

February 2020

Lindon Senior Center
25 N. Main St. Lindon
801-769-8625

To reserve lunch, call by 1:00 pm the day before.

Alternate Meal Schedule(Senior Center lunches only)

Feb 3-7 Salad

Feb 10-11 Chicken Noodle Soup with Turkey Sandwich

Feb 12-14 Cream of Potato Soup with Turkey Sandwich

Feb 17-21 Salad

Feb 24-25 Vegetable Beef Soup with Turkey Sandwich

Feb 26-28 Cream of Broccoli Soup with Turkey Sandwich

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Country Fried Steak(4) Mashed Potatoes & Country Gravy(26) Mixed Vegetables(12) Fresh Orange(22) Fresh Baked Roll(15)	4 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Cottage Cheese & Fruit(12) Fortune Cookie (24)	5 Soft Shell Ground Beef Taco Shredded Lettuce, Diced Vine Ripe Tomato, Shredded Cheese, Refried Beans, Taco Sauce , Sour Cream (40) Pears(11)	6 Homemade Chicken Pot Pie(40) Fresh Baked Biscuit(25) Jell-o with Fruit(18) Roasted Corn (14) Brownie(23)	7 Roast Turkey Breast(3) Garlic Mashed Potatoes & Turkey Gravy(26) Crinkle Cut Carrots(6) Fresh Baked Roll(15) Mandarin Oranges(11)
10 Traditional Salisbury Steak(5) Garlic Mashed Potatoes & Gravy(26) Mixed Vegetables(12) Fresh Baked Roll(15) Diced Pears(19)	11 National Tortellini Day Three Cheese Tortellini with Basil Marinara Sauce(28) Garden Green Salad(2) Diced Carrots(6) Cinnamon Apple Crisp(67) Fresh Baked Roll (15)	12 Hearty Beef and Vegetable Stew(14) Fresh Green Salad(2) Fresh Baked Corn Bread Muffin(33) Peaches(19)	13 Homemade Meat Loaf(3) Garlic Mashed Potatoes and Gravy(26) Roasted Corn(14) Fresh Baked Rolls (15) Orange (22)	14 Valentine's Meal Barbeque Chicken(3) Au Gratin Potatoes(19) Seasoned Green Beans(2) Fresh Local Apple(28) Fresh Baked Roll(16) Valentines Cookies(16)
17  NO MEAL	18 Ms. Helen's Cheesy Beef Lasagna(19) Seasoned Peas(2) Fresh Garlic Bread(15) Warm Cinnamon Apple Sauce(14)	19 Savory Chicken Salad Wrap(18) Italian Pasta Salad(20) Kosher Pickle Spears(0.7) Diced Peaches(19)	20 Three Bean Beef Chili(3) Seasoned California Blend Vegetables(18) Fresh Baked Fruit Crisp(67) Cornbread(28)	21 BBQ Pulled Pork(3) Scalloped Potatoes(22) Seasoned Corn(2) Fresh Local Apple(28) Fresh Baked Roll(16)
24 Cured Honey Baked Ham(2) Scalloped Potatoes (13) Diced Beets(6) Fresh Baked Roll(15) Assorted Tropical Fruit(8)	25 National Kalua Day Kalua Pork(0) Hawaiian Rice(25) Seasoned Corn(14) Pineapple Tidbits(7) Brownie (23)	26 Malibu Chicken with Honey Mustard Sauce(8) Au Gratin Potatoes(22) Seasoned Green Beans(2) Fresh Baked Roll(16) Mandarin Oranges (11) Brownie(23)	27 Hawaiian Haystacks Diced Vine Ripe Tomatoes,Green Peas, Diced Celery,Pineapple Tidbits, Coconut Flakes, Chow Mein Noodles, Cheese,Steamed White Rice(30) California Blend Vegetables(5)	28 Garlic Roasted Beef(0) Baby Potatoes (15) Gravy(10) Seasoned Peas(11) Diced Peaches (19) Fresh Baked Roll (16)

	Fresh Baked Roll(15)			
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Suggested donation \$3/meal

Low fat milk (12) is provided with each meal

Numbers in parentheses represent carbohydrate count

Menu subject to change