



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818</p>	<p>1 Ms. Helen's Cheesy Beef Lasagna(19) Seasoned Green Beans(02) Fresh Garlic Bread(15) Seasonal Fruit Crisp(67)</p>	<p>2 All Beef Hot Dog Fresh Baked Bun(17) Country Baked Beans(32) Seasoned Potato Wedges(0) Sweetened Applesauce(14)</p>	<p>3 Old Fashioned Sloppy Joe(0) Fresh Baked Bun(15) Mustard Potato Salad(19) Pork and Beans(25) Navel Orange(22)</p>	<p>4 Kalua Pork(00) Hawaiian Rice(25) Seasoned Corn(14) Pineapple Tidbits(07) Choco Chip Cookie(66) Roll(15)</p>
	<p>7 Teriyaki Chicken Bowl(08) Steamed Brown Rice(21) Fresh Steamed Broccoli(04) Banana(27) Fresh Baked Roll(15)</p>	<p>8 Spaghetti with Bolognese Meat Sauce(25) Seasoned Peas and Carrots(09) Fresh Baked Garlic Bread(15) Diced Pears(15)</p>	<p>9 Savory Chicken Salad Wrap (18) Italian Pasta Salad(20) Kosher Pickle Spear(00) Diced Pears(19)</p>	<p>10 Smokey BBQ Beef Sandwich Fresh Baked Bun(35) Classic Cole slaw(25) Roasted Corn & Red Peppers(14) Banana(27) Chewy Chocolate Brownie(23)</p>
<p>14 Swedish Meatballs (39) Rice(21) Carrots(06) Peaches(18) Fresh Baked Roll(16)</p>	<p>15 Hawaiian Haystacks Diced Vine Ripe Tomatoes, Green Peas, Diced Celery, Pineapple Tidbits, Sweetened Coconut Flake, Sliced Black Olives, Chow Mein Noodles, Cheese, Steamed White Rice(30) California blend Vegetables(18)</p>	<p>16 Rigatoni Pasta with Meat Sauce(25) Garden Green Salad(02) Fresh Baked Garlic Bread(15) Seasonal Fruit Crisp(67)</p>	<p>17 Ground Beef Taco Salad(40) Corn Tortilla Chips,Shredded Lettuce,Tomato,Shredded Cheese,Kidney Beans,Ranch Dressing,Salsa,Sour Cream Mandarin Oranges(11)</p>	<p>18 Roast Turkey Breast(03) Garlic Mashed Potatoes & Turkey Gravy(25) Crinkle Cut Carrots(06) Fresh Baked Roll(15) Mandarin Oranges(11)</p>
<p>21 Malibu Chicken (08) Au Gratin Potatoes(22) Seasoned Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges(11)</p>	<p>22 Homemade Meat Loaf (03) Garlic Mashed Potatoes(30) Roasted Corn(14) Fresh Baked Roll(15) Cutie Orange(22)</p>	<p>23 Barbeque Chicken(03) Hot German Potato Salad(19) Seasoned Green Beans(02) Fresh Local Apple(28) Fresh Baked Roll(16)</p>	<p>24 Broiled Bratwurst Fresh Baked Hoagie(17) Sauerkraut(04) Mixed Fruit and Jell-O(09) Roasted Corn(14) Fresh Baked Brownie(23)</p>	<p>25 Garlic Roasted Beef(00) Herb Roasted Baby Potatoes(15) Seasoned Peas(11) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)</p>
<p>28 Salisbury Steak(05) Garlic Mashed Potatoes & Turkey Gravy(25) Mixed Seasonal Vegetable(12) Diced Pears(19) Fresh Baked Roll(15)</p>	<p>29 Cured Honey Baked Ham(00) Scalloped Potatoes(13) Diced Beets(06) Fresh Baked Corn Bread(33) Assorted Tropical Fruit(08)</p>	<p>30 Three Cheese Tortellini Basil Marinara Sauce(28) Garden Green Salad(02) Diced Carrots(06) Cinnamon Apple crisp(67) Fresh Baked Roll (15)</p>	<p>31 Shepherd's Pie(79) Diced Seasoned Carrots(06) Cottage Cheese & Mixed Fruit(12) Chewy Chocolate Brownie(23)</p>	<p><i>Low fat milk (12) is provided with each meal</i></p> <p><i>Numbers in parentheses represent carbohydrate count</i></p>