
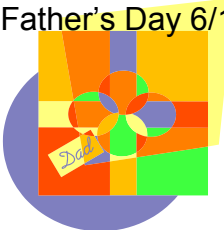


Monday	Tuesday	Wednesday	Thursday	Friday
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JUNE 2014

Pleasant Grove Seniors Lunch Menu

Cost: Senior \$2.00
 Guest \$5.00
 Order one day in advance
 801-785-2818

2 Hawaiian Haystacks w/Rice (30) Calif. Blend Veg. Roll (05) Mandarin Oranges (15) Low Fat Milk (12)	3 Beef Stew (35) Green Beans (05) Green Salad Roll (15) Peach Crisp (35) Low Fat Milk (12)	4 Spaghetti & Meat Sauce (35) Peas & Carrots (05) Garlic Bread (15) Pears (15) Low Fat Milk (12)	5 Pork Rib Sandwich (10) Hoagie Bun (15) Potato Wedges (15) Corn (15) Banana (15) Low Fat Milk (12)	6 Baked Ham (05) Cheesy Potatoes (15) Peas (05) Roll (15) Apple (15) Low Fat Milk (12)
9 Chicken Marinara & Pasta Rotini (10) Winter Blend Veg. Roll (05) Orange (15) Low Fat Milk (12)	10 Meatloaf (10) Potatoes & Gravy (15) Carrots (05) Roll (15) Fruit Cocktail (15) Low Fat Milk (12)	11 Chicken Alfredo w/Noodles (10) Green Beans (15) Roll (05) Apple Crisp (15) Low Fat Milk (12)	12 Mac & Cheese w/Frankfurters (35) Hot Dog Bun (15) Mixed Vegetables (05) Peaches (15) Low Fat Milk (12)	13 Roast Turkey (10) Potatoes & Gravy (15) Calif. Blend Veg. Roll (05) Pears (15) Low Fat Milk (12)
16 Country Fried Steak (10) Potatoes & Gravy (15) Mixed Vegetables (05) Roll (15) Orange (15) Low Fat Milk (12)	17 Lasagna (25) Green Beans (05) Green Salad Roll (15) Peaches (15) Brownie (35) Low Fat Milk (12)	18 Sweet & Sour Chicken w/White Rice (30) Stir Fry Vegetables (05) Roll (15) Jell-O w/Fruit (15) Low Fat Milk (12)	19 Beef Taco Salad (40) Tortilla, Lettuce, Cheese, Tomato, Beans, Dressing, Taco Sauce, Sour Cream (15) Mandarin Oranges (15) Low Fat Milk (12)	20 <u>Picnic Lunch</u> BBQ Chicken (10) Baked Beans (15) Coleslaw (05) Roll (15) Apple (15) Low Fat Milk (12)
23 Salisbury Steak (10) Potatoes & Gravy (15) Carrots (05) Roll (15) Pears (15) Low Fat Milk (12)	24 Chicken Pot Pie With Chicken Gravy (30) Winter Blend Veg. (05) Green Salad (05) Fruit Cocktail (15) Brownie (35) Low Fat Milk (12)	25 <u>Breakfast</u> Eggs (06) Sausage Patty (10) Biscuit & Gravy (20) Peaches (15) Low Fat Milk (12)	26 Beef & Mac Casserole (35) Peas & Carrots (05) Roll (15) Mandarin Oranges (15) Low Fat Milk (12)	27 Pork Roast (05) Potatoes & Gravy (15) Beets (05) Roll (15) Applesauce (15) Low Fat Milk (12)
30 Chicken Wrap (15) Pasta Salad (15) Pickle Spear (05) Pears (15) Low Fat Milk (12)	F L A G DAY 6/14 	Father's Day 6/15 	Numbers in () represent carbohydrate counts.	