

April 2023

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

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!!! Jana 435.896.6807

April 2023 CENTER SCHEDULE

SENIOR NUTRITION LUNCHESES – MONDAY thru THURSDAY @ NOON

Line dancing 10:45- noon	Tuesday & Thursday
Lunch bingo during lunch	Tuesday- April 4,11,18 Wed 4/26
Bingo after lunch – 12:45-1:30	Thursday
Blood pressure 11:20 till noon -	Wednesday 12TH & 26th
QUILTERS NEEDED	(Any Day)
Pool playing---	Monday-Thursday
<i>Richfield Stake Singles Lunch</i>	<i>Wednesday 12th & 26th</i>
<i>April PARTY--</i>	<i>Wednesday April 12th</i>
<i>April Birthday party</i>	<i>Tuesday April 25th</i>
<i>Doug Jenkins</i>	<i>Tuesday April 25th</i>
New Chair Zumba	2 Days a week

Mon 10:30-11:30 & Thurs 10:30-11:30

Tai Chi Class	Monday & Wednesday
11am	

SENIOR TRANSPORTATION- MONDAY-THURSDAY for a ride call 896-6807

AT LEAST 24 HOUR NOTICE IS NEED TO SCHEDULE A RIDE

Volunteer drivers needed..... **PLEASE** call JANA 896-6807