Kanab Senior Center April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pulled Pork Sandwich Potato Wedges Beets Cottage Cheese & Pineapple Oatmeal Cake Meals On Wheels	**2** Swiss Steak Baked Potato Green Beans Roll Fruit Jello Pistachio Dessert In house only	**3** Spaghetti Casserole Green Beans Mixed Fruit Cucumber Salad Walnut Bar Meals On Wheels LOCAL SHOPPING	**4** Chicken Strips Baked Potato Broccoli Banana Chocolate Chip Cookie Care & Share Meals On Wheels AFEP 10:30	**5** Grilled Chicken Sandwich Lettuce and Tomato Potato Salad Cottage Cheese & Pineapple Congo Bar In house only
8 White Chicken Chili Cornbread Tossed Salad Apple Wedges Banana Bar Meals On Wheels Caregiver Academy 12:30	**9** St. George Shopping Lasagna Peas Garlic Toast Tossed Salad Rice Crispy Treat In house only	**10** Zion's Way Massage Salisbury Steak Baked Potato 3 Bean Salad Applesauce Boston Cream Pie Meals On Wheels LOCAL SHOPPING	**11** Ham Cheesy Potatoes Broccoli Waldorf Salad Dessert Bar Meals On Wheels AFEP 10:30	**12** Taco Salad Refried Beans Spanish Rice Mandarin Oranges Snickerdoodle Cookie In house only
15 Chicken Sandwich Tater Tots Peas & Carrots Broccoli Salad Peaches Chocolate Cream Pie Meals On Wheels AFEP 10:30	**16** Antique & Thrift Shopping St. George Ham & Veggie Soup Cornbread Tossed Salad Apple Crisp In house only	**17** Yankee Pot Roast Potatoes & Carrots Beets Fruit Salad Applesauce Spice Cake Meals On Wheels LOCAL SHOPPING Birthday Lunch	**18** Meatloaf Baked Potato Tossed Salad Applesauce Cherry Almond Square Care & Share Meals On Wheels Zion's Way Lunch Activity	**19** Breakfast For Lunch Lemon Pancakes Spiced Peaches Eggs w/Spinach and Mushrooms In house only
22 Lasagna Mixed Vegetables Tossed Salad Orange Slices German Chocolate Brownie Meals On Wheels AFEP 10:30	**23** Chicken Ala King over Biscuit Carrots Pears Chocolate Cake In house only Toenail Treatment- by appointment - please call	**24** Chicken Enchilada Casserole Spanish Rice Bean and Barley Salad Pineapple Cinnamon Roll Meals On Wheels LOCAL SHOPPING	**25** Beef Stew w/ Potatoes & Carrots Biscuit Pea Salad Apple Pie Bar Meals On Wheels	**26** Going Green for Arbor Day Green Chili Pork Burrito Green Beans Green Salad Green Apples w/Caramel Green Velvet Cake In house only
29 Sloppy Joe Green Beans Cauliflower Cabbage Salad Mandarin Oranges Peanut Butter Cookie Meals On Wheels AFEP 10:30	**30** White Chicken Chili Scone Jello w/Fruit Tossed Salad Oatmeal Raisin Cookie In house only		**Please Call or See Reverse for More Information on Our Activities!**	**Lunch is served at 11:45 Please call & make Reservations the day before you would like to join us for lunch... Thank You 435-644-5250**