



**Tuesday, February 5th**

**Lunch**– Sweet & Sour Chicken, White Rice, Stir Fry Vegetables, Cottage Cheese, Fruit, Fortune Cookie

**Alternate Meal**– Cream of Broccoli Soup w/Turkey Sandwich

**Activity**– Wellness Checks & Celebrate Birthdays

**Tuesday, February 12th** National Tortellini Day!

**Lunch**– Three Cheese Tortellini w/Basil Marinara Sauce, Green Salad, Carrots, Roll, Cinnamon Apple Crisp

**Alternate Meal**– Chef Salad

**Activity**– Phil Anderson’s Juke Box Jamboree Pre-Valentine Edition Music from the 50’s & 60’s

**Tuesday, February 19th**

**Lunch**– Chicken Wrap, Italian Pasta Salad, Kosher Pickle Spear, Peaches

**Alternate Meal**– Chicken & Rice Soup w/ Turkey Sandwich

**Activity**– BINGO (sponsored by A Plus)

**Tuesday, February 26th** National Kalua Day!

**Lunch**– Kalua Pork, Hawaiian Rice, Corn, Roll, Pineapple Tidbits & Brownie

**Alternate Meal**– Chef Salad

**Activity**– Wendell Elder & the Midnight Strangers

February  
Senior Lunch  
Menu  
and  
Activities



Salem Activity Center  
60 N 100 E  
801-423-1035

**Reminder**

- Senior 60+ \$3.00 suggested donation
- **Visitors under 60** must pay \$6.00 to the ladies at the front desk.
- Please RSVP the day before by 4:00 pm.

**Thursday, February 7th**

**Lunch**– Homemade Chicken Pot Pie, Biscuit, Jello w/fruit & Corn

**Alternate Meal**– Vegetable Beef Soup w/Turkey Sandwich

**Activity**– BINGO (sponsored by A Plus)

**Thursday, February 14th**

**Lunch**– Meat Loaf, Garlic Mashed Potatoes & Gravy, Corn, Roll, Orange & a Valentines Cookie

**Alternate Meal**– Chef Salad

**Activity**– Valentines Day Party

**Thursday, February 21st**

**Lunch**– Three Bean Chili, California Blend Vegetables, Fresh Baked Fruit Crisp, Corn Bread

**Alternate Meal**– Minestrone Soup w/Turkey Sandwich

**Activity**–BUNCO

**Thursday, February 28th**

**Lunch**– Malibu Chicken w/ Honey Mustard Sauce, Au Gratin Potatoes, Green Beans, Roll & Mandarin Oranges

**Alternate Meal**– Chef Salad

**Activity**– Show & Tell \* Please bring something to share, but this will be on a volunteer basis.