



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Please call to cancel the meal at least a day in advance 801-229-3802 | Menu subject to change Number in parentheses represent carbohydrate count | Suggested donation \$4/meal Low fat milk (12) is provided with each meal | 1 Sloppy Joe (00) Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Applesauce (14) | 2 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Diced Beets (06) Fresh Baked Roll (15) Pears (19) |
| 5 Beef Taco Salad (05) Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18) | 6 Smoked Ham and White Beans (03) Braised Cabbage (03) Sweetened Apple Sauce (14) Fresh Baked Roll (16) | 7 Kalua Pork (00) Hawaiian Rice (25) Coleslaw (14) Pineapple Tidbits (07) Fresh Baked Roll (16) | 8 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (01) Diced Peaches (19) | 9 Oven Roasted Pork (00) Loaded Mashed Potatoes (15) Beets (06) Mandarin Oranges (19) Fresh Baked Roll (16) Cookie Bar (18) |
| 12 Orange Chicken (42) Steamed Brown Rice (21) Stir Fried Vegetables (12) Tropical Fruit (14) Fresh Baked Roll (16) Fortune Cookie (24) | 13 Swedish Meatballs (39) Rice (21) Broccoli (04) Orange (22) Fresh Baked Roll (16) Cookie Bar (18) | 14 Fish Filets with Tartar Sauce (15) Potato Wedges (18) Mixed Vegetables (12) Fresh Orange (12) Fresh Baked Roll (16) | 15 Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Green Salad (02) Fresh Baked Roll (15) Applesauce (14) | 16 Teriyaki Chicken Bowl (08) Rice and Quinoa Mix (21) Steamed Broccoli (04) Fruit Cocktail (14) Fresh Baked Roll (15) |
| 19 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Diced Peaches (22) Fresh Baked Roll (16) | 20 Biscuit with Sausage Gravy (39) Scrambled Eggs (01) Tater Tots (18) Cottage Cheese with Pears (28) | 21 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Mandarin Oranges (19) Green Peas (12) Fresh Baked Roll (16) | 22 Ham and Turkey on Hoagie Bun (46) Provolone Cheese, Lettuce, Tomato (08) Potato Chips (14) Jell-O with Fruit Cocktail (13) | 23 Garlic Roasted Beef with Gravy (10) Herb Roasted Potatoes (15) Mixed Veggies (11) Apple (28) Fresh Baked Roll (16) |
| 26  No Meal | 27 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22) | 28 BBQ Pulled Pork (00) Au Gratin Potato (19) Coleslaw (07) Jell-O Fruit Cup (09) Fresh Baked Roll (16) | 29 Lemon Pepper Chicken (30) Rice and Quinoa Mix (21) Carrots (06) Sliced Pears (19) Cookie Bar (18) | 30 Grilled Hamburgers with Fresh Baked Bun (15) Lettuce, Tomato, Pickles (02) Potato Salad (19) Apple Sauce (14) Pork and Beans (25) |