

Senior Center Menu November 2020

Lunch served from 11:30 AM - 1:00 PM

Please call your center the day before to make a lunch reservation for the next day.

Meals available for Seniors 60+ and must be a member. Call your local Senior Center for details.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Beef Tips w/ Gravy over Bowtie Pasta Broccoli Seasonal Fresh Fruit Peach Cobbler	Salisbury Steak (Birthday Meal) Whipped Potatoes w/ Brown Gravy Green Beans Stewed Tomatoes Seasonal Fruit Frosted Birthday Cupcake	Chicken Fajitas Spanish Rice Fiesta Mixed Vegetables Seasonal Fruit	Breaded Fish Red Diced Potatoes Mixed Green Salad Whole Kernel Corn Fresh Fruit	Swedish Meatballs w/ Macaroni Pasta Whole Wheat Roll Green Beans Broccoli & Carrots
9	10	11	12	13
Turkey Pasta Bake Whole Wheat Roll Mixed Vegetables Seasonal Fresh Fruit	Honey Glazed Chicken Quarter (Veterans Day Special) Scalloped Potatoes Broccoli & Carrots Spiced Apples Strawberry Glazed Cupcake	Veterans Day Center Closed	Mexican Beef Stew Whole Wheat roll Green Peas Hot Spiced Peaches	Baked Chicken Breast Served w/ Poultry Gravy Confetti Rice Mixed Green Salad Carrots Lime Gelatin
16	17	18	19	20
Chicken a la King Biscuit Capri Mixed Vegetables Hot Spiced Fruit	Salisbury Steak Whipped Potatoes w/ Brown Gravy Green Beans Peaches Sugar Cookie	BBQ Pork Patty Macaroni & Cheese Broccoli Seasonal Fruit	Spaghetti & Meatballs Whole Wheat Roll Italian Vegetables Tropical Fruit	Thanksgiving Meal Holiday Special *See menu below
23	24	25	26	27
White Chicken Chili Whole Wheat roll Broccoli Seasonal Fresh Fruit	BBQ Pork Sandwich Baked Beans Mixed Green Salad Hot Spiced Pears	Breaded Fish Wild Rice Whole Kernel Corn Spinach	Thanksgiving Break Center Closed	
30	Turkey Dinner Thanksgiving Meal Sliced Turkey Whipped Potatoes w/ Poultry Gravy Dinner Roll Bread Stuffing Green Beans & Sweet Potatoes Pumpkin Pie		 <p>Suggested Donation: \$3.00 Donations can be made online at https://slco.org/aging-adult-services/donation/</p>	
Cheese Omelet w/ Cheese sauce Diced Potatoes Fajita Blend Vegetables Hot Spice Fruit Peanut Butter Cookie				

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

Election Day

The Centers listed below are election sites and thus will not be serving lunch on Tuesday, November 3rd. Tuesday's meal will be served on Monday, November 2nd in addition to Monday's meal.

Meals served on Monday, November 2nd:
Beef Tips with Gravy (Monday's Meal) & Salisbury Steak (Tuesday's Meal)

Election Day Locations:

Eddie P. Mayne Kearns	4851 West 4715 South Kearns, Utah 84118	385.468.3100
Magna Kennecott Senior Center	9228 West 2700 South Magna, Utah 84044	385.468.3000
Sandy Senior Center	9310 South 1300 East Sandy, Utah 84094	385.468.3410
Riverton Senior Center	12914 South Redwood Road Riverton, Utah 84065	385.468.3040
River's Bend Senior Center	1300 West 300 North Salt Lake City, Utah 84116	385.468.3015
Taylorville Senior Center	4743 Plymouth View Drive Taylorville, Utah 84123	385.468.3370



Upcoming Holiday Meals

Veteran's Day Special Meal

November 10th
Please see menu on the reverse side.

Thanksgiving Special Meal

Please see menu and Center meal dates on the reverse side.

Winter Holiday Special Meal

Available in December
Please check with your local Senior Center for your upcoming Winter Holiday Meal date.

Winter Holiday Special Meal Menu

Sliced Roast Beef
served with
Buttermilk Whipped Potatoes
topped with Brown Gravy
Whole Wheat Roll
Green Cloud Salad
Green Bean Casserole
Glazed Carrots
Cranberry Apple Crisp