


NAME: \_\_\_\_\_

**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>  Tuna Sandwich	<b>MENU SUBJECT TO CHANGE</b> <b>Cancellations should be made 3 days in advance.</b>		1 Egg Salad Sandwich Tossed Salad Coleslaw Apple Crisp Tomato/pickle/lettuce Milk	32 4 7 36 3 12	2 Meat Lasagna Green beans Tossed Salad Garlic Roll Brownie Milk	46 7 4 40 32 12	3 BBQ Pulled Pork sandwich Boston Baked beans Broccoli Tomato/Onion Jello w/fruit Milk	23 26 4 3 10 12	4 Greek Chicken Brown Rice Pilaf Zucchini Cuke Onion Salad Pineapple Wheat roll milk	<1 23 3 6 19 28 12
Cobb Salad		7 Mushroom Swiss Hamburger Oven Brown Potatoes Lettuce/Tomato/Onion/ Pickles Fruit Milk	33 20 3 13 12	8 Spaghetti w/meat sauce Green beans Tossed Salad Garlic Roll Apple Cobbler Milk	24 7 4 40 23 12	9 Tuna Salad Sandwich Tomato/Lettuce/Onio n Peaches Broccoli Salad Carrot Cake Milk	29 3 22 10 27 12	10 Chicken Chow Mein Rice Mixed Veggies Tossed Salad Wheat Roll Fruit Milk	21 22 12 4 28 19 12	11 Meatloaf Mashed Potatoes/gravy Mixed Veggies Fruit Wheat Roll Pudding Milk
Turkey Cheddar Sandwich	14 Pork Loin/gravy Broccoli Tossed Salad Fruit Wheat Roll Milk	1 4 4 25 28 12	15 Lemon Pepper Cod Three Bean Salad Au Gratin Potatoes Wheat Roll Jello/fruit Milk	0 26 25 28 6 12	16 Enchilada Casserole Squash Tomato/lettuce/Onion Spanish Rice Apple Cobbler Salsa Milk	32 16 3 23 23 2 12	17 Chef Salad Peaches Pickled Beets Wheat Roll Milk	6 19 13 28 12	18 Country Fried Steak Mashed Potatoes/gravy Carrots Wheat Roll Mandarin Orange Delight Milk	24 21 7 28 4 12
Pulled Pork Wrap	21 Roast Beef Sandwich Coleslaw Lettuce/Tomato/Onion Peaches Milk Cookie	38 7 3 19 12 41	22 Baked Chicken Brown Rice Cauliflower Green Pea Salad Wheat Roll jello/fruit Milk	<1 21 3 17 28 18 12	23 Baked Potato (turkey ham, cheese sauce, broccoli) Mandarin Oranges Three Bean Salad Wheat Roll Milk	30 12 12 18 28 12	24 Chicken Fajitas Black beans, Spanish Rice Lettuce/salsa Fruit Milk	23 22 23 3 13 12	25 Chicken Caesar Salad Beet & Onion Salad Wheat Roll Peaches Milk	40 17 28 19 12
Chef Salad	Memorial Day- Closed 		29 Chicken Cordon Bleu Rice Pilaf Green Pea Salad SPinach Wheat Roll Fruit Milk	31 23 17 8 28 20 12	30 Pork Loin Mashed Potatoes/gravy Carrots Fruit Wheat Roll Cake Milk	1 21 7 13 28 49 12	31 Sweet & Sour meatballs Brown Rice Tossed Salad Broccoli Wheat Roll Jello Milk	4 42 4 4 28 5 12	