

March

Menu

Please make a donation at slco.org/aging-adult-services to help provide meals for seniors.

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN FAJITAS Red/Gr Bell Peppers & Onions Whole Kernel Corn Refried Beans Flour Tortilla Seasonal Fresh Fruit 2	BIRTHDAY TUESDAY SALISBURY STEAK Mashed Potatoes w/ Gravy Stewed Tomatoes Green Beans Fruit Cocktail Birthday Cupcake 3	CHEESE OMELET Western Omelet Sauce Turkey Sausage Red Diced Potatoes Red/Gr Bell Peppers & Onions Seasonal Fresh Fruit 4	CHICKEN BREAST Creole Sauce / Penne Pasta Italian Blend Vegetables Spinach Romaine Salad Red Gelatin 5	CHEESEBURGER Scandinavian Blend Vegetables Vanilla Pudding 6
LEMON PEPPER CHICKEN Sour Cream & Chive Potatoes Green Peas Seasonal Fresh Fruit Whole Wheat Roll Pineapple Pudding 9	BREADED FISH Roasted Red Potatoes Country Cottage Blend Veg Spinach Romaine Salad Seasonal Fresh Fruit 10	WESTERN PORK STEW Whole Kernel Corn Whole Wheat Roll Seasonal Fresh Fruit Chocolate Chip Cookie 11	PAPRIKA BAKED CHICKEN Paprika Cream Sauce Barley Risotto Whole Kernel Corn Whole Wheat Roll Pears *Survey Requested 12	BEEF SOFT TACO Pinto Beans Flour Tortilla Spiced Peaches 13
CHICKEN BREAST Marsala Sauce Brown Rice Capri Blend Vegetables Spiced Peaches 16	St. Patrick's Day CORNERED BEEF Roasted Red Potatoes Carrots Cabbage Seasonal Fresh Fruit Holiday Cookie 17	POTATO CRUSTED FISH Diced Potatoes Mixed Vegetables Seasonal Fresh Fruit 18	SLICED ROASTED TURKEY Poultry Gravy Cornbread Stuffing Green Peas Red Fruited Gelatin Whole Wheat Roll 19	Riblett Patty Sandwich BBQ Sauce Italian Blend Vegetables Pears Cookie 20
SWEET & SOUR PORK Chow Mein Noodles Broccoli Cuts & Florets Mandarin Oranges 23	CHEESE OMELET Western Omelet Sauce Turkey Sausage Red Diced Potatoes Red/Gr Bell Peppers & Onions Seasonal Fresh Fruit 24	ROAST PORK Apple Berry Sauce Mashed Potatoes Mixed Vegetables Pineapple Tidbits *Survey Requested 25	CHICKEN PARMESAN Rotini Pasta Spinach Romaine Salad Mixed Vegetables Cherry Gelatin 26	SWISS BURGER Broccoli Cuts Seasonal Fresh Fruit 27
MEATBALLS Penne Pasta / Country Gravy Mixed Vegetables Seasonal Fresh Fruit 30	POTATO CRUSTED FISH Wild Rice Green Beans Carrots Gelatin 31	ALTERNATIVE MEALS (NOT AVAILABLE AT ALL SENIOR CENTERS) Week 1: Egg Salad Sandwich, Potato Chowder, Marinated Kidney Bean Salad & Fresh Orange Week 2: Beef & Bean Chili, Garden Salad, Cornbread & Fresh Banana Week 3: White Bean Chicken Chili, Half Roasted Turkey Sandwich, Mandarin Orange Salad & Fresh Banana Week 4: Chicken Salad, Vegetable Soup, Carrot Raisin Salad & Fresh Apple Week 5: Half Roasted Turkey Sandwich, Chicken Noodle Soup, Carrot Slaw & Fresh Fruit		

Some items may be subject to change due to product availability | All meals served with 8 oz milk and appropriate condiments

The **Caregiver Support** program provides information & assistance, free classes, events, support groups, and consultations to all family and informal community caregivers. Unpaid caregivers may also apply for short term respite services.

The **Community Care Transitions** program provides in-home services to individuals who wish to age in place.

Foster Grandparents volunteer with at-risk children in a variety of settings in Salt Lake County.

Health Promotion & Education offers evidence based classes to empower participants to stay physically active, manage their chronic conditions, avoid falls, and remain socially connected.

Meals on Wheels delivers hot midday meals to frail and isolated adults age 60 and older.

The Aging & Adult Services **Ombudsman** supports and protects the rights of people living in long-term care facilities.

Our **Outreach Program** answers questions on issues related to aging, will help you enroll in our services, provides referrals to other service providers, and assists with **Medicare & Senior Health Insurance Program** (SHIP) enrollment, questions, and problem resolution.

The **Retired and Senior Volunteer Program** (RSVP) works with adults age 55 or older to strengthen communities by volunteering with community organizations.

The **Rides for Wellness** program provides rides for adults age 60 or older with no other means of transportation to vital medical appointments including dialysis, chemotherapy, and others.

Salt Lake County **Senior Centers** offer opportunities for learning, socializing, volunteering, community engagement, and wellness for participants. Senior Centers are open to people age 60 or older.

The **Senior Companion Program** works with volunteers to help frail and isolated older adults age at home rather than in long term care.

Aging & Adult Services contracts with **Utah Legal Services' Senior Citizen Law Center** for legal assistance to seniors age 60 and older who live in Salt Lake County. Call (801) 328 - 8891 for assistance.

Veteran Directed Home & Community Based Services assists veterans who want to remain in their home, but need skilled home care services, case management, and assistance with activities of daily living.

Volunteer Opportunities provide people of all ages the chance to make a difference in our community. Support a Senior Center, deliver Meals on Wheels, offer friendship to an isolated senior, and more.