





Please call to cancel the meal at least a day in advance 801-229-3802

Monday	Tuesday	Wednesday	Thursday	Friday
Number in parentheses represent carbohydrate count  <b>Menu subject to change</b>	<b>1 Beef Stroganoff over Rice (34)</b> Carrots (06) Apple Crisp (67) Garden Green Salad (02)	<b>2 BBQ Pulled Pork (03)</b> Au Gratin Potatoes (15) Fresh Roll (16) Jell-O with Fruit (09) Coleslaw (07)	<b>3 Beef Hot Dog with Fresh Bun (17)</b> Country Baked Beans (32) Brownie (23) Applesauce (14)	<b>4 No Meal</b> 
<b>7 Beef Taco Salad (05)</b> Black Beans with Cheese (20) Green Salad (02) Salsa (02) Ranch (02) Apple Sauce (14) Tortilla Chips (18)	<b>8 Ham and Turkey on Hoagie Bun (46)</b> Provolone Cheese, Lettuce, Tomato (15) Potato Chips (14) Jell-O with Fruit Cocktail (13)	<b>9 Kalua Pork (00)</b> Hawaiian Rice (25) Coleslaw (07) Pineapple Tidbits (07) Fresh Baked Rolls (15)	<b>10 Malibu Chicken with Honey Mustard Sauce (08)</b> Au Gratin Potatoes (22) Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (14)	<b>11 Sausage Pasta Bake (25)</b> Cali Blend Veggies (06) Garden Green Salad (02) Peaches (19) Cornbread (33)
<b>14 Roast Turkey Breast (03)</b> Garlic Mashed Potatoes & Turkey Gravy (25) Diced Beets (06) Fresh Baked Roll (15) Pears (19)	<b>15 Swedish Meatballs (39)</b> Rice (21) Broccoli (04) Navel Orange (22) Fresh Roll (15) Cookie Bar (18)	<b>16 Fish Filets with Tartar Sauce (15)</b> Potato Wedges (18) Mixed Veggies (12) Fresh Apple (28) Fresh Baked Roll (16)	<b>17 Sloppy Joe (00)</b> Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Peaches (19)	<b>18 Teriyaki Chicken Bowl (08)</b> Steamed Quinoa (21) Steamed Broccoli (04) Fruit Cocktail (14) Fresh Baked Roll (15)
<b>21 Salisbury Steak (05)</b> Garlic Mashed Potatoes and Gravy (27) Mandarin Oranges (19) Peas (12) Fresh Baked Roll (15)	<b>22 Lemon Pepper Chicken (30)</b> Steamed Quinoa (21) Carrots (06) Salad (02) Sliced Pears (19) Cookie Bar (18)	<b>23 Grilled Hamburgers with Fresh Baked Bun (15)</b> Lettuce, Tomato, Pickles (02) Potato Salad (19) Cottage Cheese with Peaches (19) Pork and Beans (25)	<b>24 No Meal- Pioneer Day</b> 	<b>25 BBQ Chicken (03)</b> Au Gratin Potato (19) Green Beans (02) Diced Peaches (19) Cornbread (29)
<b>28 Country Fried Steak (4)</b> Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (16)	<b>29 Orange Chicken (42)</b> Steamed Brown Rice (21) Stir Fried Vegetables (12) Tropical Fruit (14) Fortune Cookie (24) Roll (16)	<b>30 Homemade Meatloaf (3)</b> Garlic Mashed Potatoes & Gravy (30) Corn (14) Roll (15) Salad (02) Apple Sauce (14)	<b>31 Savory Chicken Salad Wrap (18)</b> Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)	<b>Suggested donation \$4/meal</b>  Low fat milk (12) is provided with each meal