

The Northern News

AUGUST 2018



North Davis Senior Activity Center
 42 South State Street,
 Clearfield, UT 84015
 801-525-5080
northdavis@daviscountyutah.gov

Center Hours
 Monday – Friday
 8:00 am to 5:00 pm
Center Transportation
 Monday – Friday

LUNCH
 Suggested Contribution:
 60 & over \$3.00
 Under 60 is \$6.00
 Served Monday – Friday
 11:30 am
Reservations needed at least three days in advance

Center Staff
 Debbie Draper
 Bureau Manager

Tiffany Forsgren
 Activities Coordinator

Wendy Cypert
 Nutrition Coordinator
 Lorie Rhew
 Kitchen Supervisor

Hilda Rayl
 Paul Rosas
 Center Bus Drivers

Ann Workman
 Johnny Brown
 Neal Bernson
 Medical Transportation

This Month's Trips

**Senior Day at
 The Davis County Fair
 Thursday, August 16th
 Free ~ Sign up now!!!**

**Trip to the
 Petersen Family Farm
 & Farmer's Market
 along with lunch at
 The Midvale Mining Cafe
 Wednesday, August 29th**

August

Alternate Meal	Monday	Carb	Tuesday	Carb	Wednesday	Carb	Thursday	Carb	Friday	Carb
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This meal is only available to congregate participants	Tuna Sandwich	6 Chicken Chow Mein	21	7 Meatloaf	3	1 Mushroom Swiss	55	2 Lemon Pepper Cod	0	3 Enchilada Casserole	32
		Mixed Veggies	12	Mashed potato/gravy	21	Burger	19	Three Bean Salad	26	Squash	16
		Tossed Salad	4	Mixed Veggies	12	Oven Brown Potatoes	5	Tartar Sauce	5	Tomato/Lettuce/Onion	4
Cobb Salad	Wheat Roll	28	Wheat Roll	20	Lettuce/Onion/Tomato/Pickle/condiments	5	Au gratin Potatoes	25	Salsa	2	
	Rice	22	Fruit	28	Fruit	13	Wheat Roll	28	Spanish Rice	24	
	Fruit	19	Wheat Roll	23	Milk	12	Jello/fruit	6	Fruit Cobbler	19	
Turkey Cheddar Sandwich	13 Chef Salad	7	14 Country Fried Steak	24	8 Pork Loin	1	9 Baked Chicken	<1	10 Stuffed Baked Potato (turkey ham, cheese sauce)	4	
	Peaches	19	Mash Potatoes/gravy	21	Mashed Potato/gravy	24	Green Pea Salad	17	Broccoli	12	
	Pickled Beets	13	Carrots	7	Tossed Salad	4	Cauliflower	3	Mandarin Oranges	18	
Pulled Pork Wrap	20 Chicken Fajitas	31	21 Tuna Salad	29	22 Sweet & Sour	4	23 Baked Chicken	<1	24 French Dip Sandwich	36	
	Black beans,	22	Sandwich	4	Brown Rice	42	Carrots	7	Broth	<1	
	Spanish Rice	23	Tossed Salad	4	Tossed Salad	4	Oven Brown Potatoes	5	Oven Brown Potatoes	20	
Chef Salad	27 Roast Pork	1	28 Chicken Cordon Bl	31	29 Taco Salad	31	30 Chicken Caesar Salad	40	31 Spaghetti/Meat Sauce	24	
	Mashed Potato/Gravy	21	Rice Pilaf	23	Black Beans	22	Beet&Onion Salad	17	Green beans	7	
	Carrots	7	Green Pea Salad	17	Spanish Rice	23	Wheat Roll	28	Tossed Salad	4	
Alternate Meal	Fruit	13	Spinach	5	Sour Cream/Salsa	3	Peaches	19	Garlic Roll	40	
	Wheat Roll	28	Wheat Roll	28	Fruit	13	Wheat Roll	19	Fruit Cobbler	19	
	Iced Cake	50	Fruit	20	Milk	12	Milk	12	Milk	12	

North Davis 801-525-5080 Menu subject to change at anytime!
 SUGGESTED CONTRIBUTION: \$3.00 for those 60 & over - For those 59 & below: Set price of \$6.00. Please call for lunch reservations at least **3 days** in advance.
 (Weekends & Holidays don't count)

