



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

Draper: 385-468-3330 Kearns: 386-468-3100 Midvale: 385-468-3350 Millcreek: 385-468-3305

Suggested Donation: \$4.00

To donate online, please visit <a href="https://slco.org/aging-adult-services/get-involved/">https://slco.org/aging-adult-services/get-involved/</a>
and click on the "Donate" button

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Beef Tacos  Brown Rice Black Beans Mixed Green Salad Mixed Fruit Sherbet	BBQ Pulled Pork Sandwich Coleslaw Seasonal Fresh Fruit	Baked Fish w/Roasted Tomatoes & Garlic Rice Pilaf Mixed Green Salad Fresh Fruit Fresh Baked Cookie	Pot Roast  Roasted Red Potatoes  Carrots  Mixed Fruit	Ground Turkey Lasagna Garlic Bread Mixed Green Salad Mixed Fruit Gelatin
9	10	П	12	13
Panko Breaded Fish w/Lemon Caper Sauce Brown Rice Steamed Vegetables Peaches Pudding	Chicken Salad Sandwich Macaroni Salad Mixed Green Salad Fresh Fruit	Meatloaf  Mashed Potatoes w/Beef Gravy Mixed Vegetables Mixed Fruit Ice Cream	Chicken Cordon Blue White Steamed Rice Green Bean Casserole Seasonal Fresh Fruit	Spaghetti w/Meat Sauce Garlic Bread Steamed Vegetables Mixed Fruit
16	17	18	19	20
Chicken Pot Pie  Puff Pastry Mixed Green Salad Fresh Fruit Sherbet	Beef Stroganoff  Noodles Peas Seasonal Fresh Fruit	Shrimp Stir Fry  Jasmine Rice Seasonal Fresh Fruit Fresh Baked Cookie	Juneteenth  Center Closed	Pork Chop w/Gravy  Au Gratin Potatoes  Mixed Green Salad  Applesauce  Gelatin
23	24	25	26	27
BBQ Chicken Thigh Sandwich Mixed Green Salad Fresh Fruit Pudding	Chili Stuffed Baked Potato Broccoli Mixed Fruit	Chicken Stir Fry  Jasmine Rice Mixed Fruit Ice Cream	Pork Lo Mein Mixed Vegetables Seasonal Fresh Fruit	Panko Breaded Fish  Rice Pilaf  Steamed Vegetables  Mixed Fruit  Fresh Baked Cookie
30				
Curry Chicken  Jasmine Rice Steamed Vegetables Fresh Fruit Ice Cream		Alternate Meals  Weeks 1 & 2: Potato Chowder or Cobb Salad  Weeks 3 & 4: Chicken Tortilla Soup or Chef Salad  Week 5: Potato Chowder or Cobb Salad		

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

Average calories per meal range from 666-733 calories