

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
----------------	--------	------	---------	------	-----------	------	----------	------	--------	------

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	Mashed Potato/gravy	24	Green Pea Salad	17	Squash	16
		Tossed Salad	4	Mixed Veggies	12	Tossed Salad	4	Cauliflower	3	Tomato/Lettuce/Onion	4
Cobb Salad	Wheat Roll	28	Wheat Roll	20	Fruit	25	Brown Rice	21	Mandarin Oranges	18	
	Rice	22	Fruit	28	Wheat Roll	28	Wheat Roll	28	Three Bean Salad	18	
	Fruit	19	Pudding	23	Milk	12	Jello/Fruit	18	Wheat Roll	12	
Turkey Cheddar Sandwich	13 Chef Salad	7	14 Country Fried Steak	24	15 Roast Beef Sand	38	16 Chicken Salad	31	17 Beef Goulash	25	
	Peaches	19	Mash Potatoes/gravy	21	Coleslaw	7	Sandwich	4	Tossed Salad	4	
	Pickled Beets	13	Carrots	7	Lettuce/Tomato/Onion	3	Tossed Salad	4	Carrots	7	
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	Lettuce/Salsa/S.	3	Tomatolettuce/pickle	3	Broccoli	4	Wheat Bread	24	Mixed Veggies	12	
	Cream	13	Three bean Salad	18	Wheat Roll	4	Pineapple cake	51	Peach Crisp	34	
	Fruit	12	Apple Crisp	36	Jello	28	Milk	12	Milk	12	
Pork Wrap	27 Roast Pork	1	28 Chicken Cordon Bl	31	29 Taco Salad	31	30 Chicken Caesar	40	31 Spaghetti/Meat	24	
	Mashed Potato/Gravy	21	Rice Pilaf	23	Black Beans	22	Salad	17	Sauce	7	
	Carrots	7	Green Pea Salad	17	Spanish Rice	23	Beet&Onion Salad	28	Green beans	4	
Chef Salad	Fruit	13	Spinach	5	Sour Cream/Salsa	3	Wheat Roll	19	Garlic Roll	40	
	Wheat Roll	28	Wheat Roll	28	Fruit	13	Peaches	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)

