

March 2023

Senior Nutrition Program

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Suggested Donation Seniors 60 & older \$3.00 Under 60 full cost of meal is \$6.00				1	BBQ Pork Baked Potato w/ sour cream Broccoli Mandarin orange Dinner Roll w/ margarine 2% Milk	2	Hamburger w/ trimmings Potato chips Macaroni salad Mixed Fruit Rice Crispy treat 2% Milk
6	Fish Fillet w/ tartar sauce Brown rice pilaf Veggie Blend Tropical fruit 2% Milk	7	Hamburger Veggie & barley Soup Peaches Sugar Cookie Bar 2% Milk	8	Pork Chop Au gratin potatoes Calif Blend Banana Bread Applesauce 2% Milk	9	Philly cheese Sandwich w/ grilled onions and green peppers 3 bean Salad Potato chips Hot Apples 2% Milk
13	Potato Soup Mandarin Oranges Crackers No Bake cookie 2% Milk	14	Chicken Sandwich w/ trimmings Fruit salad Carrot & raisin salad Chips Pickle spear 2% Milk	15	Meatloaf Scalloped Potatoes Green beans pineapple Bread & margarine 2% milk	16	Pot Roast w/ cabbage, carrots, potato Green Jell o w/ pears Pistachio cake Buttermilk Biscuit 2% Milk
20	Chicken Noodle Soup w veggie Peaches crackers 2% Milk	21	Hamburger Casserole Mixed Veggies Orange jell O w/ mandarin orange Peanut butter bar Breadstick 2 % Milk	22	Pulled pork Baked Beans Cole Slaw Fruit cocktail Corn bread 2% Milk	23	Swiss Steak Yummy Potatoes ½ of a Fresh Banana Choc Mousse Pudding 2% Milk
27	Ham Scalloped Potatoes Peas Tropical Fruit 2% Milk	28	Chicken Pillows w/ gravy Carrots w/ fresh parsley Fruit cup Gingerbread w/ lemon sauce 2% Milk	29	Hot Dog w/ Trimmings Macaroni Salad Chip & pickle spear Pears Monster cookie 2% Milk	30	Chicken Cordon Bleu Casserole Green Beans Pineapple/mandarin orange salad Bread w/ margarine Milk 2%

Senior Nutrition Program
 District IV
 PO Box 820

MENU SUBJECT TO CHANGE

**Please make your reservation by 9:00 a.m. on the day you plan to eat at the center.

March 2023

GUNNISON VALLEY SENIOR CITIZENS

P.O. BOX 605 Phone: 528-3781 (Lorna)

Gunnison, Utah 84034

Gunnison Valley Senior Citizens

Lunch is served at the Gunnison City Hall, Monday thru Thursday at 11:30 AM “come and join us.”

Keith Reber from My Hearing Centers will be at the Center for your hearing needs. **He will be here every Wednesday of the month. Call for appointment 801-341-2193.**

March 6th.

Shopping & Dr. Trip to Richfield: please call Lorna on the day before to secure a spot on the bus. If you need to be picked up at your home call Lorna 528-3781 let her know.

March 20th. Dinner at 6 P.M. Corn Beef & Cabbage Bring something to go with the Corn beef or bring your favorite dessert and your own Dishes and utensils.

March 20th.

Shopping & Dr. Trip to Richfield: please call Lorna on the day before to secure a spot on the bus. If you need to be picked up at your home call Lorna 528-3781 let her know.

There are hand quilted Tricot baby quilts and Tricot queen quilts, and pre-stamped or “Cheater” quilts for sale.

We are quilting Tuesdays & Thursdays at the New City Hall, please come and join us. Call Kathy Brown 528-3654 or Elaine Jensen 435-340-1271

If you need a quilt, hand quilted call, Kathy Brown 528-3654 or Elaine Jensen 435-340-1271