

February

Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				TACO SALAD Seasoned Ground Beef Pinto Beans Spinach/Romaine Salad Flour Tortilla Seasonal Fresh Fruit Salad Dressing 1
CHICKEN BREAST Sesame Sauce for Chicken Brown Rice Capri Blend Vegetables Pineapple Tidbits 4	<u>BIRTHDAY MEAL</u> MEATLOAF w/ Brown Gravy Mashed Potatoes Stewed Tomatoes Seasonal Fresh Fruit Birthday Cupcake 5	BREADED FISH Tartar Sauce Tator Tots Mixed Vegetables Fresh Banana 6	SLICED ROASTED TURKEY w/ Poultry Gravy Bread Stuffing Green Peas Fruit Cup Whole Wheat Roll/Butter 7	RIBBLETT PATTY BBQ Sauce Bun Italian Blend Vegetables Canned Fruit Pumpkin Cookie 8
SALISBURY STEAK Brown Gravy Roasted Red Potatoes Scandinavian Blend Vegetables Mandarin Oranges Vanilla Pudding 11	ROAST PORK Apple Berry Sauce Mashed Potatoes Mixed Vegetables Tropical Mixed Fruit 12	BEEF ENCHILADA BAKE Whole Kernel Corn Carrot Raisin Salad Pears 13	<u>VALENTINE'S DAY MEAL</u> TURKEY POT ROAST Poultry Gravy/Mashed Potatoes California Blend Vegetables Ambrosia-Pineapple/Orange Sugar Cookie 14	<u>PRESIDENT'S DAY MEAL</u> BRATWURST w/ Hot Dog Bun Tator Tots Spiced Apple Slices Mixed Vegetables Apple Cobbler 15
CLOSED FOR PRESIDENT'S DAY 18	PORK & NOODLES Green Beans Carrots Whole Wheat Roll Orange Gelatin Butter 19	CHICKEN BREAST Cream Sauce Brown Rice Green Peas Spinach/Romaine Salad/Dressing Chocolate Chip Cookie 20	RIBBLETT PATTY BBQ Sauce Bun Whole Kernel Corn Fresh Orange Lettuce & Onion 21	TURKEY POT ROAST Poultry Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Roll/Butter Tropical Mixed Fruit 22
PORK CARNITAS Whole Kernel Corn Refried Beans Flour Tortilla Fresh Apple 25	CHEESE OMLET w/ Southwest Sauce Breakfast Turkey Sausage Red/Green Bell Pepper & Onion Hashbrown Fresh Banana 26	CHEESEBURGER Scandinavian Blend Vegetables Lettuce/Tomato/Onion Vanilla Pudding Mayo/Mustard/Ketchup 27	BAKED CHICKEN THIGH Marsala Sauce Penne Pasta Mixed Vegetables Spinach/Romaine Salad/Dressing Sugar Cookie 28	

Alternate meals for February*:

Week 1 – Sliced Turkey, Lettuce & Tomato, Provolone Cheese, Cream of Broccoli Soup

Week 2 – Sliced Ham, Swiss Cheese, Lettuce & Tomato, Beef Chili w/ Beans

Week 3 – Chicken Salad, Lettuce & Tomato, Chicken Noodle Soup

Week 4 – Sliced Turkey, Lettuce & Tomato, Cheddar Cheese, Cream of Tomato Soup

Week 5 – Chicken Salad, Lettuce & Tomato, Potato Chowder

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



Heart Health Presentation

The American Heart Association and Salt Lake County Aging and Adult Services would like you to join us for a special presentation with Doctor Daniel Cox. Dr. Cox is pediatric and adult congenital cardiologist who specializes in diagnosing and treating people with congenital heart problems at all ages. Dr. Cox will be speaking on and answering questions about heart health.

When: Thursday, February 21 from 9:30 - 11:00 AM.

Where: Salt Lake County Government Building
2001 South State Street
Council Chambers
(North building, first floor)

Open to the public and registration is not required.

If you are a senior in need of transportation please inquire at your local senior center.

Sponsored by The American Heart Association and

