





Alternate Meal	Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
<i>This meal is only available to congregate participants</i> Chef Salad	2) Salisbury Steak Mashed potatoes/gravy Mixed veggies Mandarin Oranges Wheat Roll Pudding Milk	7 22 6 12 28 24 12	3) Chicken Chow Mein Mixed Veggies Tossed Salad Wheat Roll Cookie Milk 	57 6 3 28 20 12	4) Roast Beef/gravy Oven Brownd Potatoes Peas & carrots Tossed Salad Jello w/fruit Milk	3 21 10 3 5 12	5) Egg Casserole Fruit Salad Hash browns Cinnamon Roll Milk	20 15 19 65 12	6) Roast Pork Mashed Potatoes/gravy Peas Tossed Salad Wheat Roll Fruit Milk	1 22 12 3 28 20 12
Turkey Wrap	9) Hamburger Rice/gravy Carrots Tossed Salad Wheat Roll Jello w/fruit milk	0 24 12 3 28 4 12	10) BBQ Pork Sandwich Mixed Veggies Boston Baked beans Potato Salad Fruit Milk	20 6 26 22 35 12	11) Italian Sausage Dog Grilled peppers/onion Cabbage Brown Rice Pilaf Fruit Milk	24 3 5 6 22 19 12	12) Frito Pie Tossed Salad Mexicali Corn Fruit Spanish Rice milk	30 3 18 20 24 12	13) Tuna Salad Sandwich w/cheese Cream of Potato Soup Tossed Salad Fresh Fruit Milk	30 23 1 22 12
Ham & Cheese Sandwich	16) Chicken Marsala Herbed Egg Noodles Green Beans Tossed Salad Wheat Roll Fruit Milk	6 20 7 3 28 19 12	17) Special Pancake Brunch Cost: \$2.00 Time:10:00am Must sign up by Oct 13 th Please note: There will be no other meal served this day.		18) Shepherd's Pie Tossed Salad Wheat roll Fruit Milk 	35 3 28 20 12	19) Baked chicken Mashed potatoes/gravy Mixed Vegetables Wheat roll Apple Crisp Milk	<1 22 6 28 26 12	20) Chili Dog Coleslaw Peas & carrots Fruit Milk	53 7.5 10 19 12
Roast Beef Sandwich	23) Lemon Pepper Cod Corn Coleslaw Fruit Rice Piaf Garlic Roll Milk	0 19 7 13 22 40 12	24) Chicken Fried Steak Mashed Potato/gravy Broccoli Carrot Slaw Wheat Roll Fruit Milk	17 22 4 19 28 35 12	25) Meat Lasagna Peas Tossed Salad Garlic Roll Fruit Milk	46 12 3 40 18 12	26) Chef Salad Pasta Salad Mandarin oranges Wheat roll Milk	6 23 12 28 12	27) Meatloaf/gravy Au gratin potatoes Mixed vegetables Wheat Roll Fruit Milk	7 24 6 28 20 12
Cobb Salad	30) Vegetable Lasagna Peas Tossed Salad Garlic Roll Peaches Milk	19 12 3 40 20 12	31) Glazed Ham/pineapple Mashed sweet potato Mixed Vegetable Roll Applesauce Cookie Milk 	25 47 6 28 13 20 12						

North Davis Senior Activity Center 801-525-5080

Please call for lunch reservations at least 3 days in advance.

(Weekends & Holidays don't count) **Menu subject to change at anytime!**



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