



MAG
Expert Resources. Enriching Lives.

MARCH 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)

March 2-6 Salad
March 9-10 Chicken Noodle Soup with Turkey Sandwich
March 11-13 Cream of Potato Soup with Turkey Sandwich
March 16-20 Salad
March 23-24 Vegetable Beef Soup with Turkey Sandwich
March 25-27 Cream of Broccoli Soup with Turkey Sandwich
March 30-April 3 Salad

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 2 Smoked Ham and White Beans(25) Braised Cabbage(03) Sweetened Apple Sauce(14) Fresh Baked Roll(16) Chewy Chocolate Brownie(23) | 3 Soft Chicken Taco Shredded Lettuce, Diced Vine Ripe Tomato, Shredded Cheese, Refried Beans and Spanish Rice(56) Mandarin Oranges(11) | 4 Malibu Chicken & Honey Mustard Sauce(08) Au Gratin Potatoes(22) Steamed Broccoli(04) Fresh Baked Roll(16) Red Apple(22) | 5 Three Bean Beef Chili with Shredded Cheese(25) Seasoned California Blend Vegetables(18) Sliced Peaches(67) Fresh Cornbread(28) | 6 Oven Roasted Pork(00) Au Gratin Potatoes(15) Seasoned Diced Beets(06) Mandarin Oranges(11) Fresh Baked Roll(16) Cookie(18) |
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| 16 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Apple(12) Fortune Cookie(24) | 17 St. Patrick's Day Meal House-made Corned Beef and Cabbage, Braised Potatoes and Carrots(0) Lucky Green Jell-o with Fruit Cocktail(00) Bakery Fresh Cookie(18) | 18 National Potato Chip Day Savory Chicken Salad Wrap(18) Italian Pasta Salad(20) Kosher Pickle Spear(0.7) Diced Pears(19) Lay's Potato Chips(00) | 19 Ms. Helen's Cheesy Beef Lasagna(19) Seasoned Green Beans(02) Fresh Garlic Bread(15) Warm Cinnamon Apple Sauce(14) | 20 Honey Baked Ham(0) Scalloped Potatoes(13) Diced Beets(06) Fresh Baked Corn Bread(33) Assorted Tropical Fruit(08) |
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|--|--|--|--|---|
| 2 Smoked Ham and White Beans(25) Braised Cabbage(03) Sweetened Apple Sauce(14) Fresh Baked Roll(16) Chewy Chocolate Brownie(23) | 3 Soft Chicken Taco Shredded Lettuce, Diced Vine Ripe Tomato, Shredded Cheese, Refried Beans and Spanish Rice(56) Mandarin Oranges(11) | 4 Malibu Chicken & Honey Mustard Sauce(08) Au Gratin Potatoes(22) Steamed Broccoli(04) Fresh Baked Roll(16) Red Apple(22) | 5 Three Bean Beef Chili with Shredded Cheese(25) Seasoned California Blend Vegetables(18) Sliced Peaches(67) Fresh Cornbread(28) | 6 Oven Roasted Pork(00) Au Gratin Potatoes(15) Seasoned Diced Beets(06) Mandarin Oranges(11) Fresh Baked Roll(16) Cookie(18) |
| 9 Swedish Meatballs(39) Rice(21) Carrots(06) Mixed Fruit Cocktail(08) Fresh Baked Roll(16) | 10 Homemade Meatloaf(3) Garlic Mashed Potatoes and Gravy(26) Steamed Broccoli(4) Fresh Baked Roll(15) Red Apple(22) | 11 Rigatoni Pasta with Meat Sauce(25) Seasoned Green Beans(02) Garden Green Salad(02) Fresh Baked Garlic Bread(15) Warm Applesauce(28) | 12 Homemade Chicken Pot Pie(40) Fresh Baked Biscuit(25) Sliced Peaches(18) Fresh Baked Brownie(23) | 13 Roast Turkey(03) Garlic Mashed Potatoes & Turkey Gravy(26) Crinkle Cut Carrots(06) Fresh Baked Roll(15) Mandarin Oranges(11) |
| 16 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Apple(12) Fortune Cookie(24) | 17 St. Patrick's Day Meal House-made Corned Beef and Cabbage, Braised Potatoes and Carrots(0) Lucky Green Jell-o with Fruit Cocktail(00) Bakery Fresh Cookie(18) | 18 National Potato Chip Day Savory Chicken Salad Wrap(18) Italian Pasta Salad(20) Kosher Pickle Spear(0.7) Diced Pears(19) Lay's Potato Chips(00) | 19 Ms. Helen's Cheesy Beef Lasagna(19) Seasoned Green Beans(02) Fresh Garlic Bread(15) Warm Cinnamon Apple Sauce(14) | 20 Honey Baked Ham(0) Scalloped Potatoes(13) Diced Beets(06) Fresh Baked Corn Bread(33) Assorted Tropical Fruit(08) |
| 23 Salisbury Steak(05) Garlic Mashed Potatoes & Gravy(26) Diced Beets(06) Fresh Baked Roll(15) Diced Pears(19) | 24 Savory Corn Chowder(22) Seasoned Cut Green Beans(11) Sliced Peaches(18) Fresh Baked Corn Bread(33) | 25 Shepherd's Pie(79) Diced Seasoned Carrots(06) Cottage Cheese and Mixed Fruit(12) Jackie's Cake(28) | 26 Creamed Chicken Over Steamed White Rice(30) Seasoned California Blend Vegetables(18) Fresh Baked Roll(16) Fresh Orange(22) Chocolate Chip Cookie Bar(15) | 27 Garlic Roasted Beef(0) Herb Roasted Potatoes(15) & Gravy(10) Seasoned Peas(11) Diced Peaches(19) Fresh Baked Roll(16) |
| 30 Country Fried Steak(4) Mashed Potatoes & Country Gravy(26) Seasoned Mixed Vegetables(12) Diced Pears(22) Fresh Baked Roll(15) | 31 Three Cheese Tortellini with Meat Sauce(28) Garden Green Salad(02) Sliced Carrots(06) Cinnamon Apple Crisp(67) Fresh Baked Roll(15) | Suggested donation \$3/meal Menu subject to change | Low fat milk (12) is provided with each meal Numbers in parentheses represent carbohydrate count | |



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MARCH 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)

March 2-6 Salad
March 9-10 Chicken Noodle Soup with Turkey Sandwich
March 11-13 Cream of Potato Soup with Turkey Sandwich
March 16-20 Salad
March 23-24 Vegetable Beef Soup with Turkey Sandwich
March 25-27 Cream of Broccoli Soup with Turkey Sandwich
March 30-April 3 Salad

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