

# January 2022

Lunch served from 11:45 AM - 12:30 PM *South Jordan 11:30 AM-12:30 PM*

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<b>Beef Chili w/Beans</b> South Jordan Center Closed	<b>Beef Tips w/Gravy (Birthday Meal)</b> Whipped Potatoes Stewed Tomatoes Green Beans Seasonal Fresh Fruit Cupcake	<b>Pork Fried Rice</b> Mixed Green Salad Broccoli Carrots Lime Gelatin w/ Fruit	<b>BBQ Baked Chicken Breast</b> Parslied Potatoes Mixed Vegetable Blend Fresh Fruit	<b>Swedish Meatballs w/Elbow Macaroni</b> Green Beans Mandarin Oranges & Pineapple Whole Wheat Roll Peanut Butter Cookie
10	11	12	13	14
<b>Chicken Breast w/Poultry Gravy</b> O'Brien Potatoes Mixed Vegetables Seasonal Fresh Fruit	<b>Pot Roast w/Brown Gravy</b> Potatoes Mixed Vegetable Blend Brussel Sprouts Fruit Gelatin	<b>Turkey Tetrazzini</b> Green Peas Mixed Green Salad Mixed Vegetables Oatmeal Raisin Cookie	<b>Spaghetti &amp; Meatballs</b> Mixed Vegetables Spinach Whole Wheat Roll	<b>Sliced Ham w/Pineapple Sauce (MLK Special)</b> Mashed Sweet Potatoes Green Beans Harvard Beets German Chocolate Cake
17	18	19	20	21
<b>Martin Luther King Day</b> Center Closed	<b>Sweet &amp; Sour Chicken Breast</b> Steamed Rice Mixed Vegetables Rosy Pears Banana Pudding	<b>Turkey Brunswick Stew</b> Steamed Broccoli Whole Kernel Corn Whole Wheat Roll	<b>Breaded Fish</b> Wild Rice Mixed Vegetables Seasonal Fresh Fruit Fruit Gelatin	<b>Vegetarian Chili</b> Corn Bread Mixed Green Salad Green Beans Hot Spiced Fruit
24	25	26	27	28
<b>Honey Lime Chicken</b> Diced Potatoes Mixed Vegetable Blend Seasonal Fresh Fruit Chocolate Chip Cookie	<b>Turkey A La King</b> Whipped Potatoes Broccoli Peas & Carrots	<b>Beef Ziti Bake</b> Mixed Green Salad Hot Cinnamon Applesauce Seasonal Fresh Fruit Whole Wheat Roll	<b>White Bean Chicken Chili</b> Whole Kernel Corn Green Beans Whole Wheat Roll Lemon Lime Gelatin	<b>Turkey Burger</b> Mixed Vegetables Mandarin Oranges Vanilla Pudding
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<b>Chicken Alfredo</b> Green Peas & Carrots Seasonal Fresh fruit Peach Crisp				
<b>Suggested Donation: \$4.00</b> Donations can be made online at: <a href="https://slco.org/aging-adult-services/donation/">https://slco.org/aging-adult-services/donation/</a>				

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