


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Numbers in parentheses represent carbohydrate count</p>	<p><b>Pleasant Grove Senior Center</b></p>	<p>Low fat milk(12) is provided with each meal if requested</p>	<p><b>Donations:</b> \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818</p>	<p>1 Roast Pork (05) Potatoes/Gravy (15) Beets (05) Roll (15) Applesauce (15)</p>
<p>4 <b>Happy Independence Day!</b> NO MEAL</p>	<p>5 Creamed chicken over rice (30) Cali blend Veg (05) Peach Crisp (35) Roll (15)</p>	<p>6 Sloppy Joe (10) Hamburger bun (25) Potato wedges (15) Green Beans (05) Man Oranges (15)</p>	<p>7 Chicken enchiladas(25) Carrots (05) Green Salad (05) Ctg cheese &amp;fruit (15)</p>	<p>8 Country Fr Steak(10) Potatoes/gravy (15) Mixed Veg (15) Pears (15) Roll (15)</p>
<p>11 Sweet/sour chicken white rice (30) Stir Fry veg (05) Orange (15) Roll (15)</p>	<p>12 Ham and Beans (20) Cooked Cabbage (05) Tropical Fruit (15) Corn bread (15)</p>	<p>13 Chicken Wrap (15) Pasta salad (15) Pickle spears (15) Pears (15) Brownie (35)</p>	<p>14 Meat loaf (10) Potatoes/Gravy (15) Mixed veg (05) Peaches (15) Roll (15)</p>	<p>15 Baked Ham (05) Scalloped Potatoes(15) Jell-O/fruit (15) Peas &amp; carrots (05) Roll (15)</p>
<p>18 Chicken Marinara with PastaRotini(25) Winter blend veg (05) Orange (15) Roll (15)</p>	<p>19 Pork Rib sandwich with bun (25) Potato wedges (15) Carrots (05) Apple Crisp (35)</p>	<p>20 Chicken Pot Pie with Gravy (30) Biscuit (15) Green Salad (05) Banana (15)</p>	<p>21 Spaghetti (35) Corn (05) Garlic Bread (15) Pears (15) Brownie (35)</p>	<p>22 Roast Turkey (10) Potatoes&amp;gravy (15) Peas (05) Roll (15) Peaches (15)</p>
<p>25 <b>Pioneer day</b>  NO MEAL</p>	<p>26 Salisbury Steak (10) Potatoes&amp;Gravy(15) Beets (05) Apple (15) Roll (15)</p>	<p>27 Beef Taco Salad(40) chips,lettuce,tomato,cheese, kidney beans,dressing,taco sauce,sour cream Pears (15)</p>	<p>28 Lasagna (25) Green beans (15) Green salad (05) Pears (15) Garlic bread (15)</p>	<p>29 Roast Beef (05) Potatoes&amp;gravy (15) Cal blend veg (05) Tropical Fruit (15) Roll (15)</p>

Menu is subject to change