

## North Davis Senior Center 801-525-5080

Alternate Meal	Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs	
<i>This meal is only available to congregate participants</i>  <b>Tuna Sandwich</b>	2 Country Fried Steak Mashed Potatoes/gravy Cauliflower Wheat Roll Mandarin Orange Delight Milk	24 21 3 28 4 12	3 Roast Beef Sandwich Coleslaw Lettuce/Tomato/Onion Peaches Milk Potato Wedges	38 7 3 19 12 20	<b>4 Closed for Holiday</b>  		5 Beef Goulash Tossed Salad Carrots Wheat Roll Fruit Milk		6 Chicken Fajitas Black beans, Spanish Rice Lettuce/salsa/s. cream Fruit Milk	23 22 23 3 13 12	
	<b>Cobb Salad</b>	9 Chicken Caesar Salad Italian Pasta Salad Wheat Roll Peaches Milk	40 28 19 12	10 Pork/gravy Mashed Potatoes Broccoli/cheese Wheat roll Fruit Cake Milk	1 21 28 13 20 12	11 Chicken Cordon Bleu Rice Pilaf Green Pea Salad Spinach Wheat Roll Fruit Milk	31 23 17 8 28 20 12	12 Egg Salad Sandwich Tossed Salad Three Bean Salad Apple Crisp Tomato/pickle Milk	32 4 18 36 2 12	13 Sweet & Sour meatballs Brown Rice Tossed Salad Broccoli Wheat Roll Jello Milk	4 42 4 4 28 5 12
	<b>Turkey Cheddar Sandwich</b>	16 Chicken Salad Sandwich Tossed Salad Tomato/Lettuce/Pickle Carrot Raisin Slaw Apple Crisp Milk	31 4 2 19 36 12	17 Taco Salad Black Beans Spanish Rice Sour Cream/Salsa Fruit Milk	31 22 24 3 13 12	18 Baked Chicken Rice Pilaf Carrots Wheat Roll Pineapple Cake Milk	<1 23 7 28 51 12	19 French Dip Sandwich Oven Brown Potatoes Broccoli Raisin Salad Peaches Milk	37 20 10 19 12	20 Meat Lasagna Green beans Tossed Salad Garlic Roll Brownie Milk	46 7 4 40 32 12
	<b>Pulled Pork Wrap</b>	23 Italian Sausage/Bun Cabbage Garlic Fried Potatoes Mustard Peaches Milk	24 6 19 <1 19 12	<b>24 Closed for Holiday</b>  		25 Frito Pie Tossed Salad Carrots Fruit Spanish Rice Salsa/Sour cream Milk	30 4 7 20 23 3 12	26 Spaghetti w/meat sauce Green beans Tossed Salad Garlic Roll Apple Cobbler Milk	24 7 4 40 23 12	27 Tuna Salad Sandwich Tomato/Lettuce Mixed Fruit Broccoli Salad Carrot Cake Milk	29 3 12 15 20 12
	<b>Chef Salad</b>	30 BBQ Pulled Pork sandwich Boston Baked beans Broccoli Tomato/Onion Jello w/fruit Milk	23 26 4 3 10 12	31 Greek Chicken Brown Rice Pilaf Zucchini Cuke Onion Salad Pineapple Wheat roll milk	<1 23 3 6 19 28 12						

