

| Senior Nutrition Program  |   | September 2021  |   |
|---|---|---|---|
| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  |
|   |   | 1<br>Chicken pastry pot pie with veggies<br>Side of peas and carrots<br>Pears<br>Bread Pudding / sauce<br>2% Milk | 2<br>Baked Ham<br>Sweet Potatoes - Real<br>Green Beans<br>Applesauce<br>Roll w/ margarine<br>2% Milk          |
| 6<br>LABOR DAY<br><br>CLOSED  | 7<br>Lasagna<br>Green Salad<br>Hot cinnamon Apples<br>Garlic Bread<br>2% Milk                                   | 8<br>Fish Fillet<br>Au gratin Potatoes<br>Mix Vegetable<br>Fruit<br>Oatmeal cake<br>2% milk                       | 9<br>Shepherd's Pie<br>Carrots<br>Cottage Cheese w/ Pineapple<br>Roll w/ mar<br>Cookie<br>2% Milk             |
| 13<br>Cheese Tortellini/ Marinara<br>Green Salad<br>Garlic Bread<br>Fruit<br>Dessert                                  | 14<br>Sloppy Joe<br>3 bean salad<br>Fresh Fruit<br>Chips<br>No Bake Cookie<br>2% milk                           | 15<br>Beef Stroganoff<br>Green Beans<br>Fruit w/ jell O<br>Choc Cake<br>2% Milk                                   | 16<br>Turkey Roast<br>Mashed Potatoes w/ Gravy<br>Beets<br>Peaches<br>Wheat Dinner Roll/ Margarine<br>2% Milk |
| 20<br>Hawaiian Chicken w/ pineapple<br>Chinese noodles<br>Vegetables<br>Mandarin oranges<br>Fortune Cookie<br>2% milk | 21<br>Beef stew with veggies<br>Cheese stick<br>Fruit Cocktail<br>Choc chip cookie<br>Bread Stick<br>2% Milk    | 22<br>Turkey Broccoli Casserole<br>Red Potatoes<br>Pears<br>Corn Bread<br>2% Milk                                 | 23<br>Roast Beef<br>Mashed potatoes & gravy<br>Peas & Carrot<br>Peach pie<br>Roll w/ margarine<br>2% milk     |
| 27<br>Breaded Chicken Sandwich<br>chips<br>Peas<br>Tropical Fruit<br>Chocolate Mousse pudding<br>2% Milk              | 28<br>Corn Chowder with Bacon<br>Cheese Stick<br>Oatmeal Raisin Cookie<br>Mandarin Oranges<br>Muffin<br>2% Milk | 29<br>Pork Stuffing Bake<br>Broccoli<br>Applesauce<br>Wheat roll w/ margarine<br>2% Milk                          | 30<br>Navajo Tacos<br>Corn<br>Salsa/Sour Cream<br>Fruit<br>Gingerbread/ sauce                                 |

Please call on the day you plan to eat at the center by 9a.m. Thanks  
MENU SUBJECT TO CHANGE AND SUBSTITUTIONS THANK YOU

Call 436-8275 for reservation

SUGGESTED DONATION SENIORS 60 AND OVER \$2.50  
UNDER 60 COST OF MEAL IS \$5.50

## Announcements for September 2021

The center will be closed on Monday, September 6, for the Labor Day holiday. No meals will be delivered or served on this day.

Exercise will be held on Wednesday, September 1st, 8th, 15th, 22nd, and 29th at 11:00 in the meeting room at the city hall.

The bus will be going to the Provo area on Friday, September 3rd. Meet in the church parking lot at 9:00 a.m. if you would like to go. Also the bus will be going to Ephraim on Friday, September 17th. Meet in the church parking lot at 9:30 if you would like to go either time please call the senior office (436-8275) to be put on the list.

*Ice Cream & Bingo, Tuesday, Sept 7th*

We are going to try and have a recreational trip to the Fish Hatchery on Thursday, September 9th. If you would like to go please call the senior office at 436-8275 to be put on the list.

We will be having our monthly birthday party on Thursday, September 23rd, at noon in the dining room. On the menu is Roast Beef, Mashed Potatoes & Gravy, Peas & Carrots, Roll, and dessert. Please call for a reservation at 436-8275.

We still have Moroni Cook Books available. They are \$20 each. You can pick them up at the Senior office on Monday through Thursday. 8:30a.m. to 2:00 p.m.