

Alternate Meals Available: Dec 3-7-Salad Dec 10-14-Soup/Sandwich Dec 17-21-Salad Dec 24-28-Soup/Sandwich Dec 31-Salad				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 National Cookie Day Rigatoni Pasta with Meat Sauce(25) Seasoned Green Beans(02) Fresh Garlic Bread(15) Fresh Baked Cookie(67) Fresh Local Apple(28)	4 National Comfort Food Day Homemade Meat Loaf(03) Garlic Mashed Potatoes(30) Roasted Corn(14) Fresh Baked Roll(15) Orange(22)	5 Three Bean Beef Chili(03) Fresh Baked Fruit Crisp(67) Corn Bread(28) Garden Green Salad(2)	6 Homemade Chicken Pot Pie(14) Fresh Baked Biscuit(25) Garden Fresh Green Salad(2) Diced Pears(15)	7 National Brownie Day Garlic Roasted Beef(00) Mashed Potatoes & Gravy(15) Seasoned Peas(11) Fresh Baked Brownie(67) Apple Sauce(14) Fresh Baked Roll(16)
10 Swedish Meatballs(39) Rice(21) Carrots(06) Pears(18) Fresh Baked Roll(16)	11 Savory Corn Chowder(22) Green Beans(11) Garden Green Salad(02) Jell-O Cup with Diced Fruit(18) Fresh Corn Bread(33)	12 Ms. Helen's Cheesy Beef Lasagna(19) Seasoned Peas(02) Fresh Garlic Bread(15) Cinnamon Apple Sauce(14)	13 Hawaiian Haystacks Diced Vine Ripe Tomatoes, Green Peas, Diced Celery, Pineapple Tidbits, Sweetened Coconut Flake, Sliced Black Olives, Chow Mein Noodles, Cheese, Steamed White Rice (30) California Blend Vegetables(05)	14 Roast Turkey Breast(03) Mashed Potatoes & Gravy(25) Crinkle Cut Carrots(06) Stuffing(20) Mandarin Oranges(11) Fresh Cranberry Sauce (22) Fresh Roll(15) Pumpkin Pie(35)
17 Country Fried Steak(04) Mashed Potatoes & Country Gravy(27) Mixed Vegetables(12) Fresh Baked Roll(15) Cottage Cheese & Fruit(12)	18 Soft Shell Ground Beef Taco Shredded Lettuce, Diced Vine Ripe Tomato, Shredded Cheese, Refried Beans, Taco Sauce , Sour Cream (40) Mandarin Oranges(11)	19 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried vegetables(12) Fruit Cocktail(08) Fresh Baked Roll (15)	20 Hearty Beef and Vegetable Stew(14) Fresh Green Salad(02) Corn Bread Muffin(33) Granny Smith Apple Crisp(67)	21 Cured Honey Baked Ham(02) Scalloped Potatoes(13) Diced Beets(06) Fresh Corn Bread(33) Assorted Tropical Fruit(08)
24 Salisbury Steak(05) Garlic Mashed Potatoes and Gravy(27) Mixed Vegetables(12) Fresh Baked Roll(15) Diced Pears (19)	25  NO MEAL	26 Savory Chicken Salad Wrap(18) Italian Pasta Salad(20) Kosher Pickle Spears(0) Diced Peaches(19) Fresh Baked Brownie(67)	27 Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Seasoned Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges (11)	28 BBQ Pulled Pork(03) Hot German Potato Salad(19) Seasoned Corn(02) Fresh Local Apple(28) Fresh Baked Roll(16)
31 Roast Pork Loin(0) Herb Roasted Baby Potatoes(15) Sugar Glazed Carrots(11) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)	Lindon Senior Center 25 N. Main St. Lindon 801-769-8625 To reserve a lunch, call by 1:00 pm the day before.			<p><i>Low fat milk (12) is provided with each meal</i></p> <p><i>Numbers in parentheses represent carbohydrate count</i></p>

Suggested Donation \$3/meal

Menu is subject to change