

September 2008

Springville Senior Citizens

65 E. 200 S. 489-8738

Mon	Tue	Wed	Thu	Fri								
1 Labor Day	2 Beef & Cheese Burrito W/ Sauce Spanish Rice Refried Beans Gn. Salad & Dressing Fresh Orange Low Fat Milk	3 Swedish Meatballs Parslied Potatoes Calif. Blend Veggie W/W Bread or Roll Grn Salad & Dressing Banana Low Fat Milk	4 Chicken Marinara Noodles Steamed Carrots W/W Bread or Roll Fruit Cocktail Low Fat Milk	5 Roast Beef Mashed Potatoes & Gravy Corn Bread or Roll Seasonal Fresh Fruit Low Fat Milk								
8 Teriyaki Chicken Rice Stir Fry Veggies Grn. Salad & Dressing W/W Bread or Roll Fresh Orange Low Fat Milk	9 Sloppy Joe & H.B. Bun Potato Salad Mixed Veggies Mandarin Oranges Low Fat Milk	10 Baked Fish Roasted Potatoes Three Bean Salad Bread or Roll Fresh Apples Low Fat Milk	11 Chili Con Carne Corn Bread W/ Honey & Butter Mixed Veggies Chilled Pears Low Fat Milk	12 Oven Fried Chicken Mashed Potatoes & Gravy Steamed Carrots W/W Bread or Roll Pineapple Tidbits Low Fat Milk								
15 Enchilada Cilantro Lime Rice Black Beans Grn. Salad & Dressing Fresh Orange Low Fat Milk	16 Salisbury Stake Pork & Beans Cooked Carrots W/W Bread or Roll Season Fresh Fruit Low Fat Milk	17 Baked Ham Scallop Potatoes Peas Bread or Roll Banana Low Fat Milk	18 Beef Pot Pie Beef Gravy Corn Grn. Salad & Dressing W/W Bread or Roll Peaches Low Fat Milk	19 Spaghetti & Meatballs Green Beans Bread or Roll Mandarin Oranges Low Fat Milk								
22 Chicken Fry Steak Mashed Potatoes & Gravy Corn W/W Bread or Roll Fresh Orange Low Fat Milk	23 Meatloaf Baked Potatoes & Sour Cream Mixed Veggies Bread or Roll Pineapple Chunks Low Fat Milk	24 Chicken Taco Salad Tortilla Chips, Beans, Lettuce, Cheese, Tomato, Dressing, Banana W/W Roll Low Fat Milk	25 Hamburger & Bun Ketchup, Mustard, Mayo, Lettuce, Pickle, Tomato Potato Wedges Baked Beans Season Fresh Fruit Low Fat Milk	26 Chicken Strips Potatoes & Gravy Carrots W/W Bread or Roll Grn. Salad & Drng. Mandarin Oranges Low Fat Milk								
29 Sweet & Sour Chicken Rice Stir Fry Veggies Grn. Salad & Dressing W/W Bread Or Roll Season Fresh Fruit Low Fat Milk	30 Lasagna Bread or Roll Corn Grn. Salad & Dressing Fruit Cocktail Low Fat Milk		<p>Call 489-8738 by noon the day before to make dinner reservations. Choose from the regular menu or chef's salad. Food is provided by Mountainland.</p> <table style="width: 100%; border: none;"> <tr> <td style="padding-left: 20px;">Donation per person over 60:</td> <td style="text-align: right;">\$2.00</td> </tr> <tr> <td style="padding-left: 20px;">Cost per person under 60:</td> <td style="text-align: right;">\$4.90</td> </tr> <tr> <td style="padding-left: 20px;">Chef Salad donation per person over 60:</td> <td style="text-align: right;">\$2.25</td> </tr> <tr> <td style="padding-left: 20px;">Salad cost per person under 60:</td> <td style="text-align: right;">\$5.65</td> </tr> </table>		Donation per person over 60:	\$2.00	Cost per person under 60:	\$4.90	Chef Salad donation per person over 60:	\$2.25	Salad cost per person under 60:	\$5.65
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