


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 		1	BBQ Pork Rib Patty Sandwich Cauliflower Mixed Vegetables	2	Beef Fettuccini Bake Mixed Green Salad Mixed Vegetable Blend Applesauce
5	Beef & Bean Chili Cornbread Cheesy Broccoli Pineapple Tidbits	6	Birthday Meal Salisbury Steak, Whipped Potatoes w/Brown Gravy Green Beans, Stewed Tomatoes, Green Beans, Seasonal Fresh Fruit, Birthday Cake	7	Herb Crusted Pork w/Gravy Confetti Rice Mixed Vegetables Fresh Fruit Gelatin w/Whipped Topping
8	Breded Fish Rice Florentine Glazed Carrots Seasonal Fresh Fruit	9	Turkey Brunswick Stew Breadstick Broccoli Whole Kernel Corn Fresh Baked Cookie	12	Swiss Steak Whipped Potatoes Peas & Carrots Seasonal Fresh Fruit Fresh Baked Cookie
13	Vegetarian Southwest Pasta Breadstick Broccoli Hot Cinnamon Applesauce	14	Chicken Spaghetti Mixed Green Salad Mixed Vegetables Blend Spinach Chocolate Pudding	15	Tacos al Pastor Brown Spanish Rice Black Beans Whole Kernel Corn Seasonal Fresh Fruit
16	Father's Day Meal Roast Beef Creamy Potatoes w/Brown Gravy Glazed Carrots Watermelon Frosted Cake	19		20	Cheeseburger Ranch Beans Mixed Fruit
21	Cheesy Chicken Florentine Bake Mixed Green Salad Mixed Vegetables Hot Cinnamon Applesauce Fresh Baked Cookie	22	Turkey Spaghetti Mixed Vegetable Blend Seasonal Fresh Fruit Gelatin	23	Juneteenth Meal Pork Roast w/Raisin Sauce Sweet Potato Casserole Cornbread Spinach Melon Mix Red Velvet Cake
26	27	28	29	30	
CAMP WRINKLE ACTIVITIES ONLY THIS WEEK ONLY —CLOSED FOR OTHER ACTIVITIES					

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 \$4.00.
 Van suggested donations \$1.00 each way
 Must be 60 or older/or with spouse that is 60 or older to participate at center.
 Upon request reasonable accommodations can Be made for those with disabilities.