




November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please call to cancel the meal at least a day in advance 801-229-3802</p>	<p>Low fat milk (12) is provided with each meal</p> <p>Number in parentheses represent carbohydrate count</p>	<p>Suggested donation \$4/meal</p> <p>Menu subject to change</p>		<p>1 Sloppy Joe (0) Fresh Hamburger Bun (15) Mixed Veggies (12) Pork and Beans (25) Cottage Cheese & Mixed Fruit (19)</p>
<p>4 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Green Beans (02) Fresh Baked Roll (16) Jell-O with Fruit (14)</p>	<p>5 Beef Taco Salad (05) Pinto Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Applesauce (14) Tortilla Chips (18)</p>	<p>6 Kalua Pork (00) with Hawaiian Rice (25) Broccoli (04) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>	<p>7 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)</p>	<p>8 Garlic Roasted Beef with Gravy (10) Mashed Potatoes (15) Beets (06) Jell-O with Mixed Fruit (09) Fresh Baked Roll (16)</p>
<p>11 NO MEAL</p> 	<p>12 Creamed Chicken over White Rice (30) Green Peas (11) Pineapple Tidbits (17) Coconut Flakes, Cheese, Chow Mein Noodles (18)</p>	<p>13 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Green Salad (02) Fresh Baked Roll (15) Fresh Apple (28)</p>	<p>14 Oven Roasted Chicken (01) Over Quinoa (21) Green Peas (11) Fruit Cocktail (14) Cookie Bar (18)</p>	<p>15 Beef and Vegetable Stew (14) Garden Salad (02) Corn Bread (33) Applesauce (14)</p>
<p>18 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16)</p>	<p>19 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (16) Fresh Apple (28)</p>	<p>20 Roasted Lemon Pepper Chicken (10) Steamed White Rice (21) Carrots (06) Green Salad (02) Sliced Pears (19) Cookie Bar (18)</p>	<p>21 Beef Stroganoff over Quinoa (35) Carrots (06) Apple Crisp (67) Garden Green Salad (02)</p>	<p>22 Roast Turkey Breast (03) Garlic Mashed Potatoes and Gravy (25) Carrots (06) Roll (15) Stuffing (20) Mandarin Oranges (11) Cranberry Sauce (22) Pumpkin Cookie (35)</p>
<p>25 Teriyaki Beef Bowl (8) Steamed Brown Rice (21) Steamed Broccoli (04) Pineapple (14) Fresh Baked Roll (16)</p>	<p>26 BBQ Pulled Pork (03) Bun (17) Black Beans (14) Cinnamon Applesauce (28) Coleslaw (14)</p>	<p>27 Swedish Meatballs (39) Quinoa (21) Cali Blend Veggies (04) Applesauce (28) Fresh Baked Roll (16)</p>	<p>28 NO MEAL</p> 	<p>29 NO MEAL</p> 