

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
MENU SUBJECT TO CHANGE AND SUBSTITUTIONS							
4	LABOR DAY CLOSED	5	Lasagna Corn Hot cinnamon Apples Garlic Bread 2% Milk	6	Fish Fillet Rice pilaf Mix Vegetable Fruit Peanut butter oatmeal cake 2% milk	7	Shepherd's Pie Carrots Cottage Cheese w/ Pineapple Roll w/ mar Cookie 2% Milk
11	Cooks Choice	12	Sloppy Joe 3 bean salad Fresh Fruit Chips No Bake Cookie 2% milk	13	Beef Stroganoff Green Beans Fruit w/ jell O Cheesy biscuit Choc Cake 2% Milk	14	Turkey Roast Mashed Potatoes w/ Gravy Beets Peaches Wheat Dinner Roll/ Margarine 2% Milk
18	Hawaiian Chicken w pepper, onion and pineapple Chinese noodles Vegetables Mandarin oranges 2% milk	19	Beef stew with veggies Cheese stick Fruit Cocktail Choc chip cookie Bread Stick 2% Milk	20	Pork Chop Stuffing & gravy Broccoli Applesauce Wheat roll w/ margarine 2% Milk	21	Roast Beef Mashed potatoes & gravy Peas & Carrot Peach pie Roll w/ margarine 2% milk
25	Breaded Chicken Sandwich chips Peas Tropical Fruit 2% Milk	26	Corn Chowder with Bacon Cheese Stick Oatmeal Raisin Cookie Pineapple Muffin 2% Milk	27	Turkey Broccoli Casserole Side of a veggie Red Potatoes Pears Corn Bread 2% Milk	28	Tuna Casserole Corn Bread Glazed Carrots Fruit Gingerbread/ sauce

Please call Jana by 9am on the day you plan to eat at the center. 435.896.6807 Thanks

SUGGESTED DONATION SENIORS 60 AND OVER \$3.00

UNDER 60 COST OF MEAL IS \$6.00

September 2023 CENTER SCHEDULE

SENIOR NUTRITION LUNCHESES – MONDAY thru THURSDAY @
NOON

Center closed September 4th- Labor Day

FAMILY BINGO NIGHT SEPT 11TH @ 7:00 pm

Line Dancing	10:45-Noon	Tuesday & Thursday
Lunch Bingo		Tuesday- Sept 5,12, 19 Wednesday Sept 27
Bingo BEFORE Lunch	11:00-Noon	Thursday Sept 7, 14, 21,28
Blood Pressure	11:20- Noon	Wednesday Sept 13 & 27
Pool Playing		Monday- Thursday
Richfield Stake Singles Lunch		Wednesday Sept 13 & 27
September Birthday Party With Doug Jenkins		TUESDAY Sept 26
Drum Fit	11:00 AM	Wednesdays
Crocheting/Knitting Group	1:00 PM	Wednesdays

New Chair Zumba

Monday & Thursday 10:30-11:30

Senior Transportation: Monday-Thursday **Please call Jana at 896.6807**
at least **24 hours** in advance when scheduling a ride.

Richfield Senior Center- 840 North 300 West