

**Pleasant
Grove
Senior Center**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk (12) is provided with each meal</i></p> <p><i>Numbers in parentheses represent carbohydrate count</i></p>	<p>Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818</p>	<p>1</p> <p>Eggs (06) Sausage Patty (10) Waffles/syrup (20) Banana (15)</p>	<p>2</p> <p>Meatloaf (10) Potatoes & Gravy (15) Corn (05) Apple (15) Roll (15)</p>	<p>3</p> <p>Roast Pork (05) Au Gratin Potatoes (15) Peas & Carrots (05) Mandarin Oranges (15) Roll (15)</p>
<p>6</p> <p>Hot Dog Mac and Cheese (25) Peas (05) Apple Sauce (15) Bun (15)</p>	<p>7</p> <p>Pork Rib sandwich (10) Hoagie Bun (15) Potato wedges (15) Corn (05) Pears (15)</p>	<p>8</p> <p>Chicken Pot Pie w/Gravy (30) Biscuit (15) Green Salad (05) Banana (15)</p>	<p>9</p> <p>Swedish Meatballs (6) Noodles (22) Carrots (05) Peach Crisp (35) Roll (15)</p>	<p>10</p> <p>Roast Turkey (10) Potatoes & Gravy(15) California veg (05) Peaches (15) Roll (15)</p>
<p>13</p> <p>Sweet & sour chicken with brown rice (30) Stir Fry vegetable (05) Orange (15) Roll (15)</p>	<p>14</p> <p>Baked Ham (05) Scalloped Potatoes(15) Beets (05) Apple Crisp (35) Roll (15)</p>	<p>15</p> <p>Beef Taco Salad (40) Tortilla Chips, Lettuce, Tomato, Cheese, Kidney Beans, Dressing ,taco sauce , SC Mandarin Oranges (15)</p>	<p>16</p> <p>Corn Chowder (35) Green beans (05) Corn bread (15) Tropical Fruit (15)</p>	<p>17</p> <p>Corned Beef & Cabbage (25) Potato/Carrots (15) Green Jell-O/pears (15) Cookies (25)</p>
<p>20</p> <p>Ravioli (30) Mixed vegetables (15) Green salad (05) Apple (15) Roll (15)</p>	<p>21</p> <p>Creamed chicken/rice (30) California veg (05) Pineapple (15) Fruit Crisp</p>	<p>22</p> <p>Lasagna (25) Green beans (15) Garlic Bread (15) Fruit Cocktail (15)</p>	<p>23</p> <p>Malibu Chicken (15) Au Gratin Potatoes (15) Beets (05) Peaches (15) Roll (15)</p>	<p>24</p> <p>Roast Beef (05) Potatoes & Gravy (15) Carrots (05) Tropical Fruit (15) Roll (15)</p>
<p>27</p> <p>Salisbury Steak (10) Potatoes & Gravy (15) Corn (05) Apple (15) Roll (15)</p>	<p>28</p> <p>Shepherd's pie (26) Carrots (05) Cottage Cheese/Fruit (15) Brownie (35)</p>	<p>29</p> <p>Chicken Wrap (15) Pasta Salad (15) Pickle spear (15) Pears (15)</p>	<p>30</p> <p>Chili (35) Corn Bread (15) Mixed Vegetables (05) Apple sauce (15)</p>	<p>31</p> <p>Country Fried Steak (10) Potatoes & Gravy(15) Peas (15) Peaches (15) Roll (15)</p>

Menu is subject to change