

Reminder

- Senior 60+ \$3.00 suggested donation
- Visitors must pay \$6.00 to the ladies at the front desk.

Tuesday, January 8th

Lunch– Southern Country Fried Steak, Mashed Potatoes/Gravy, Mixed Seasonal Vegetables, Cottage Cheese/ Fruit, Fresh baked Roll

Alternate Meal– Cream of Broccoli Soup w/ Turkey Sandwich

Activity– Sandy Hughes promotes classes

Tuesday, January 15th

Lunch– Flakey Homemade Biscuits w/ Country Gravy, Scrambled Eggs, Pork Sausage Links, Orange

Alternate Meal– Chef Salad

Activity– Many Strings and Co Perform

Tuesday, January 22nd

Lunch– Cheese Beef Lasagna, Green Beans, Fresh Garlic Bread, Cinnamon Apple Sauce

Alternate Meal– Chicken & Rice Soup w/ Turkey Sandwich

Activity– Joan Hahn w/ Travel Passport Presents

Tuesday, January 29th

Lunch– Honey Baked Ham, Scalloped Potatoes, Diced Beets, Assorted Tropical Fruit, Fresh Baked Roll, Brownie

Alternate Meal– Chef Salad

Activity– BINGO



January Senior Lunch Menu and Activities



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

Thursday, January 3rd

NATIONAL SPAGHETTI DAY

Lunch– Spaghetti with Meat Sauce, Green Beans, Fresh Baked Garlic Bread, Apple

Alternate Meal– Chef Salad

Activity– New Year's Resolutions

Thursday, January 10th

Lunch– Nachos- Ground Beef, Corn Tortilla Chips, Olives, Tomato, Nacho Cheese, Refried Beans, Salsa, Sour Cream, Mandarin Orange

Alternate Meal– Vegetable Beef Soup w/ Turkey Sandwich

Activity– Card Game– Garbage

Thursday, January 17th

Lunch– Savory Corn Chowder, Garden Green Salad, Jello/Fruit, Fresh Corn Bread

Alternate Meal– Chef Salad

Activity– BINGO

Thursday, January 24th

Lunch– Homemade Chicken Pot Pie, Fresh Baked Biscuit, Jello with Fruit, Fresh Baked Brownie

Alternate Meal– Minestrone Soup w/ Turkey Sandwich

Activity– Service Project– Tie Quilts

Thursday, January 31st

Lunch– Creamed Chicken over Steamed White Rice, California Blend Vegetables, Roll, Seasonal Fruit Cup

Alternate Meal– Chef Salad

Activity– Volleyball