



KANAB SENIOR CENTER

January 2019



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Lunch is Served at 11:45. Please Call the Day Before You Would Like to Join Us for Lunch.</p> <p>For more info. on activities see reverse or call.</p> <p>435-644-5250</p> | <p>1 CLOSED</p> <p>恭賀新禧</p> <p>Happy New Year</p> | <p>2 Green Chile Pork Rice Corn Green Salad Peaches Cinnamon Roll</p> <p>Meals on Wheels</p> <p>LOCAL SHOPPING</p> | <p>3 Hot Hamburger Potato Wedges Green Beans Pears German Chocolate Cake</p> <p>Meals on Wheels</p> <p>Care & Share</p> | <p>4 Beef Soft Taco Refried Beans Lettuce & Tomato Fruit Salad Oatmeal Raisin Cookie</p> <p>In House only</p> |
| <p>7 Swedish Meatballs Noodles Broccoli 3 Bean Salad Apple Slices Cinnabon Cake</p> <p>Meals on Wheels</p> | <p>8 ST. GEORGE SHOPPING</p> <p>Spaghetti Casserole Garlic Toast Seasoned Green Beans Tossed Salad Pineapple Apple Pie</p> <p>In House only</p> | <p>9 Ham & Potato Soup Cornbread Tossed Salad Mandarin Orange Jello Salad Doughnut</p> <p>Meals on Wheels</p> <p>Zion's Way Massage LOCAL SHOPPING</p> | <p>10 Ranch Chicken Au Gratin Potatoes Carrots Fruit Salad Peach Cobbler</p> <p>Meals on Wheels</p> | <p>Breakfast for Lunch</p> <p>11 Cheesy Potato Casserole Sausage Roasted Peppers & Tomatoes Spiced Peaches Sticky Bun</p> <p>In House only</p> |
| <p>14 Country Fried Chicken Potatoes & Gravy Peas & Carrots Tropical Fruit Cheesecake Brownie</p> <p>Meals on Wheels</p> | <p>Free Hand Massages @ Lunch</p> <p>15 Ham & Bean Soup Biscuit Coleslaw Fruit Jello Cherry Pie Bar</p> <p>In House only</p> | <p>16 Birthday Lunch & Music</p> <p>Turkey Pot Pie Mixed Vegetables Beets Waldorf Salad Lemon Cake</p> <p>Meals on Wheels</p> <p>LOCAL SHOPPING</p> | <p>17 Meatloaf Baked Potato Broccoli w/ Cheese Sauce Jello w/ Fruit Dessert Bar</p> <p>Meals on Wheels</p> <p>Care & Share</p> | <p>18 Tater Tot Casserole Mixed Vegetables Roll Marinated Tomato Salad Brownie</p> <p>In House only</p> |
| <p>21 CLOSED</p> <p><i>Martin Luther King Jr. Day</i></p> | <p>Local History Tour in St. George</p> <p>22 White Chicken Chili Cornbread Green Beans Tossed Salad Banana Cinnamon Roll</p> <p>Meals on Wheels</p> | <p>23 Shepherd's Pie Carrots Broccoli Salad Pineapple Oatmeal Cake</p> <p>Meals on Wheels</p> <p>Encompass Blood Pressure Check LOCAL SHOPPING</p> | <p>24 BBQ Chicken Rice Pilaf Cauliflower w/ Cheese Sauce Coleslaw Pears Banana Cream Pie</p> <p>Meals on Wheels</p> <p>Zion's Way Activity</p> | <p>Chinese New Year (Year of Pig) Celebration</p> <p>25 Sweet & Sour Pork Cheese Wonton Vegetable Stir Fry Mandarin Oranges Fortune Cookies</p> <p>In House only</p> |
| <p>28 Roast Beef Rice w/ Gravy Broccoli Pea Salad Peaches Coconut Cookie</p> <p>Meals on Wheels</p> | <p>29 Chicken Cordon Bleu Scalloped Potatoes Mixed Vegetables Pears Banana Bread</p> <p>In House only</p> <p>Leah & Christy Feel Good Songs</p> | <p>Ziti w/ Meatball Marinara</p> <p>30 Green Beans Tossed Salad Cottage Cheese & Pineapple Raspberry Cookie</p> <p>Meals on Wheels</p> <p>LOCAL SHOPPING</p> | <p>31 Chicken & Wild Rice Soup Biscuit 3 Bean Salad Pears Cinnamon Roll Bread Pudding</p> <p>Meals on Wheels</p> | |