

April

Menu



Please make a donation at slco.org/aging-adult-services to help provide meals for seniors. Meals on Wheels menus may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BAKED CHICKEN THIGH Creole Sauce Lyonnaise Potatoes California Blend Vegetables Fresh Banana 2	BIRTHDAY MEAL BEEF POT ROAST Brown Gravy Mashed Potatoes California Blend Vegetables Fresh Strawberries Birthday Cupcake 3	BREADED FISH Roasted Red Potatoes Tartar Sauce Green Peas & Onions Fresh Orange Whole Wheat Roll 4	ROAST PORK Whipped Sweet Potatoes Apple Cider Glaze Green Beans Cole Slaw Peach Cobbler 5	SALISBURY STEAK Mashed Potatoes Brown Gravy Mixed Vegetables Fresh Apple 6
WESTERN PORK STEW Whole Kernel Corn Green Beans Almondine Fresh Orange 9	SPAGHETTI & MEATBALLS Green Peas Spinach Romaine Salad Bread Sticks Lime Peach Banana Mold 10	CHICKEN ALFREDO Pasta Steamed Spinach Capri Blend Vegetables Lemon Pudding 11	BEEF STROGANOFF Egg Noodles Mixed Vegetables Peaches Bread Sticks 12	BAKED CHICKEN BREAST w/ Cream Sauce Green Peas Whole Wheat Roll Tropical Mixed Fruit 13
TURKEY LOAF Parsley Potatoes Poultry Gravy Green Peas Fresh Tangerine 16	PORK RIBBLETT BBQ Sauce Lyonnaise Potatoes Carrots Blushing Pears 17	SLICED ROAST TURKEY Mashed Potatoes Poultry Gravy Green Beans Spinach Romaine Salad Pineapple Pistachio Fluff 18	MEATLOAF Roasted Red Potatoes Brown Gravy Mixed Vegetables Tropical Mixed Fruit Whole Wheat Roll 19	TERIYAKI PORK Brown Rice Broccoli Cuts & Florets Pineapple Tidbits Lemon Cookie 20
LEMON HERB CHICKEN Brown Rice California Blend Vegetables Peaches & Pears Joy's Applesauce Cookie 23	SALISBURY STEAK O'Brien Potatoes Brown Gravy Mixed Vegetables Fresh Apple 24	CHICKEN FAJITA Mixed Bell Pepper & Onions Refried Beans Whole Kernel Corn Whole Grain Tortilla 25	COUNTRY MEATBALLS w/ Sauce Pasta Carrots Spinach Romaine Salad Rocky Road Pudding 26	TURKEY POT ROAST Lyonnaise Potatoes Poultry Gravy Green Peas & Carrots Peaches Cinnamon Sugar Cookie 27
SWISS STYLE BEEF PATTY w/ Swiss Style Sauce Mashed Potatoes Broccoli Cauliflower Blend Carrots Fresh Orange 30	Alternate meals for April*: Taco Salad Week 1 – Ground Beef & Brown Spanish Rice Week 2 – Shredded Chicken & Brown Spanish Rice Week 3 – Diced Pork & Brown Spanish Rice Week 4 – Ground Beef & Brown Spanish Rice			

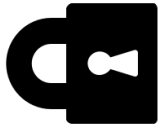
*Alternate meals at select senior centers only
 All meals served with 8 oz milk and appropriate condiments

DO YOU HAVE UNUSED MEDICATIONS?

WHY MAIL IN UNUSED MEDICATIONS?

- Expired Medications can be less effective
- The chemicals in expired medications may have changed
- Unused medications kept at home can be misused and abused
- Flushing your medications down the toilet can pollute our drinking water
- Family, friends, and pets are at risk of a drug poisoning or overdose

KNOW THE RISKS



THEFT



OVERDOSE



POISONING



DO NOT FLUSH!

HOW TO MAIL IN



- Pre-posted envelopes are available at Salt Lake County Senior Centers
- For more information, please call 385-468-3200