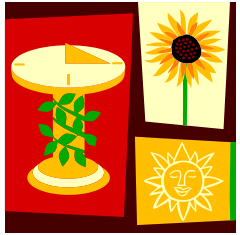


Monday	Tuesday	Wednesday	Thursday	Friday
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\$3.00 Seniors; \$6.00 Guest  
 Call 1 day in advance.  
 801-785-2818

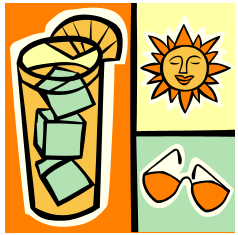
# AUGUST 2014

PleasantGrove  
Senior Menu



Numbers in ( ) represent carbohydrate counts.

Menu items subject to change.



<p><b>4</b></p> <p>Chicken Alfredo (10)          w/Noodles (15)          Green Beans (05)          Roll (15)          Pears (15)          Low Fat Milk (12)</p>	<p><b>5</b></p> <p>Pork Rib Sandwich (10)          Hoagie Bun (15)          Potato Wedges (15)          Corn (15)          Peaches (15)          Low Fat Milk (12)</p>	<p><b>6</b> Hawaiian Haystacks          Tomatoes, Peas, Celery,          Onions, Coconut, Black          Olives, Cheese, Rice (30)          Calif. Blend Veggies (05)          Banana (15)          Roll (15)          Low Fat Milk (12)</p>	<p><b>7</b></p> <p>Spaghetti &amp;          Meat Sauce (35)          Peas &amp; Carrots (05)          Garlic Bread (15)          Fruit Cocktail (15)          Brownie (25)          Low Fat Milk (12)</p>	<p><b>1</b></p> <p>Pork Chops (05)          Potatoes &amp; Gravy (15)          Peas (05)          Roll (15)          Jell-O w/Fruit (15)          Low Fat Milk (12)</p>
<p><b>11</b></p> <p>Country Fried Steak (10)          Potatoes &amp; Gravy (15)          Mixed Vegetables (05)          Roll (15)          Orange (15)          Low Fat Milk (12)</p>	<p><b>12</b> Chicken Pot Pie          With Chicken Gravy (30)          Winter Blend Veggies (05)          Green Salad (05)          Fruit Cocktail (15)          Brownie (25)          Low Fat Milk (12)</p>	<p><b>13</b></p> <p>Beef Taco Salad (40)          Tortilla Chips, Lettuce,          Kidney Beans, Cheese,          Tomato, Dressings          Pears (15)          Low Fat Milk (12)</p>	<p><b>14</b></p> <p>Chicken Nuggets (10)          Potato Wedges (15)          Corn (15)          Roll (15)          Banana (15)          Low Fat Milk (12)</p>	<p><b>8</b></p> <p>Baked Ham (05)          Cheesy Potatoes (15)          Beets (05)          Roll (15)          Apple (15)          Low Fat Milk (12)</p>
<p><b>18</b></p> <p>Sweet &amp; Sour Chicken(15)          White Rice (15)          Stir Fry Vegetables (05)          Roll (15)          Mandarin Oranges (15)          Low Fat Milk (12)</p>	<p><b>19</b></p> <p>Meatloaf (10)          Potatoes &amp; Gravy (15)          Peas (05)          Roll (15)          Fruit Cocktail (15)          Low Fat Milk (12)</p>	<p><b>20</b> Picnic Lunch          Hoagie Sandwich (Ham,          Turkey, Cheese) Lettuce,          Tomato, Pickles (25)          Coleslaw (05)          Orange (15)          Chips (15)          Low Fat Milk (12)</p>	<p><b>21</b></p> <p>Lasagna (25)          Green Beans (05)          Green Salad (05)          Roll (15)          Apple Crisp (35)          Low Fat Milk (12)</p>	<p><b>15</b></p> <p>Roast Turkey (10)          Potatoes &amp; Gravy (15)          Calif. Blend Veggies (05)          Roll (15)          Peaches (15)          Low Fat Milk (12)</p>
<p><b>25</b></p> <p>Chicken Wrap (15)          Pasta Salad (15)          Pickle Spears (15)          Pears (15)          Low Fat Milk (12)</p>	<p><b>26</b> Breakfast          Eggs (06)          Sausage Patty (10)          Waffles &amp; Syrup (20)          Banana (15)          Low Fat Milk (12)</p>	<p><b>27</b></p> <p>Beef Enchiladas (25)          Corn (15)          Green Salad (15)          Peach Crisp (15)          Low Fat Milk (12)</p>	<p><b>28</b> Macaroni &amp; Cheese          w/Frankfurters (35)          Cheese (05)          Hot Dog Bun (15)          Mixed Vegetables (05)          Applesauce (15)          Low Fat Milk (12)</p>	<p><b>22</b></p> <p>Salisbury Steak (10)          Potatoes &amp; Gravy (15)          Carrots (05)          Roll (15)          Pears (15)          Low Fat Milk (12)</p>
<p><b>25</b></p> <p>Chicken Wrap (15)          Pasta Salad (15)          Pickle Spears (15)          Pears (15)          Low Fat Milk (12)</p>	<p><b>26</b> Breakfast          Eggs (06)          Sausage Patty (10)          Waffles &amp; Syrup (20)          Banana (15)          Low Fat Milk (12)</p>	<p><b>27</b></p> <p>Beef Enchiladas (25)          Corn (15)          Green Salad (15)          Peach Crisp (15)          Low Fat Milk (12)</p>	<p><b>28</b> Macaroni &amp; Cheese          w/Frankfurters (35)          Cheese (05)          Hot Dog Bun (15)          Mixed Vegetables (05)          Applesauce (15)          Low Fat Milk (12)</p>	<p><b>29</b></p> <p>Roast Pork (05)          Potatoes &amp; Gravy (15)          Beets (05)          Roll (15)          Orange (15)          Low Fat Milk (12)</p>