

Senior Nutrition Program

March 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

**Suggested Donation
Seniors 60 &
older \$2.50
Under 60 full cost of
meal is \$5.50**

<p>6 Fish Fillet w/ tartar sauce French Fries Beets Tropical fruit Yellow cake w/ choc frosting 2% Milk</p>	<p>7 Chicken Alfredo Mixed vegetable Peaches Bread w/ margarine 2% Milk</p>	<p>8 Hamburger w/ trimmings Potato chips Macaroni salad Pears 2% Milk</p>	<p>1 BBQ Ribs Baked Potato w/ sour Cream Green Beans Mandarin Oranges Roll w/ margarine 2% Milk</p>
<p>13 Chicken fried steak Mashed potato w/ gravy Mixed veggies Jell-O w/ fruit Bar Cookie 2% Milk</p>	<p>14 BBQ pulled pork Sandwich Baked Beans Cole Slaw Mixed Fruit 2% Milk</p>	<p>15 Lasagna Green Salad Pears Breadsticks Chocolate cake 2% Milk</p>	<p>22 Meatloaf Baked potato w/ sour cream Green beans Jell O parfait 2% milk</p>
<p>20 Baked Chicken Mashed potatoes w/ gravy Mixed Vegetables Fruit 2% Milk</p>	<p>21 Turkey Hoagie w/ trimmings Potato Salad Mandarin oranges Brownie 2% Milk</p>	<p>22 Meatloaf Baked potato w/ sour cream Green beans Jell O parfait 2% milk</p>	<p>22 Meatloaf Baked potato w/ sour cream Green beans Jell O parfait 2% milk</p>
<p>27 Chicken Salad puffs Marinated vegetable salad Pears w/ Cottage Cheese Cookie 2% Milk</p>	<p>28 Roast Beef Mashed Potatoes & Gravy Peas & Carrots Pineapple Dinner roll 2% Milk</p>	<p>29 Pork Chops A gratin potato Broccoli Wheat Bread w/ margarine Applesauce 2% Milk</p>	<p>29 Pork Chops A gratin potato Broccoli Wheat Bread w/ margarine Applesauce 2% Milk</p>

Senior Nutrition Program
District IV
PO Box 820
Richfield, UT 84701

MENU SUBJECT TO CHANGE AND SUBSTITUTIONS

**Please make your reservation by 9:00 a.m.
on the day you plan to eat at the center.
THANK YOU!!!/1/1-ehk

GUNNISON VALLEY SENIOR CITIZENS

P.O. BOX 605 Phone: 528-3781 (Lorna)

Gunnison, Utah 84034

Gunnison Valley Senior Citizens

**Lunch is now served at the Gunnison City Hall, Tuesday thru Thursday
“come and join us.”**

Keith Reber from My Hearing Centers will be at the Center for your hearing needs. Call him at (801)341-2193 for appointment.

March 7th

Brian from the House of Hearing will be here

March 7th

Shopping & Dr. Trip to Richfield: The bus will leave from City Hall in Gunnison. Leaving 8:45 am., please call Lorna on the day before to secure a spot on the bus. If you need to be picked up at your home call Lorna 528-3781 let her know.

March 15th

Blood Pressure and Blood Sugar screening from 11:00 am to 12:00 noon, at the Gunnison City Hall in the Heritage Hall.

March 19th

Senior Dinner we will be having **Corn Beef & Cabage**, bring your pot lucks and your plates.

March 21st

Shopping & Dr. Trip to Richfield: Leaving the Gunnison City Hall at 8:45 a.m., please call Lorna on the day before to secure a spot on the bus. If you need to be picked up at your home call Lorna 528-3781 let her know.

There are hand quilted Tricot baby quilts and Tricot queen quilts, and pre-stamped or “Cheater” quilts for sale.

We are quilting Tuesdays & Thursdays at the New City Hall, please come and join us. Call Judy at 528-5828 or Kathy at 528-3654 to find out where we are quilting.

If you need a quilt, hand quilted call, Judy 528-5828 or Kathy 528-3654