

April 2026

Menu



AGING & ADULT SERVICES

Lunch served from 11:30 - 12:15PM

Suggested Donation: \$4.00

To donate online, please visit

<https://slco.org/aging-adult-services/get-involved/>

and click on the “Donate” button

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Penne Pasta & Meatballs Whole Wheat Roll Carrots w/Onions Seasonal Fresh Fruit Sugar Cookie	BBQ Pulled Chicken Sandwich Brussel Sprouts & Corn Baked Beans Lemon Lime Gelatin	Turkey Chili Mixed Green Salad Cornbread Green Beans Mixed Vegetables
6	7	8	9	10
Turkey Spanish Rice Steamed Vegetables Mandarin Oranges Pineapple Lime Whip	Parmesan Chicken Sandwich Mixed Vegetables Pineapples Sugar Cookie	Chicken Macaroni & Cheese Mixed Green Salad Whole Wheat Bread Cabbage & Carrots Whole Kernel Corn	Potato Crusted Fish Confetti Rice Mix Vegetable Blend Mixed Fruit Butterscotch Pudding	Meatloaf Whipped Potatoes w/Brown Gravy Carrots w/Onions Seasonal Fresh Fruit
13	14	15	16	17
Vegetarian Lasagna Bake Spinach Tropical Fruit Lemon Lime Gelatin	Chicken Quarter (Birthday Meal) Whipped Potatoes w/Brown Gravy Stewed Tomatoes Green Beans Frosted Birthday Cake	Cheeseburger Baked Beans Peaches, Pears, & Pineapples	South Jordan only Spring Banquet Roast Chicken w/ Herbs Cheese Potatoes Garlic Green Beans Green Side Salad Hawaiian Roll Berry Cobbler	Chicken Enchilada Bake Mixed Green Salad Mixed Vegetables Fruit Compote Lemon Pudding
20	21	22	23	24
Potato Crusted Fish Diced Red Potatoes Steamed Carrots Fresh Baked Cookie	Pork Roast w/Herb Sauce Garlic Whipped Potatoes Mixed Green Salad Broccoli & Cauliflower Seasonal Fresh Fruit	Beef Taco Black Beans Pineapple tidbits Shredded Cabbage & Cheese	Chicken Thigh Supreme Fresh Whipped Potatoes Brussel Sprouts Mixed Fruit Rocky Road Pudding	Turkey Chili Cornbread Whole Kernel Corn Pears Red Fruited Gelatin
27	28	29	30	
Buffalo Ranch Chicken Sandwich Ranch Beans Mixed Vegetables Carnival Cookie	Cheese Omelet w/Cheese Sauce Roasted Red Potatoes Stewed Tomatoes Seasonal Fresh Fruit Yogurt Whip	Chicken Pasta Bake Whole Wheat Roll Glazed Carrots Green Peas	BBQ Pork Rib Patty Sandwich Baked Beans Mixed Green Salad Brussel Sprouts & Corn	

Some items may be subject to change due to product availability | All meals served with 8 oz milk and appropriate condiments

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Carbohydrate Information Notice:

Carbohydrate grams listed on this menu are approximate values provided to help participants make informed choices. Actual carbohydrate amounts may vary slightly due to ingredient brands, preparation methods, or portion variations.

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				Beef, Meatballs	3.7	Chicken, BBQ, Pulled	8.7	Turkey, Chili	8.0
				Sauce, Marinara, 2 oz	3.1	Mix Veg, Brussel Sp/Corn,	13.4	Beans, Green	6.8
				Pasta, WW Penne	22.2	Beans, Baked, Northern	31.0	Mix Veg, 4 Way Mix	12.5
				Carrots, Sliced with Onions	8.0	Bread, Bun, Hamburger, WG	19.2	Bread, Cornbread	10.9
				Bread, Roll, Whole Wheat	20.3	Gelatin, Lemon & Lime	25.7	Green Salad, w/Romaine	2.0
				Butter	0.0			Salad Dressing, Ranch	0.4
				Banana, Fresh	27.0				
				Cookie, Butter Sugar	17.4				
				Grams	101.7	Grams	98.0	Grams	40.06
6		7		8		9		10	
Turkey, Spanish Rice	26.4	Chicken, Parmesan	7.9	Mac and Cheese, Chicken	46.9	Pollock, Potato Crushed	10.6	Beef, Meatloaf, w/Oatmeal	4.6
Mix Veg, Fiesta Blend	21.0	Mix Veg, California	5.6	Corn, Whole Kernel	18.8	Rice, Confetti, Peas/Peppers	21.0	Gravy, Brown 2 oz.	6.1
Oranges, Mandarin	18.5	Pineapple Tidbits	23.6	Cabbage, w/Carrots	5.7	Mix, Veg, Key Largo	8.2	Potatoes, Whipped	21.5
Gelatin, Lime w/Pineapple	34.2	Bread, Bun, Hamburger	19.2	Bread, 100% Whole Wheat	13.5	Pudding, Butterscotch	15.9	Carrots, Diced with Onions	8.
		Cookie, Butter, Sugar	17.4	Butter	0	Mix Peach/Pear/P'apple	19.4	Banana, Fresh	27.0
				Green Salad, w/Romaine	2.0	Sauce, Tartar	0.4		
				Salad Dressing, Ranch	0.4				
Grams	100.1	Grams	73.7	Grams	87.3	Grams	75.5	Grams	67.2
13		14		15		16		17	
Vegetarian, Lasagna	43.4	Chicken Quarter	1.2	Beef, Patty	2.0	Chicken, Mongolian	6.0	Chicken, Enchilada Bake	29.2
Greens, Spinach	6.9	Poultry Gravy	5.5	Cheese, Sliced, American	0.9	Rice, Brown	211.6	Mix Veg, Fajita	6
Fruit, Tropical	34.7	Whipped Potatoes	21.5	Salad, Lettuce and Tomato	1.2	Beans, Green, Sesame	7.2	Salad, Green, w/Romaine	2
Gelatin, Lemon & Lime	25.7	Stewed Tomatoes	9.0	Beans, Baked, Northern	31	Oranges, Mandarin	18.5	Fruit, Compote	18.6
		Green Beans	6.8	Mix Peach/Pear/P'apple	19.4			Pudding, Lemon	12.1
		Frosted Birthday Cupcake	13.8	Bread, Bun Hamburger	25.4			Salad Dressing, Ranch	0.4
				Ketchup, Mayo, Mustard	2.9				
Grams	110.7	Grams	57.8	Grams	82.8	Grams	53.3	Grams	68.3
20		21		22		23		24	
Pollock, Potato Crushed	10.6	Pork, Roast, 3 oz	0	Beef, Taco Meat, w/Ground	2.3	Chicken, Breast	8.1	Turkey, w/Kidney Beans	33.7
Potatoes, Red, Roasted	15.1	Sauce, Herb	1.7	Fresh Cabbage	3.7	Potatoes, Whipped, Yukon	3.3	Corn, Whole Kernel	18.8
Carrots, Sliced	7.5	Potatoes, Whipped, Yucon	3.3	Cheese, Cheddar	0.4	Brussel Sprouts	8.3	Pears, Diced	16.6
Fruit, Fresh in Season	14.3	Mix Veg, Winter	5.2	Beans, Black	26.2	Fruit Tropical	34.7	Bread, Cornbread,	10.9
Cookie, Choc Chip, Double	17.3	Salad, Green w/Romaine	2	Bread Tortilla, W. Wheat	20.7	Brownie, Butterscotch	31.8	Geletin, Strawberry	26.9
Sauce, Tartar	0.4	Fruit, Banana	27	Pinapple Tidbits	23.6				
		Salad Dressing, Italian	1.1	Sauce, Taco	1.8				
Grams	65.2	Grams	40.3	Grams	78.7	Grams	86.2	Grams	106.9
27		28		29		30			
Chicken, Buffalo, Ranch	0.4	Omelet, Cheese, 3.5 oz	5.0	Chicken, Pasta, Casserole	38.6	Pork, Rib Patty	8		
Beans, Ranch, w/Pintos	14	Sauce, Cheese, Mix	6.6	Carrots, Sliced, Glazed	12	Beams. Baled. Northern	31		
Mix Veg. 4 Way Mix	12.5	Potatoes, Red, Roasted	15.1	Peas, Green	12.9	Mix Veg, Brussel Sp/Corn	13.4		
Bread, Bun Hamburger	25.4	Tomatoes, Stewed	8.1	Bread, Roll, Whole Wheat	20.3	Bread, Bun Hamburger	25.4		
Cookie, Carnival	18.4	Banana, Fresh	27	Butter	0	Salad, Green, w/ Romaine	2		
		Whip, Yogurt	8.7			Ind. Salad Dressing, Italian	1.1		
Grams	70.7	Grams	70.5	Grams	83.8	Grams	80.9		