

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LEMON PEPPER CHICKEN Sour Cream & Chive Potatoes Green Peas Seasonal Fresh Fruit Whole Wheat Roll Pineapple Pudding	4 Birthday Meal MEATLOAF Mashed Potatoes w/ Gravy Stewed Tomatoes Green Beans Fruit Cocktail Birthday Cupcake	5 CHICKEN POT PIE Biscuit Broccoli Cuts & Florets Capri Blend Vegetables Mandarin Oranges	6 MEATBALLS Penne Pasta & Marinara Sauce Carrots Green Beans Lime Citrus Gelatin	7 BEEF TACO Pinto Beans Flour Tortilla Lettuce & Tomato Spiced Peaches
10 SLICED ROASTED TURKEY Poultry Gravy Cornbread Stuffing Green Peas Red Fruited Gelatin Whole Wheat Roll	11 SALISBURY STEAK Mashed Potatoes w/ Gravy Green Beans Spinach Romaine Salad Vanilla Pudding	12 POTATO CRUSTED FISH Red Diced Potatoes Mixed Vegetables Seasonal Fresh Fruit	13 CHICKEN BREAST Marsala Sauce Brown Rice Capri Blend Vegetables Spiced Peaches	14 Valentine's Day Meal TURKEY POT ROAST Mashed Potatoes w/ Gravy California Blend Vegetables Pineapple-Orange Ambrosia Red Velvet Cupcake
17 President's Day Closed 	18 President's Day Meal BRATWURST O'Brien Potatoes Spiced Apple Slices Mixed Vegetables Peach Dump Cake	19 CHEESE OMELET Western Omelet Sauce Turkey Sausage Red Diced Potatoes Red/Gr Bell Peppers & Onions Seasonal Fresh Fruit	20 CHICKEN PARMESAN Rotini Pasta Spinach/Romaine Salad Mixed Vegetables Cherry Gelatin	21 CHEESE BURGER Broccoli Cuts Seasonal Fresh Fruit (Swiss Cheese) Condiments
24 MEATBALLS Penne Pasta Country Gravy Mixed Vegetables Seasonal Fresh Fruit	25 POTATO CRUSTED FISH Wild Rice Green Beans Carrots Gelatin	26 SALISBURY STEAK Sour Cream & Chive Potatoes Scandinavian Blend Vegetables Seasonal Fresh Fruit	27 RIBLET PATTY BBQ Sauce Roasted Red Potatoes Whole Kernel Corn Seasonal Fresh Fruit	28 ROAST PORK Cider Glaze Whipped Sweet Potatoes Capri Blend Vegetables Sliced Canned Apples

*Spend the day with us
And make yourself at home*



Harman Senior Recreation Center
4090 South 3600 West - West Valley City
801-965-5822

<http://www.facebook.com/HarmanSeniorRec>

**For lunch and/or ride reservations
call one day in advance before 12:00 p.m.
Suggested lunch donations for Seniors \$3.00.
Van suggested donation \$1.00 each way.
Upon request reasonable accommodations can
be made for those with disabilities.**

