
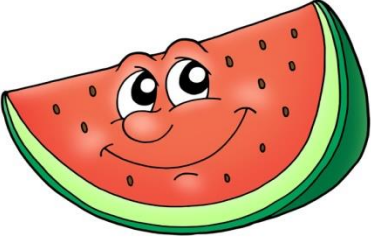


Alternate Meal	Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
<i>This meal is only available to congregate participants</i> Roast Beef Sandwich			1) Greek Chicken Brown Rice Pilaf Zucchini Cuke/Onion Salad Pineapple Wheat Roll Milk	0 23 13 19 28 12	2) Mushroom Swiss Burger Oven Brown Potatoes lettuce/tomato/onion fruit Milk condiments	56 20 2 13 12 4	3) Baked Fish Three bean salad Au gratin potatoes Wheat roll Milk jello/fruit	<1 26 25 28 12 6	4) Enchilada Casserole Squash Spanish Rice Apple Cobbler Milk salsa	26 13 23 23 12 2
Cobb Salad		7) Chicken Chow Mein Oriental veggies Tossed Salad Wheat Roll Rice Pears milk	21 5 3 28 22 19 12	8) Meatloaf Mashed Potatoes Gravy Mixed veggies Fruit Wheat Roll Pudding Milk	3 17 3 6 20 28 23 12	9) Pork Loin Broccoli Tossed Salad Fruit Wheat Roll Milk	2 4 3 27 28 12	10) Baked Chicken Cauliflower Pea Salad Brown Rice Wheat roll jello/fruit milk	<1 3 17 21 28 18 12	11) Baked Potato (turkey ham, cheese sauce, broccoli) Mandarin Oranges Three Bean Salad Wheat Roll Milk
Turkey Wrap	14) Chef Salad Peaches Pickled Beets Milk Wheat Roll	6 19 13 12 28	15) Country Fried Steak Mashed Potatoes Gravy Carrots Wheat Roll Jello/fruit Milk	24 17 17 4 7 28 5 12	16) Roast Beef Sand. Coleslaw Milk Peaches	38 7 12 19	17) Chicken Cordon Bleu Pea Salad Spinach Rice Pilaf Wheat Roll Milk Fruit	31 17 5 23 28 12 20	18) Beef Goulash Tossed Salad Mixed veggies Scalloped potatoes Wheat roll Pudding milk	25 3 6 20 28 23 12
Ham & Cheese Sandwich	21) Chicken Fajita Black Beans Grilled Onions/Peppers Spanish Rice Applesauce Milk Salsa	24 22 9 12 13 12 2	22) Chicken Caesar Salad Beet & Onion Salad Wheat roll peaches milk	39 28 10 12	23) Roast Pork w/gravy Carrots Applesauce Milk Wheat Roll Mashed potatoes Cake	6 7 13 12 28 18 50	24) Baked Chicken Oven Brown Potatoes Carrots Bread Pineapple Cake Milk	<1 5 7 24 51 12	25) French Dip Sandwich Au Jus Oven Brown Potatoes Broccoli Salad Peach Crisp Milk	36 <1 20 11 28 12
Tomato w/ chicken salad	28) Sweet Sour Meatballs Brown rice Tossed Salad Broccoli/Cauliflower Jello Milk Wheat Roll	4 42 3 4 5 12 28	29) Chicken Salad Sandwich Tossed Salad Tomato/Lettuce/ & Pickle Carrot Salad Apple Crisp Milk	30 3 3 11 36 12	30) Taco Salad Black Beans Spanish Rice Fruit Milk Salsa	31 22 23 2 12 2	31) Egg Salad Wheat Bread Tossed Salad Coleslaw Lettuce/Tomato/pickle Milk Apple crisp	8 24 3 12 2 12 36		



Golden Years 801-451-3660 Autumn Glow 801-444-2290 North Davis 801-525-5080

Please call for lunch reservations at least Three days in advance.

THIS MENU IS SUBJECT TO CHANGE AT ANY TIME!

