

Senior Nutrition Program

February 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Suggested Donation
Seniors 60& up \$3.00
Under 60 COST is \$6.00

5
 Chili w/ cheese and onion
 Peaches and pears
 Crackers
 2% milk

6
 Swedish Meatballs/ Noodles
 Green Beans
 Fruit
 Biscuit/ Margarine
 Cake w/ Frosting
 2% milk

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

1
 Tuna Pattie
 Rice Pilaf
 Veggie
 Fruit
 Oatmeal Cake
 2% milk

12
 Vegetable beef stew
 Cheese stick
 Crackers
 Tropical fruit
 Breadsticks
 2% milk

13
 Chicken Alfredo w/ noodle
 Peas & Carrots
 Mandarin Oranges
 Garlic Bread
 2% milk

7
 Curry Chicken
 Baked Sweet Potato
 California Blend
 Mixed Fruit
 Bread w/ margarine
 2% milk

8
 Cook's Choice

19
Closed
Presidents' day

20
 Sloppy Joe
 Pickled Beet
 Chips
 Pear's w/ Cottage Cheese
 2% milk

21
OLD TIME FIDDLERS
 Roast Beef
 Mashed Potatoes & gravy
 Glazed Carrots
 Frog eye Salad
 Roll w/ margarine
 2% milk

22
 Chicken noodle Casserole
 Veggie
 Fruit
 Bread w/ margarine
 2% milk

26
 Chicken Tacos
 w/ lettuce, tomato, onion, cheese
 Chips & Salsa
 Fruit
 Pudding
 2% milk

27
 BBQ Pork Riblets
 Baked Potato w/ sour cream
 Broccoli
 Mandarin orange
 Corn Bread w/ margarine
 2% milk

28
 Hamburger w/ trimmings
 Potato chips
 Macaroni Salad
 Mixed Fruit
 Rice Crispy Treat
 2% milk

29
 Baked Chicken
 Mashed Potato & gravy
 veggie
 fruit
 Roll w/ Margarine
 2% milk

PLEASE CALL 435-864-2682 NO LATER THAN 10:00 A.M. FOR LUNCH OR THE DAY BEFORE IS EVEN BETTER
LUNCH IS SERVED AT 12:00 P.M. THANK YOU! MENU SUBJECT TO CHANGE AND SUBSTITIONS