

# The Northern News



## 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



~ Book Club ~  
Monday, October 8th  
at 10:15

Armchair Travel  
October 9th & 23rd  
at 12:00

Alternate Meal	Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
Roast Beef Sandwich	1 Salisbury Patty Mash Potatoes/gravy Mixed Veggies Wheat roll Mandarin oranges Milk	7 21 7 28 12	2 Chicken chow Mein Mixed Veggies Tossed Salad Cookie Milk	51 7 3 20 12	3 BBQ Pork Sandwich Mixed Veggies Boston Baked Beans Potato Dill Salad Fruit Milk	20 7 26 22 35 12	4 Egg Casserole Mixed Fruit Hash Browns Cinnamon Roll Milk	20 31 19 65 12	5 Pork Loin Mash Potatoes/gravy Peas Wheat Roll Fruit Milk	1 20 12 28 20 12
Chef Salad	8 Italian Sausage Dog Grilled Onions/Pepper Cabbage Cuke/Onion Salad Fruit Milk	24 9 6 6 19 12	9 Hamburger Mash Potatoes/gravy Carrots Wheat Roll Jello w/fruit Milk	<1 19 12 28 4 12	10 Frito Pie Tossed Salad Corn Spiced apple/Cranberry Spanish Rice Salsa Milk	30 4 19 16 24 2 12	11 Roast Beef Mash potatoes/gravy peas/carrots wheat roll Peach upside down cake milk	0 21 10 28 51 12	12 Tuna Salad Sand. Potato Salad Tossed Salad Pears Milk	29 1+ 3 28 12
Cobb Salad	15 <b>PIZZA PARTY!</b>		16 Chicken Salad Sand Cuke/Tomato/Onion salad Fruit Cake Milk	22 5 35 48 12	17 Shepherd's Pie Carrots Wheat Roll Fruit Milk	35 12 28 20 12	18 Baked Chicken Mash Potato/gravy Mixed Veggies Wheat Roll Apple Crisp Milk	<1 22 17 28 36 12	19 Chili Dog/bun Coleslaw Peas/carrots Fresh Orange Milk	53 7 10 25 12
Pulled Pork Wrap	22 Lemon Pepper Cod Corn Coleslaw Brown Rice Pilaf Garlic Roll Fruit Milk	0 19 7 23 40 13 12	23 Meatloaf/gravy Au gratin potatoes Mixed Veggies Fruit Wheat Roll Milk	7 24 7 20 28 12	24 Meat Lasagna Peas Tossed Salad Garlic Roll Fruit Milk	46 12 4 40 18 12	25 Chef Salad Pasta Salad Mandarin Oranges Wheat Roll Carrot Cake Milk	6 23 12 28 34 12	26 Country Fried Steak Mash Potatoes/Gravy Broccoli Wheat Roll Fruit Milk	17 22 4 28 34 12
Chicken Caesar Salad	29 Chicken Cordon Bleu Rice Pilaf Green Pea Salad Spinach Wheat Roll Mixed Fruit Milk	31 23 17 4 28 12 12	30 Chili Broccoli Coleslaw Cornbread Fruit Milk	16 4 8 28 13 12	31 Ham/pineapple mixed veggies mashed sweet potato wheat roll cinnamon applesauce milk	21 7 47 28 13 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)

