



MONDAY

TUESDAY

November 2022

WEDNESDAY

THURSDAY

ZUMBA CLASS  
EVERY WEEK CALL  
JAN CHRISTENSEN  
@ 1-435-669-3097  
FOR DETAILS

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 BIRTHDAY LUNCH  
Roast Beef  
Mashed potato w/ gravy  
Green beans  
Frog Eye Salad  
Wheat Bread w/ margarine  
2% Milk DOUG SINGING

10  
VETERANS DAY  
CENTER CLOSED

14  
Baked Ham  
Scalloped Potatoes  
Peas  
Mixed Fruit  
Corn Bread  
2% milk

15  
Baked Fish  
Rice Pilaf  
Cinnamon Applesauce  
Broccoli  
2% Milk

16 Thanksgiving Dinner  
Turkey Cranberries, Candied Yams  
Mashed Potato/ Gravy, Dressing  
Cranberry salad, Green Beans  
Pumpkin Pie  
Dinner Roll/ Margarine  
2% Milk OLD TIME FIDDLERS

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  
COOKS CHOICE

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

Suggested Donation  
Seniors 60 & Older \$3.00  
Under 60 full cost of  
Meal is \$6.00

Menu Subject to Change and Substitutions

PLEASE CALL 435-864-2682 NO LATER THAN 10:00 A.M. FOR LUNCH  
LUNCH IS SERVED AT 12:00 P.M. THANK YOU!

