

July

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 w/ Creole Sauce Rice Pilaf Broccoli Cuts & Florets Seasoned Carrots Seasonal Fruit 2	<u>INDEPENDENCE DAY SPECIAL</u> BBQ PULLED PORK Whole Wheat Bun Macaroni Salad Confetti Cole Slaw Tropical Mixed Fruit 3	HOLIDAY - CENTERS CLOSED FOR INDEPENDENCE DAY 4	CHICKEN BERRY SALAD Carrot Slaw Bread Stick Fresh Strawberries Vinaigrette Dressing 5	CHICKEN PARMESAN w/ Rotini Pasta Spinach/Romaine Salad Mixed Vegetables Cheesecake Pudding 6
BEEF TERIYAKI Brown Rice Green Beans Almondine Oriental Blend Vegetables Strawberry Fluff 9	<u>BIRTHDAY MEAL</u> MEATLOAF w/ Brown Gravy Mashed Potatoes Stewed Tomatoes Seasonal Fruit Birthday Cupcake 10	EGG & CHEESE STRATA Roasted Red Potatoes Mixed Bell Peppers & Onions Seasonal Fruit Cherry Whip Salsa 11	SLICED ROAST TURKEY w/ Poultry Gravy Mashed Potatoes Mixed Vegetables Seasonal Fruit Lemon Cookie 12	CHILI MEATBALLS O'Brien Potatoes Green Peas Mandarin Oranges 13
KRAB SALAD w/ Hoagie Bun Lettuce & Tomato Seasonal Fruit 16	PORK RIBLETT w/ BBQ Sauce Baked Beans California Blend Vegetables Whole Wheat Bun Lemon Pudding 17	SWEET & SOUR PORK w/ Brown Rice Broccoli Cuts & Florets Oriental Blend Vegetables Lime Citrus Fruit Mold 18	BAKED CHICKEN (BONE-IN) Lemon Pepper Sauce Roasted Red Potatoes Steamed Spinach Capri Blend Vegetables Apple Crisp 19	SPAGHETTI & MEAT SAUCE Marinated Zucchini Salad Seasonal Fruit Bread Stick 20
EGG SALAD w/ Whole Grain Sandwich Thins Lettuce & Tomato Beet & Mandarin Orange Salad Pineapple Nut Cookie 23	HOLIDAY - CENTERS CLOSED FOR PIONEER DAY 24	BAKED CHICKEN BREAST w/ Paprika Cream Sauce Penne Pasta California Blend Vegetables Spinach/Romaine Salad Butterscotch Pudding 25	MEATLOAF w/ Brown Gravy Mashed Potatoes Country Cottage Blend Veggies Seasonal Fruit 26	<u>PIONEER DAY SPECIAL</u> CRISPY BAKED CHICKEN Potato Salad Green Peas Fresh Honey Dew Melon Rocky Road Pudding 27
BEEF TACO Shredded Cheddar & Salsa Lettuce & Tomato Refried Beans Tex-Mex Corn w/ Tomatoes Whole Grain Tortilla 30	CHICKEN FETTUCINI PASTA Mixed Vegetables Seasonal Fruit 31	Alternate meals for July*: Fresh Salad Week 1 – Chef Salad w/ Ham, Turkey & Cheese Week 2 – Turkey Cobb Salad Week 3 – Chicken Caesar Salad Week 4 – Greek Chicken Salad		

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

The Vital Aging Project

Valley Behavioral Health and Salt Lake County Aging & Adult Services are working together to provide mental health services at all nineteen senior centers and eight senior housing facilities.

Services provided by Licensed Mental Health Therapists include:

- **Wellness classes** designed to promote well-being and creative adaptation to aging through provision of **educational information** and **group discussion**.
- **Individualized therapy designed specifically for older adults, their families, and caretakers**, including community resource and referral information; up to **four therapy sessions are available at no cost**.

For additional information, or to schedule an appointment, please contact:

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