

# The Northern

# JANUARY



**North Davis Senior Activity Center**  
 42 South State Street,  
 Clearfield, UT 84015  
 801-525-5080  
[northdavis@daviscountyutah.gov](mailto:northdavis@daviscountyutah.gov)  
[www.daviscountyutah.gov/seniors](http://www.daviscountyutah.gov/seniors)

**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**  
 at 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  
 Food Service Worker

**Hilda Rayl**  
 Paul Rosas  
 Center Bus Drivers

**Ann Workman**  
 Johnny Brown  
 Neal Bernson  
 Medical Transportation



**IT'S TAX TIME**

**Tax Preparations**  
 Will be held every Monday  
 and Thursday ***By Appointment***  
 starting February 4th! Call  
**801-525-5080** to schedule  
**your appointment!**

Alternate Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Turkey and Cheese Sandwich	7) Baked Chicken Mashed Potato/gravy Mixed Veggies Wheat Roll Jello/fruit Milk	1) Closed for New Year's Day	2) Sweet/Sour Meatballs Oriental Mixed Veggies Brown Rice Tossed Salad Wheat Roll Fruit Milk	3) Chicken Tenders Squash Potatoes O'brien Tossed Salad Wheat Roll Fruit Milk	4) Hamburger Cottage Fried Potatoes Coleslaw Apple Crisp Milk
Carbs	<1	1	12	12	16
Chef Salad	7) Baked Chicken Mashed Potato/gravy Mixed Veggies Wheat Roll Jello/fruit Milk	8) Meat Lasagna Carrots Tossed Salad Fresh Fruit Garlic Dinner Roll Cookie Milk	9) Lemon Pepper Cod Peas Coleslaw Fruit Brown Rice Pilaf Dinner Roll Milk	10) Meatloaf Mashed Potato/gravy Mixed veggies Mandarin Oranges Wheat Roll Milk	11) Chicken Salad Tossed Salad Cuke, Onion Salad Wheat Roll Fruit Salad Milk
Carbs	<1	20	0	12	5
Ham and Cheese Sandwich	14) Roast Beef/gravy Mashed Potatoes Carrots Caesar Salad Wheat Roll Jello/fruit Milk	15) Tacos Refried beans Corn Peaches Milk	16) Spaghetti/meatballs Tossed Salad Green beans Garlic Dinner Roll Pears Milk	17) Shepherd's Pie Broccoli/Raisin Salad Wheat Roll Apple cobbler Milk	18) Sausage Breakfast Casserole Mixed Fruit Hash Browns Coffee Cake Milk
Carbs	<1	44	36	36	15
Chicken Caesar Salad	21) Closed for Martin Luther King Day	22) Teriyaki Chicken Brown Rice Carrot/Raisin Salad Oriental Veggies Wheat Roll Mandarin Oranges Milk	23) Beef Stew Tossed Salad Peas & Carrots Biscuit Peaches Milk	24) Turkey Mashed Potatoes/gravy Green Beans Wheat Roll Jello/fruit Milk	25) Beef Patty/gravy Mashed Potatoes Broccoli Wheat Roll Spiced Carrot Cake Milk
Carbs	26	6	17	4	0
Tuna Salad Sandwich	28) Chicken Alfredo Mixed Veggies Garlic Dinner Roll Fruit Milk	29) Closed for Health Dept. In-service	30) BBQ Chicken Sandw Potato Salad Boston Baked Beans Green Beans Southern Apple Cake Milk	31) Beef Stroganoff Carrots Tossed Salad Wheat Roll Fruit Milk	**Menu subject to change without notice**
Carbs	12	29	44	22	13

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)

