

PAHVANT SENIOR CITIZENS CENTER
 55 South 400 West
 Fillmore, UT 84631
 Phone: (435) 743-5428

- SEPTEMBER -

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.	2.
3.	4. Labor Day Day <u>closed.</u>	5. Doug denkins to perform during lunch ***	6. Bingo	7.	8.	9.
10.	11. Board meeting 10:00 a.m. Bingo	12.	13 Bingo	14.	15.	16
17.	18. Bingo	19 Ice Cream Sundae Bar <u>After Lunch</u>	20 Birthday Bingo	21	22	23
24	25 Old Time Fiddlers 7:00 p.m. Bingo	26	27 Bingo	28	29	30

Pahvant Seniors · 435-743-5428 - Lunch served at 12:00-noon

Senior Nutrition Program			
September 2023			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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 Spagetti Pineapple Rings Cooks Choice Mixed vegetable Pumpkin choc chip cookie	12 Sloppy Joe 3 bean salad Fresh Fruit Chips No Bake Cookie 2% milk	13 Beef Stroganoff Green Beans Fruit w/ jell O Cheese 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 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