

Senior Nutrition Program		February 2022	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Spaghetti Green salad Pears w/ Jell O Garlic Bread Applesauce cookie 2% milk	2 Pork Roast Mashed Potato w/ gravy Broccoli Applesauce Roll w/ margarine 2% milk	3 Chicken Enchilada Mexican corn Spanish rice Peach parfait Milk 2%
7 Cook's choice	8 Chicken Alfredo w/ noodle Peas & Carrots Mandarin Oranges Bread stick Lemon Cookie 2% Milk	9 Chili w/ cheese and onion Peaches and pears Corn muffin Fruit cocktail cake 2% milk	10 Swedish Meatballs/ rice Green Beans Red Jell-O w/Fruit Biscuit/ Margarine Valentine sugar cookie w/ frosting 2% Milk
14 Sloppy Joe Pickled Beet Chips Apple's w/ fruit Dip 2% Milk	15 Corn & Potato Chowder w/ Bacon Cheese Stick crackers Fruit Cocktail Blonde Brownies 2% milk	16 Chicken Tacos w/ lettuce, tomato, onion, cheese Chips & Salsa Pear's w/ Cottage cheese Cinnamon Roll 2% Milk	17 Turkey w/ cranberry sauce Mashed potatoes & gravy Mixed veggie Wheat Bread w/ margarine Cherry Pie 2% milk
21 Closed Presidents' day	22 Vegetable beef stew Cheese stick Fruit cocktail Muffins 2% milk	23 Roast Beef Mashed Potatoes & gravy Glazed Carrots Peach Cobbler Roll w/ margarine 2% milk	24 Chicken Salad Puffs Marinated Vegetable Salad Frog eye salad Choc chip Cookie 2% milk
28 Curry Chicken Baked Sweet Potato California Blend Mixed Fruit Bread w/ margarine 2% Milk			Suggested Donation Seniors 60& up \$2.50 Under 60 COST is \$5.25

February 2022

GUNNISON VALLEY SENIOR CITIZENS

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

Gunnison, Utah 84034

Gunnison Valley Senior Citizens

**Lunch is now served at the Gunnison City Hall, Tuesday thru Thursday
“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.**

February 9th.

Shopping & Dr. Trip to Richfield: The bus will be at the Gunnison Senior Center, 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.

February 21st. Dinner is Chicken fried steak Bring a dessert to go with it, Bring your own dishes & utensils. Dinner is at 6pm.

February 23rd.

Shopping & Dr. Trip to Richfield: The bus will be at the Gunnison Senior Center, 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 528-3654 or Judy at 528-5828

If you need a quilt, hand quilted call, Kathy Brown 528-3654 or Judy 528-5828

Any ladies wanting to learn to hand quilt you are welcome to come.