



Wells Senior Citizens Center Menu



JUNE, 2017

MONDAY 29th	TUESDAY 30th	WEDNESDAY 31st	THURSDAY 1st	FRIDAY 2nd
Senior Center Closed for Memorial Day	Baked Potato Chili with Cheese Steamed Carrots Mini Muffin Yogurt w/ Fruit MILK & JUICE	ELKO TRIP Chicken Salad With Apple and Walnut Wheat Roll Pudding with Fruit MILK & JUICE	Lemon Baked Fish Baked Potato Steamed Broccoli Salad w/ Beets Fresh Melon MILK & JUICE	Breakfast 7am to 10am CheesyEggs With Ham Sweet Potato Hash Browns Cottage Cheese With Peaches MILK & V8 JUICE
MONDAY 5th	TUESDAY 6th	WEDNESDAY 7th	THURSDAY 8th	FRIDAY 9th
BBQ Pork Chop Mac N Cheese Sicillian Vegetable Salad with Beets Apple Sauce MILK & JUICE	Goulash Garlic Toast Orange Spinach Salad Carrots Dessert MILK & JUICE	ELKO TRIP Egg Salad Sandwich Chicken Noodle Soup Green Salad Tapioca Pudding MILK & JUICE	Fish Taco's Spanish Rice Refried Beans Fiesta Salad MILK & JUICE	Biscuits and Gravy Bacon Scrambled Eggs Sliced Apples with Cinnamon Slice Tomatoes MILK & V8 JUICE
MONDAY 12th	TUESDAY 13th	WEDNESDAY 14th	THURSDAY 15th	FRIDAY 16th
Italian Chicken Mixed Vegetables Salad Jello With Fruit MILK & JUICE	Swedish Meatballs over Egg noodles Green Salald with Beets Strawberry Short cake MILK & JUICE	TWIN FALLS TRIP Sloppy Joes Peas and Carrots Celery Stick Apple Crisp MILK & JUICE	Taco Salad Meat, Beans, Lettuce, Tomato Cheese, Sour Cream Salsa Dessert MILK & JUICE	Breakfast 7am to 10 am French Toast Scrambled Eggs Sausage Strawberries Yogurt MILK & V 8 JUICE
MONDAY 19th	TUESDAY 20th	WEDNESDAY 21st	THURSDAY 22nd	FRIDAY 23rd
Burger or Hotdog Lettuce, Tomatos Baked Beans Potato Salad Watermelon Pie MILK & JUICE	BINGO Fantastic Chicken White Rice Brussel Sprouts Toassed Salad Chocolate Mousse MILK & JUICE	ELKO TRIP French Dip Sweet Potato Fries Green Salad Fresh Fruit MILK & JUICE	Vegetarian Lasagna Scillian Vegetable Salad Garlic Toast Jello with Fruit MILK & JUICE	Breakfast 7am to 10 am Pancakes Scrambled Eggs Ham Blueberries Cucumber Salad MILK & V8 JUICE
MONDAY 26th	TUESDAY 27th	WEDNSDAY 28th	THURSDAY 29th	FRIDAY 30th
Southwest Chicken Salad Cheese Black Beans Torilla Chips Salsa Ranch Dressing Cookie MILK & JUICE	HAPPY BIRTHDAY! Roasted Turkey Stuffing w/ Gravy Corn Salad Cake and Ice Cream MILK & JUICE	ELKO TRIP Baked Ham Slices Scalloped Potatos Salad Green Beans Pudding with Fruit MILK & JUICE	LUNCH AT THE CITY PARK Turkey Sub Lettuce, Tomato, Cheese Chips Tropical Fruit Cup Carrot Sticks MILK & JUICE	Biscuits and Gravy Scrambled Eggs Bacon Mixed Fruit Advacdo Salad MILK & V8 Juice

*The menu is subject to change.

213 First Street - \$3.00 Suggested Donation if age 60 or Over. \$6.00 Fee for Under 60
If you can't get out, we deliver! Please call by 8:30 A.M. - 752-3280

SENIOR CENTER STAFF

Debra Campbell

Suzanne Taylor

Robert Frank

Jim DeMello

The Transportation program operates from 10 A.M. To 3 P.M. Monday through Thursday. Hours are extended upon request for appointments and special events when a driver is available. Refer to the Monthly Newsletter on the back of this menu for trips to Elko & social events scheduled outside normal business hours.