## August 2022 Menu

All congregate Senior Centers will be serving lunch from 11:30 AM—12:15 PM. Please reach out to your local senior center with any questions regarding lunch service.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
| **Meatball Sandwich**  
Whole Kernel Corn  
Seasonal Fresh Fruit | **Meatloaf (Birthday Meal)**  
Whipped Potatoes w/Brown Gravy  
Green Beans  
Stewed Tomatoes  
Fresh Fruit  
Birthday Cupcake | **Pork Carnitas**  
Black Beans  
Fajita Vegetables  
Lemon Lime Gelatin | **Sweet & Sour Chicken**  
Rice  
Mixed Vegetables  
Sliced Carrots  
Chocolate Chip Cookie | **Turkey Salad**  
Mandarin Oranges & Pineapple  
Saltine Crackers  
Chocolate Pudding |
| 8            | 9                        | 10                       | 11                       | 12                      |
| **Baked Chicken**  
Brown Rice  
Black Beans w/Red Peppers  
Chuckwagon Corn | **Spaghetti & Meatballs**  
Mixed Vegetables  
Whole Wheat Roll  
Mandarin Oranges | **Chef Salad**  
Saltine Crackers  
Mixed Fruit  
Citrus Gelatin | **Breaded Fish**  
Delmonico Potatoes  
Glazed Carrots  
Seasonal Fresh Fruit  
Chocolate Chip Cookie | **Pork Roast w/ Mushroom Gravy**  
Whipped Potatoes  
Spinach  
Seasonal Fresh Fruit |
| 15           | 16                       | 17                       | 18                       | 19                      |
| **Salisbury Steak**  
Garlic Whipped Potatoes w/Brown Gravy  
Mixed Vegetables  
Whole Wheat Roll  
Pineapple Tidbits | **BBQ Chicken Salad**  
Saltine Crackers  
Applesauce  
Vanilla Pudding | **Cheeseburger**  
Baked Beans  
Carrots | **Egg Salad Sandwich**  
Kidney Bean Salad  
Pineapple Tidbits  
Orange Gelatin  
Whole Wheat Roll | **Chicken Enchilada Bake**  
Black Beans  
Mandarin Oranges |
| 22           | 23                       | 24                       | 25                       | 26                      |
| **Sloppy Joe**  
Baked Beans  
Glazed Carrots  
Lemon Lime Gelatin | **Breaded Fish**  
Roasted Red Potatoes  
Brussel Sprouts  
Seasonal Fresh Fruit | **Fiesta Chicken Salad**  
Saltine Crackers  
Mandarin Oranges  
Butterscotch Pudding | **Beef Ziti Bake**  
Mixed Vegetables  
Hot Cinnamon Applesauce | **Sliced Turkey Breast Sandwich**  
Cucumber Onion Salad  
Mandarin Oranges & Pineapple  
Chocolate Chip Cookie |
| 29           | 30                       | 31                       |                          |                          |
| **Beef Patty w/Brown Gravy w/Onions**  
Lyonnaise Potatoes  
Carrots  
Seasonal Fresh Fruit  
Lime Gelatin | **Cranberry Dijon Chicken**  
Confetti Rice  
Mixed Vegetable Blend  
Mandarin Oranges | **Turkey Salad Sandwich**  
Cucumber/Tomato Salad  
Seasonal Fresh Fruit |                          |                          |

Suggested Donation: $4.00  
Donations can be made online at: [https://salt-lake-county-aging-adult-services.square.site/](https://salt-lake-county-aging-adult-services.square.site/)  

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