

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Fajitas Red/Gr Bell Peppers & Onions Whole Kernel Corn Refried Beans Seasonal Fresh Fruit	3 BIRTHDAY TUESDAY Salisbury Steak Mashed Potatoes w/Gravy Stewed Tomatoes Green Beans Fruit Cocktail Birthday Cupcake	4 Cheese Omelet West Omelet Sauce Turkey Sausage Red Diced Potatoes Red/Gr Bell Peppers & Onions Seasonal Fresh Fruit	5 Chicken Breast Creole Sauce/Penne Pasta Italian Blend Vegetables Spinach Romaine Salad Red Gelatin	6 Cheeseburger Scandinavian Blend Vegetables Vanilla Pudding
9 Lemon Pepper Chicken Sour Cream & Chive Potatoes Green Peas Seasonal Fresh Fruit Whole Wheat Roll	10 Breaded Fish Roasted Red Potatoes Country Cottage Blend Vegetables Spinach Romaine Salad Seasonal Fresh Fruit	11 Western Pork Stew Whole Kernel Corn Whole Wheat Roll Seasonal Fresh Fruit Chocolate Chip Cookie	12 Paprika Baked Chicken Paprika Cream Sauce Barley Risotto Whole Kernel Corn Whole Wheat Roll Pears	13 Beef Soft Taco Pinto Beans Flour Tortilla Spiced Peaches
16 Chicken Breast Marsala Sauce Brown Rice Capri Blend Vegetables Spiced Peached	17 ST PATRICK'S DAY Corned Beef Roasted Red Potatoes Carrots Cabbage Seasonal Fresh Fruit Holiday Cookie	18 Potato Crusted Fish Diced Potatoes Mixed Vegetables Seasonal Fresh Fruit	19 Sliced Roasted Turkey Poultry Gravy Cornbread Stuffing Green Peas Red Fruited Gelatin Whole Wheat Roll	20 Riblett Patty Sandwich BBQ Sauce Italian Blend Vegetables Pears Cookie
23 Sweet & Sour Pork Chow Mein Noodles Broccoli Cuts & Florets Mandarin Oranges	24 Cheese Omelet Western Omelet Sauce Turkey Sausage Red Diced Potatoes Red/Gr Bell Peppers & Onion Seasonal Fresh Fruit	25 Roast Pork Apple Berry Sauce Mashed Potatoes Mixed Vegetables Pineapple Tidbits	26 Chicken Parmesan Rotini Pasta Spinach Romaine Salad Mixed Vegetables Cherry Gelatin	27 Swiss Burger Broccoli Cuts Seasonal Fresh Fruit
30 Meatballs Penne Pasta Country Gravy Mix Vegetables Seasonal Fresh Fruit	31 Potato Crusted Fish Wild Rice Green Beans Carrots Gelatin	 <p>Come on in and enjoy some Blarney with us. It could be a rich! Wink! Wink!</p>		

MARCH 2020

*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 donations \$1.00 each way
Must be 60 or older to participate at center.
Upon request reasonable accommodations can
Be made for those with disabilities.