



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Rib sandwich with bun (25) Potato wedges (15) Corn (05) Peaches (15)	2 Chicken Pot Pie with Gravy (30) Biscuit (15) Green salad (15) Banana (15)	3 Spaghetti (35) Peas & Carrots(05) Garlic Bread (15) Fruit cocktail (15) Brownie (25)	4 Hawaiian Haystacks <small>tom. peas, celery, coconut,bl. olive. cheese,rice (30)</small> Calif blend veg (05) Pineapple(15)	5 Baked Ham (05) Cheesy Potatoes(15) Beets (05) Apple (15) Roll (15)
8 Country Fr Steak(10) Potatoes & gravy(15) Mixed Vegetable (15) Orange (15) Roll (15)	9 Hoagie sandwich <small>Ham,turkey,cheese, lettuce,tomato,pickle</small> Coleslaw Orange Chips	10 Beef Taco Salad(40) <small>chips,lettuce,tomato,cheese, kidney beans,dressing,taco sauce,sour cream</small> Fruit cocktail (15)	11 Swedish Meatballs with Rice(28) Carrots (05) Roll (15) Apple (15) Brownie (35)	12 Roast Turkey (10) Potatoes & gravy(15) Cal blend veg (05) Roll (15) Peaches (15)
15 Sweet& sour chicken with rice(30) Stir fry veg (05) Ctg cheese/fruit(15) Roll (15)	16 Chicken Wrap (15) Pasta salad (15) Pickle spears (15) Applesauce (15)	17 Shepherd's pie(26) Corn (05) Tropical Fruit (15) Roll (15)	18 Lasagna (25) Green beans (15) Green salad (05) Apple Crisp (35) Roll (15)	19 Roast Beef (05) Scalloped pot (15) Peas&Carrots (05) Peaches (15) Roll (15)
22 Salisbury Steak (10) Potatoes &Gravy(15) Carrots (05) Man oranges (15) Roll (15)	23 Meat loaf (10) Potatoes &Gravy(15) Peas (05) Jello/fruit (15) Roll (15)	24 Chicken enchiladas with sour cream(25) Corn (05) Green Salad (05) Peach Crisp (15)	25 Mac & cheese Frankfurters(35) Hot dog bun (15) Mixed veg (05) Applesauce (15)	26 Roast Pork (05) Potatoes & Gravy(15) Beets (05) Roll (15) Orange (15)
29 Chicken nuggets (10) Potato wedges(15) Corn (05) Apple (15) Roll (15)	30 Sloppy Joe (10) Hamburger bun (15) Potato wedges (15) Green beans (05) Man Oranges (15)	31 B.B.Q. Chicken (10) Baked beans (15) peas (05) Roll (15) Banana (15)	Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818	<i>Low fat milk (12) is provided with each meal</i> <i>Numbers in parentheses represent carbohydrate count</i>