

A U T U M N

## September 2022

Senior Nutrition Program  
**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

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

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

1 Baked Ham  
Sweet Potatoes  
Green Beans  
Applesauce  
Roll w/ margarine  
2% Milk

5  
**LABOR DAY**  
**CLOSED**

6  
Fish Fillet  
Rice pilaf  
Mix Vegetable  
Fruit  
Peanut butter oatmeal cake  
2% milk

7  
Lasagna  
Corn  
Hot cinnamon Apples  
Garlic Bread  
2% Milk

8  
Shepherd's Pie  
Carrots  
Cottage Cheese w/ Pineapple  
Roll w/ mar  
Cookie  
2% Milk

12  
Cooks Choice

13  
Sloppy Joe  
3 bean salad  
Fresh Fruit  
Chips  
No Bake Cookie  
2% milk

14 **BIRTHDAY LUNCH**  
Baked Chicken  
Mashed Potatoes w/ Gravy  
Beets  
Peaches  
Wheat Dinner Roll/ Margarine  
2% Milk  
**DOUG SINGING**

15  
Beef Stroganoff  
Green Beans  
Fruit w/ jell O  
Cheesy biscuit  
Choc Cake  
2% Milk

19  
Hawaiian Chicken w  
pepper, onion and pineapple  
Chinese noodles  
Vegetables  
Mandarin oranges  
Fortune Cookie  
2% milk

20  
Turkey Broccoli Casserole  
Side of a veggie  
Red Potatoes  
Pears  
Corn Bread  
2% Milk

21  
Roast Beef  
Mashed potatoes & gravy  
Peas & Carrot  
Peach pie  
Roll w/ margarine  
2% milk

22  
Beef stew with veggies  
Cheese stick  
Fruit Cocktail  
Choc chip cookie  
Bread Stick  
2% Milk

26  
Breaded Chicken Sandwich  
chips  
Peas  
Tropical Fruit  
Chocolate Mousse pudding  
2% Milk

27  
Corn Chowder with Bacon  
Cheese Stick  
Oatmeal Raisin Cookie  
Pineapple/mandarin  
Muffin  
2% Milk

28  
Pork Chop  
Stuffing & gravy  
Broccoli  
Applesauce  
Wheat roll w/ margarine  
2% Milk

29  
Tamale Pie  
Corn Bread  
Glazed Carrots  
Fruit  
Gingerbread/ sauce

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!**