

Senior Nutrition Program 840 North 300 West

November 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
MENU SUBJECT TO CHANGE & SUBSTITUTIONS				1 Teriyaki Chicken Fried Rice w/ peas & carrots Stir Fry Veggies Cottage cheese w/ Pineapple 2% Milk		2 Hot Hamburger w/ grilled onion Mashed Potato & gravy Beets Mandarin Orange Buttermilk salad Hot roll 2% Milk	
6 Stuffed Green Peppers Vegetable Blend Tropical blend Bread 2% Milk		7 Chicken noodle soup w/ carrot, celery Cheese stick Crackers Fruit cup O Henry Bar 2% Milk		8 Thanksgiving Dinner Turkey Cranberries, Candied Yams Mashed Potato/ Gravy, Dressing Cranberry salad, Green Beans Pumpkin Pie Dinner Roll/ Margarine 2% Milk		9 Veterans Day CENTER CLOSED	
13 Baked Ham Scalloped Potatoes Peas Mixed Fruit Corn Bread 2% milk		14 Roast Beef Mashed potato w/ gravy Mixed Vegetable Frog Eye Salad Wheat Bread w/ margarine 2% Milk		15 Baked Fish Rice Pilaf Cinnamon Applesauce Broccoli Bread pudding w/ Lemon sauce 2% Milk		16 Swedish Meatballs over Noodles Normandy Blend Jell-O w/ Mandarin oranges 2% Milk	
20 Beef barley & vegetable Soup Cheese stick Crackers Mixed Fruit 2% milk		21 Chicken strips with chick fila sauce Baked potato w/ sour cream Mixed vegetable Apple Cake w/ sauce		22 Center Closed		23 Thanksgiving Center Closed	
27 Meat Loaf Mashed potato/ gravy Corn Pears Rolls/Margarine cookie 2% Milk		28 Tamale Pie with Fritos Glazed Carrots Fruit Salad Cheddar Biscuit Brownie 2% Milk		29 Honey BBQ Chicken Baked Potato /sour cream Peas Dinner Roll w/ Margarine Tropical fruit 2% milk		30 Pork Chop Baked sweet potato Broccoli Applesauce Cinnamon raisin bread 2% Milk	

Please let Jana know the day before or by 9am on the day you plan to eat at the center 435.896.6807 suggested donation 60+ \$3.00 UNDER 60 MEAL IS \$6.00

NOVEMBER 2023 CENTER SCHEDULE

SENIOR NUTRITION LUNCHES – MONDAY thru THURSDAY @
NOON

CLOSED NOVEMBER 9TH, 22ND & 23RD

Line Dancing	10:00-11:30	Tuesday & Thursday
Lunch Bingo		TUES Nov 7th & 21 WED Nov 15th & 29th
THANKSGIVING DINNER		Wednesday Nov 8th
Bingo BEFORE Lunch	11:00-Noon	Thursday Nov 2, 9, 16, 30
Blood Pressure	11:20- Noon	Wednesday Nov 8th
Pool Playing		Monday- Thursday
Richfield Stake Singles Lunch		Wednesday Nov 8th
Nov Birthday Party With Doug Jenkins		TUESDAY Nov 28th
Drum Fit	11:00 AM	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. The Center is
closed Thursday after 2pm to Monday before 8 calls during that time
will be scheduled for Tuesday

Richfield Senior Center- 840 North 300 West