

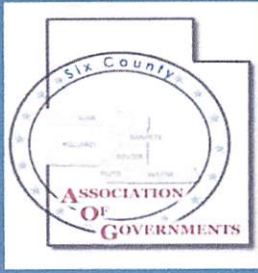


# Make checks payable to: Six County Senior Nutrition 435-835-2041

Senior Nutrition Program		September 2023	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4</p> <p><b>LABOR DAY CLOSED</b></p> 	<p>5</p> <p>Lasagna Corn Hot cinnamon Apples Garlic Bread 2% Milk</p>	<p>6</p> <p>Fish Fillet Rice pilaf Mix Vegetable Fruit Peanut butter oatmeal cake 2% milk</p>	<p>7</p> <p>Shepherd's Pie Carrots Cottage Cheese w/ Pineapple Roll w/ mar Cookie 2% Milk</p>
<p>11</p> <p><b>*Cooks Choice</b></p> <p>Chicken cordon bleu casserole Spinach Oranges Garlic Bread Graham cracker cookie</p>	<p>12</p> <p>Sloppy Joe 3 bean salad Fresh Fruit Chips No Bake Cookie 2% milk</p>	<p>13</p> <p>Beef Stroganoff Green Beans Fruit w/ jell O Cheesy biscuit Choc Cake 2% Milk</p>	<p>14</p> <p>Turkey Roast Mashed Potatoes w/ Gravy Beets Peaches Wheat Dinner Roll/ Margarine 2% Milk</p>
<p>18</p> <p>Hawaiian Chicken w pepper, onion and pineapple Chinese noodles Vegetables Mandarin oranges Chocolate Chip Cookie 2% milk</p>	<p>19</p> <p>Beef stew with veggies Cheese stick Fruit Cocktail Bread Stick Birthday Cake 2% Milk</p> 	<p>20</p> <p>Pork Chop Stuffing &amp; gravy Broccoli Applesauce Wheat roll w/ margarine 2% Milk</p>	<p>21</p> <p>Roast Beef Mashed potatoes &amp; gravy Peas &amp; Carrot Peach pie Roll w/ margarine 2% milk</p>
<p>25</p> <p>Breaded Chicken Sandwich chips Peas Tropical Fruit Oatmeal Chocolate Chip Cookie 2% Milk</p>	<p>26</p> <p>Corn Chowder with Bacon Cheese Stick Pineapple Cinnamon Muffin 2% Milk</p>	<p>27</p> <p>Turkey Broccoli Casserole Side of a veggie Red Potatoes Pears Bread 2% Milk</p>	<p>28</p> <p>Tuna Casserole Breadstick Glazed Carrots Fruit Brownie 2% Milk</p>

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

SUGGESTED DONATION SENIORS 60 AND OVER \$3.00  
UNDER 60 COST OF MEAL IS \$6.00



**Manti Senior Center**  
**435-835-2041**

Progress has little  
to do with speed,  
But much to do with  
direction.

**September 2023**

### **Bingo Tuesdays:**

Please join us for Bingo on Tuesdays, immediately after lunch. Come in for lunch, or just come for the fun!

### **Bingo Prizes/Donations:**

Thank you to everyone who has donated bingo prizes!! If you have little odds and ends laying around your house taking up space, or small gifts people have given you that you just don't need, feel free to donate lightly used items that you think someone else might enjoy! We would love to take them off your hands for Bingo prizes! We appreciate everyone's generosity and contributions that make bingo such a fun success!

### **Fundraising Ideas/Suggestions:**

If you have any ideas for fundraising or even any fun activities you would like to see happen at the Senior Center, please let us know!

### **Ride Schedule**

Rides to doctor's appointments or grocery shopping are available on Tuesdays from 1:00pm-3:00pm. Please provide 24 hours' notice if you need a ride!

### **Monthly Birthday Celebration:**

This month we will celebrate September birthdays on Tuesday, September 19<sup>th</sup>. Stop by and celebrate with us and have a piece of cake! Feel free to join us for lunch and bingo, and wish everyone born in September a very Happy Birthday!

### **Blood Pressure Clinic:**

Don't forget the blood pressure clinic on Tuesday, September 26<sup>th</sup>. Stop by on the 4<sup>th</sup> Tuesday of each month to get your blood pressure, blood sugar and oxygen checked, and feel free to stay for lunch and Bingo!



### **September Birthdays:**

We would like to wish a very happy birthday, and many many more, to our following seniors and staff born in the month of September! We apologize if we have missed any...

1 <sup>st</sup> – George Burton	14 <sup>th</sup> – Dorothy Spens
2 <sup>nd</sup> – Vaun Mickelsen	14 <sup>th</sup> – Gloria Duron
3 <sup>rd</sup> – Kim Squire	17 <sup>th</sup> – Linda Collins
5 <sup>th</sup> – Ernie Martinez	17 <sup>th</sup> – Suzy Cox
6 <sup>th</sup> – Diane Swanson	18 <sup>th</sup> – JoAnna Sanders
6 <sup>th</sup> – Edna Zabriskie	19 <sup>th</sup> – Joe Bennett
6 <sup>th</sup> – Myra Braithwaite	24 <sup>th</sup> – Warren Woodside
8 <sup>th</sup> – Pat Justesen	25 <sup>th</sup> – Marie Howell
11 <sup>th</sup> – Beth Ann Ericksen	26 <sup>th</sup> – Chip Davis
12 <sup>th</sup> – LaMar Kjar	