

THE NORTHERN NEWS

2018



ROAD TRIPS!!!

TRIP TO SENIOR HEALTH FITNESS EXPO AT CHANCELLOR GARDENS - FREE!
FRIDAY MAY 18TH
LEAVE AT 11:30, RETURN TO CENTER BY 2:00

MUST SIGN UP BY MONDAY, MAY 14TH

Chancellor Gardens at Clearfield
 MBK SENIOR LIVING

1425 S. 1500 East, Clearfield, UT 84015
 MBKSeniorLiving.com

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



North Davis Senior Center 801-525-5080

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Alternate Meal <i>This meal is only available to congregants & participants</i>	MENU SUBJECT TO CHANGE Cancellations should be made 3 days in advance.	1 Egg Salad Sandwich Tossed Salad Coleslaw Apple Crisp Tomato/pickle/lettuce Milk	2 Meat Lasagna Green beans Tossed Salad Garlic Roll Brownie Milk	3 BBQ Pulled Pork sandwich Boston Baked beans Broccoli Tomato/Onion Jello w/fruit Milk	4 Greek Chicken Brown Rice Pilaf Zucchini Cuke Onion Salad Pineapple Wheat roll milk
Tuna Sandwich	7 Mushroom Swiss Hamburger Oven Brown Potatoes Lettuce/Tomato/Onion/Pickles Fruit Milk	8 Spaghetti w/meat sauce Green beans Tossed Salad Garlic Roll Apple Cobbler Milk	9 Tuna Salad Sandwich Tomato/Lettuce/Onion Peaches Broccoli Salad Carrot Cake Milk	10 Chicken Chow Mein Rice Mixed Veggies Tossed Salad Wheat Roll Fruit Milk	11 Meatloaf Mashed Potatoes/gravy Mixed Veggies Fruit Wheat Roll Pudding Milk
Cobb Salad	14 Pork Loin/gravy Broccoli Tossed Salad Fruit Wheat Roll Milk	15 Lemon Pepper Cod Three Bean Salad Au Gratin Potatoes Wheat Roll Jello/fruit Milk	16 Enchilada Casserole Squash Tomato/Lettuce/Onion Spanish Rice Apple Cobbler Salsa Milk	17 Chef Salad Peaches Pickled Beets Wheat Roll Milk	18 Country Fried Steak Mashed Potatoes/gravy Carrots Wheat Roll Mandarin Orange Delight Milk
Turkey Cheddar Sandwich	21 Roast Beef Sandwich Coleslaw Lettuce/Tomato/Onion Peaches Milk Cookie	22 Baked Chicken Brown Rice Cauliflower Green Pea Salad Wheat Roll jello/fruit Milk	23 Baked Potato (turkey ham, cheese sauce, broccoli) Mandarin Oranges Three Bean Salad Wheat Roll Milk	24 Chicken Fajitas Black beans, Spanish Rice Lettuce/salsa Fruit Milk	25 Chicken Caesar Salad Beet & Onion Salad Wheat Roll Peaches Milk
Pulled Pork Wrap	29 Chicken Cordon Bleu Rice Pilaf Green Pea Salad Spinach Wheat Roll Fruit Milk	30 Pork Loin Mashed Potatoes/gravy Carrots Fruit Wheat Roll Cake Milk	31 Sweet & Sour meatballs Brown Rice Tossed Salad Broccoli Wheat Roll Jello Milk	32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100	
Chef Salad	Memorial Day - Closed 				

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)

