




OCTOBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alternate Meal Schedule (Senior Center lunches only)		<p>Lindon Senior Center Please call 24 hours before to reserve a lunch. 801-769-8625</p>	<p>*Low fat milk (12) is provided with each meal *Numbers in parentheses represent carbohydrate count *Suggested donation \$3/meal *Menu subject to change</p>	<p>1 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Crinkle Cut Carrot (06) Fresh Baked Roll (15) Mandarin Oranges (11)</p>
<p>Soup with Turkey Sandwich: Oct 1- Cream of Potato Soup Oct 11-12- Chicken Noodle Soup Oct 13-15- Cream of Broccoli Soup Oct 25-26- Chicken Noodle Soup Oct 27-29- Cream of Potato Soup</p>				
<p>4 Swedish Meatballs (39) Steamed Rice (21) Seasoned Carrots (06) Navel Orange (22) Fresh Baked Roll (16)</p>	<p>5 Broiled Bratwurst with Fresh Baked Hoagies (17) Sauerkraut (04) Jackie's Cake (28) Hot Potato Salad (22)</p>	<p>6 Creamed Chicken over White Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Rolls (16) Cottage Cheese and Fruit (12)</p>	<p>7 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Mixed Veggies (02) Fresh Baked Roll (16) Mandarin Oranges (11)</p>	<p>8 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>
<p>11 NO MEAL</p>  <p>Columbus Day</p>	<p>12 Teriyaki Chicken Bowl (8) Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Fresh Apple (28) Fresh Baked Roll (15)</p>	<p>13 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Pears (19)</p>	<p>14 Shepherd's Pie (79) Seasoned Corn (11) Fresh Apple Crisp (67) Fresh Baked Roll (16)</p>	<p>15 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Diced Peaches (18)</p>
<p>18 Cured Honey Baked Ham (00) Scalloped Potatoes (13) Diced Beets (06) Fresh Baked Roll (16) Assorted Tropical Fruit (08)</p>	<p>19 Homemade Chicken Pot Pie (14) Fresh Baked Biscuit (25) Garden Green Salad (2) Jackie's Cake (28)</p>	<p>20 Homemade Meat Loaf (3) Garlic Mashed Potatoes & Gravy (27) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)</p>	<p>21 Hearty Beef and Vegetable Stew (14) Brown Rice (30) Fresh Corn Bread (33) Fresh Apple (15)</p>	<p>22 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (27) Seasoned Peas (10) Fresh Baked Roll (15) Jell-O Cup with Fruit (09)</p>
<p>25 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Mandarin Oranges (11) Fortune Cookie (24)</p>	<p>26 Ms. Helen's Cheesy Beef Lasagna (19) Seasoned Green Beans (02) Fresh Garlic Roll (15) Apple Sauce (14)</p>	<p>27 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)</p>	<p>28 Sloppy Joe (0) Fresh Hamburger Bun (15) Mustard Potato Salad (19) Pork and Beans (25) Oranges (22)</p>	<p>29 My Mummy's Chili (03) Seasoned California Blend Veggies (18) Halloween Cookie Bar (15) Cornbread (28) Granny Smith Apple (28)</p>