| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
| Please call to cancel the meal at least a day in advance 801-229-3802 | Suggested donation \$3/meal | Menu subject to change <br> Low fat milk (12) is provided with each meal | Number in parentheses represent carbohydrate count |  |
| 3 Malibu Chicken with Honey Mustard Sauce (08) <br> Au Gratin Potatoes (22) Broccoli (04) <br> Fresh Baked Roll (16) Fruit Cocktail (14) <br> Chocolate Brownie (23) | 4 Ham and Turkey on Hoagie Bun (24) <br> Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) <br> Mandarin Oranges (19) | 5 Beef Stroganoff over Rice (34) <br> Seasoned Carrots (06) Apple Crisp (67) <br> Garden Green Salad (02) | 6 Roast Turkey Breast (03) Garlic Mashed Potatoes \& Turkey Gravy (25) Green Beans (02) Fresh Baked Roll (15) Fruit Fluff with Jell-O (28) | 7 Smoked Ham and White Beans (03) Braised Cabbage (03) Fruit Cocktail (14) Corn Bread (28) |
| 10 Swedish Meatballs (39) <br> Rice (21) Broccoli (04) <br> Navel Orange (22) <br> Fresh Baked Roll (16) Cookie Bar (18) | 11 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19) | 12 Kalua Pork (00) <br> Hawaiian Rice (25) Seasoned Black Beans (14) Pineapple Tidbits (07) Fresh Baked Rolls (15) | 13 Grilled Hamburgers with Fresh Baked Bun (15) Lettuce, Tomato, Pickles (02) Potato Salad (19) Sliced Pears (19) Pork and Beans (25) | 14 Pasta Bake with <br> Meat Sauce (25) Broccoli (06) <br> Garden Green Salad (02) Fresh Garlic Roll (15) Apple Sauce (14) |
| 17 Teriyaki Beef Bowl (08) <br> Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Pineapple (14) Fresh Baked Roll (15) | 18 Oven Roasted Pork (00) <br> Loaded Mashed Potatoes (15) <br> Seasoned Diced Beets (06) Fruit Cocktail (14) Fresh Baked Roll (16) Cookie Bar (18) | NO MEAL | 20 Taco Salad with Beef (05) <br> Black Beans with Cheese (20) <br> Green Salad (02) <br> Salsa (02) Ranch (02) <br> Apple Sauce (14) <br> Tortilla Chips (18) | 21 Meatloaf (3) <br> Garlic Mashed Potatoes \& Gravy (30) <br> Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22) |
| 24 Country Fried Steak (4) <br> Mashed Potatoes \& Gravy (27) <br> Mixed Vegetables (12) <br> Fresh Baked Roll (15) Fresh Orange (22) | 25 Creamed Chicken over White Rice (30) Green Peas (11) Fruit Cocktail (14) Cookie Bar (18) | 26 Shepherd's Pie (79) <br> Seasoned Carrots (06) Pears (12) <br> Garden Green Salad (02) Chocolate Brownie (23) | 27 BBQ Chicken (03) <br> Au Gratin Potato (19) <br> Baked Beans (26) <br> Diced Peaches (19) <br> Fresh Baked Roll (16) | 28 Salisbury Steak (05) <br> Garlic Mashed Potatoes and Gravy (26) Fruit Fluff with Cottage Cheese (28) Green Beans (02) Fresh Baked Roll (15) |

