples Garlic Bread 2% Milk</p>		<p>6 Turkey and Stuffing Bake w/ gravy Cranberry Sauce Seasoned Green Beans Pear crisp Bread w/ margarine EASTER TREAT 2% Milk</p> 	
<p>10 **Cooks Choice Hamburger Barley Soup Breadstick Cheese Stick Pineapple 2% Milk</p>		<p>11 Tuna Wrap Cole Slaw Potato Chips Peaches Brownie w Choc Frosting 2% Milk</p>		<p>12 Chicken Cordon Bleu Rice pilaf Normandy blend veggie Fruit salad 2% milk</p>		<p>13 Meatloaf Mashed potato/gravy Carrots Applesauce Roll w/ Margarine O Henry Bar 2% milk</p>	
<p>17 Beef Stroganoff w/ noodles Green beans Fruit Dinner Roll w/ Margarine Choc crinkle cookie 2% milk</p>		<p>18 Ham & Bean Soup Cheese stick Fruit cup Crackers Birthday Cake 2% Milk</p> 		<p>19 Lemon Pepper Chicken Au gratin potato Beets Bread w/ margarine Fruit 2% Milk</p>		<p>20 Chef Salad w/turkey, Ham & Cheese Pears w/ cottage cheese Bread stick Peanut Butter Cookie 2% Milk</p>	
<p>24 Fish Filet w/ tartar sauce Alfredo noodles Calif Blend Fruit cocktail Bread w/ margarine 2% milk</p>		<p>25 French Dip w/au jus Chips Macaroni salad w veggie Peaches Jell o Poke Cake 2% Milk</p>		<p>26 Chicken Ala King over rice Side of Peas/carrots Mandarin Orange Biscuits 2% Milk</p>		<p>27 Shepherd's Pie Side of green beans Tapioca pudding Fruit Raisin filled cookies 2% Milk</p>	

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!!!1/11-ehk



Success is not final;
Failure is not fatal;
It is the courage to
Continue that counts.

Manti Senior Center
435-835-2041

Monthly Newsletter **April 2023**

Bingo Tuesdays:

Please join us for Bingo on Tuesdays, immediately after lunch. Come in for lunch, or just come for the fun! We have had several people make donations recently and we appreciate the help so much! Thank you!

Fundraising Ideas/Suggestions:

If you have any ideas for fundraising or even any fun activities you would like to see happen at the Senior Center, please let us know!

Ride Schedule

Rides to doctor's appointments or grocery shopping are available on Tuesdays from 1:00pm-3:00pm. Please provide 24 hours' notice if you need a ride! Please remember this is for rides only. If you require additional assistance, please contact us so we can point you in the right direction.

Monthly Birthday Celebration:

This month we will celebrate April birthdays on Tuesday, April 18th. Stop by and celebrate with us and have a piece of cake! Feel free to join us for lunch and bingo, and wish everyone born in April a very Happy Birthday!

Blood Pressure Clinic:

Don't forget the blood pressure clinic on Tuesday, April 25th. 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!

April Birthdays:



We would like to wish a very happy birthday, and many many more, to our following seniors born in the month of April and apologize if we have missed any...

1st – Doug Squire
2nd – Thomas Clark
3rd – Judy Hallman
13th – Camille Larsen
13th – Judy Lubinski
15th – Janice Carlson
19th – Barbara Jensen

21st – Bruce Ericksen
21st – Rick Parry
22nd – Caroleen Cavner
22nd – Jim Thompson
26th – Bladen Curtis
29th – Helen Thurston
30th – Michael Hill