


Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pleasant Grove Senior Menu</b> <i>April 2015</i>			<b>Donations:</b> \$3 Seniors \$6 Guest Call 1 day in	*Numbers in parenthesis represent carbohydrate count. Menu is subject to change.
		<b>1</b> Hawaiian Haystack peas, tomato, celery, onion, olive, cheese, rice noodles (30) Calif. Blend Veg. (5) Banana (15) Roll (15) Low Fat Milk (15)	<b>2</b> BBQ Chicken (10) Baked Beans (15) Coleslaw (5) Mandarin Oranges (15) Roll (15) Low Fat Milk (12)	<b>3</b> Baked Ham (5) Cheesy Potatoes (15) Peas (5) Peach Crisp (35) Roll (15) Low Fat Milk (12)
<b>6</b> Chicken Marinara (10) Rotini Pasta (15) Winter Blend Veg. (5) Orange (15) Roll (15) Low Fat Milk (12)	<b>7</b> Meatloaf (10) Potatoes and Gravy (15) Carrots (5) Fruit Cocktail (15) Roll (15) Low Fat Milk (12)	<b>8</b> Chicken Alfredo (10) Fettuccine Pasta (15) Green Beans (5) Peaches (15) Brownie (35) Roll (15) Low Fat Milk (12)	<b>9</b> Pork Rib Sandwich (10) Hoagie Bun (15) Potato Wedges (15) Corn (15) Banana (15) Low Fat Milk (12)	<b>10</b> Roast Turkey (10) Potatoes and Gravy (15) Beets (5) Applesauce (15) Roll (15) Low Fat Milk (12)
<b>13</b> Country Fried Steak (10) Potatoes and Gravy (15) Mixed Vegetables (5) Mandarin Oranges (15) Roll (15) Low Fat Milk (12)	<b>14</b> Lasagna (25) Green Beans (5) Green Salad (5) Peaches (15) Brownie (35) Roll (15) Low Fat Milk (12)	<b>15</b> Sweet and Sour Chicken with Rice (30) Stir Fry Vegetables (5) Apple (15) Roll (15) Low Fat Milk (12)	<b>16</b> Beef Stew (35) Winter Blend Veg. (5) Green Salad (5) Fruit Jell-O (15) Roll (15) Low Fat Milk (12)	<b>17</b> Roast Beef (5) Potatoes and Gravy (15) Calif. Blend Veg. (5) Pears (15) Roll (15) Low Fat Milk (12)
<b>20</b> Salisbury Steak (10) Potatoes and Gravy (15) Beets (5) Apple (15) Roll (15) Low Fat Milk (12)	<b>21</b> Chicken Pot Pie with Chicken Gravy (30) Winter Blend Veg. (5) Green Salad (5) Peaches (15) Brownie (35) Low Fat Milk (12)	<b>22</b> Burrito (20) Spanish Rice (15) Refried Beans (5) Pears (15) Low Fat Milk (12)	<b>23</b> Beef Taco Salad beef, tortilla chips, lettuce, tomato, beans, cheese, dressing, taco sauce (40) Mandarin Oranges (15) Low Fat Milk (12)	<b>24</b> Roast Pork (5) Potatoes and Gravy (15) Cabbage (5) Applesauce (15) Roll (15) Low Fat Milk (12)
<b>27</b> Beef Casserole (35) Peas and Carrots (5) Pineapple (15) Roll (15) Low Fat Milk (12)	<b>28</b> Corn Chowder (35) Green Beans (5) Green Salad (5) Peach Crisp (35) Roll (15) Low Fat Milk (12)	<b>29</b> Chicken Wrap (15) Pasta Salad (15) Pickle Spear (15) Pears (15) Low Fat Milk (12)	<b>30</b> Spaghetti and Meat Sauce (35) Mixed Vegetables (5) Apple (15) Garlic Bread (15) Low Fat Milk (12)	