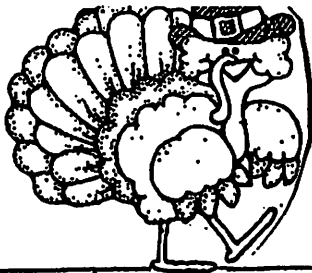


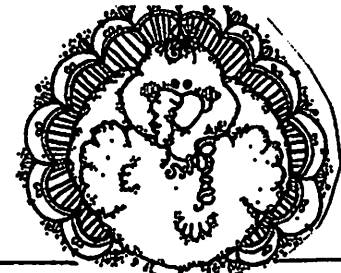
Pahvant Senior Center 435-743-5428.

Lunch Served at (12:00 noon)


Senior Nutrition Program		November 2023	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
60+ suggested donation \$3.00 Under 60 Cost \$6.00 Please make your reservation by 9:00 am on the day you plan to eat at the center.		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 Chicken Sandwich Vegetable Blend Tropical blend Pickle Spear 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



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



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1.	2.	3.	4.
			Bingo			
5.	6. Bingo	7. Shara Bastain at the center for Medicare's Open Enrollment. Come in for Questions!	8. Thanksgiving Dinner 	9. Veterans * Day * Center Closed	10.	11.
12.	13. Bingo	14.	15. Birthday Bingo	16.	17.	18.
19.	20. Old Time Fiddlers 7:00 At the Center Bingo	21.	22. Center Closed	23. Happy Thanksgiving Center Closed	24.	25.
26.	27. Bingo	28. Ice Cream Sundae Bar! Served right after lunch.	29. Bingo	30.		