




Pleasant Grove Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Creamed Chicken/Rice(35) California blend veg (05) Mandarin oranges (15) Roll (15) Low fat milk (12)	3 Sloppy Joe (10) Hamburger bun (15) Potato wedges (15) Mixed veg (05) Orange (15) Low fat milk (12)	4 Ham and Beans (20) Cooked cabbage (05) Apple (15) Corn Bread (15) Low fat milk (12)	5 Beef Taco Salad (40) <small>chips,lettuce,tomato,cheese, kidney beans,dressing,taco sauce,sour cream</small> Pears (15) Low fat milk (12)	6 Roast pork (05) Cheesy Potatoes (15) Green beans (05) Roll (15) Peaches (15) Low fat milk (12)
9 Sweet/sour chicken (30) White rice Stir fry vegetable (05) Orange (15) Roll (15) Low fat milk (12)	10 Meat loaf (10) Potatoes & gravy (15) Beets (05) Roll (15) Tropical Fruit (15) Low fat milk (12)	11 Eggs (06) Sausage Patty (10) Biscuits/gravy (20) Banana (15) Low fat milk (12)	12 Spaghetti/sauce (35) Peas and carrots (05) Garlic bread (15) Applesauce (15) Brownie (35) Low fat milk (12)	13 Baked Ham (05) Scalloped Potatoes (15) Peas (05) Apple (15) Roll (15) Low fat milk (12)
16 Country fried steak (10) Potatoes & gravy (15) Winter blend veg (15) Roll (15) Pineapple (15) Low fat milk (12)	17 Chicken pot pie w/chicken gravy (30) Biscuit (15) Green salad (05) Peach Crisp (35) Low fat milk (12)	18 Pork Rib sandwich (10) Hoagie bun (15) Potato wedges (15) Carrots (05) Applesauce (15) Low fat milk (12)	19 Lasagna (25) Green beans (15) Green salad (05) Orange (15) Roll (15) Low fat milk (12)	20 Roast Turkey (10) Potatoes & gravy (15) Corn (05) Roll (15) Peaches (15) Low fat milk (12)
23 Salisbury Steak (10) Potatoes & gravy (15) Corn (05) Apple (15) Roll (15) Low fat milk (12)	24 Chicken Wrap (15) Pasta salad (15) Pickle spears (15) Pears (15) Low fat milk (12)	25 Chili w/frankfurters (35) Hot dog bun (15) Mixed veg (05) Banana (15) Brownie (35) Low fat milk (12)	26 Chicken enchiladas (25) Carrots (05) Green salad (05) Cottage cheese/peaches (15) Low fat milk (12)	27 Roast Beef (05) Potatoes & gravy (15) Cal blend veg (05) Roll (15) Tropical Fruit (15) Low fat milk (12)
30 	31 Corned Beef (15) Cabbage (05) Scalloped Potatoes (15) Green Jell-O/pears (15) Cookies (25) Low fat milk (12)	<div style="background-color: #d4edda; padding: 5px;"> <p align="center">Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818</p> </div>		