


MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pleasant Grove Senior Center					Menu is subject to change Please call 801-229-3802 the day before to cancel the meal
<p>Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818</p>		<p>1 Sloppy Joe (10) Hamburger Bun (15) Potato wedges (15) Mixed Vegetable (05) Apple crisp (35) Low fat milk (12)</p>	<p>2 Eggs (06) Ham (10) waffles (20) Orange (15) Low fat milk (12)</p>	<p>3 Meat loaf (10) Potatoes & gravy (15) Beets (05) Roll (15) Banana (15) Low fat milk (12)</p>	<p>4 Pork roast (05) Cheesy potatoes (15) Green beans (05) Roll (15) Pears (15) Low fat milk (12)</p>
<p>7 Creamed chicken & rice (35) Calif. Blend Veg (05) Mandarin Oranges (15) Roll (15) Low fat milk (12)</p>	<p>8 Chicken patty (10) Hamburger bun (15) Potato wedges (15) Coleslaw (15) Tropical fruit (15) Low fat milk (12)</p>	<p>9 Spaghetti/meat sauce(35) Peas & carrots (05) Garlic bread (15) Applesauce (15) Brownie (35) Low fat milk (12)</p>	<p>10 Beef Taco Salad (40) Tortilla chips,lettuce, tomato,cheese,kidney beans, drsg,taco sauce,sour cream Pears (15) Low fat milk (12)</p>	<p>11 Roast turkey (10) Potatoes & gravy (15) Corn (05) Roll (15) Peaches (15) Low fat milk (12)</p>	
<p>14 Sweet/sour chicken (30) White rice /Stir fry veg (05) Oranges (15) Roll (15) Low fat milk (12)</p>	<p>15 Chicken Pot Pie w/chicken gravy (30) Green Salad/Drsg (15) Peaches (15) Low fat milk (12)</p>	<p>16 Pork Rib sandwich (10) Hoagie Bun (15) Potato wedges (15) Carrots (05) Applesauce (15) Low fat milk (12)</p>	<p>17 St. Patrick's Day Corn beef&cabbage (25) Potato /carrots (15) Green Jello/pears (15) Cookies (25) Low fat milk (12)</p>	<p>18 Roast Beef (05) Potatoes & gravy (15) Cal. Blend veg (05) Roll (15) Tropical fruit (15) Low fat milk (12)</p>	
<p>21 Country Fried Steak (10) Potatoes & gravy (15) Winter blend veg (15) Roll (15) Pineapple (15) Low fat milk (12)</p>	<p>22 Lasagna (25) Green beans (15) Green salad (05) Peach crisp (35) Roll (15) Low fat milk (12)</p>	<p>23 Chicken Wrap (15) Pasta salad (15) Pickle spears (15) Pears (15) Low fat milk (12)</p>	<p>24 Chili w/Frankfurters (35) Hot dog bun (15) Mixed vegetable (05) Banana (15) Low fat milk (12)</p>	<p>25 Baked ham (05) Scalloped potatoes (15) Peas (05) Roll (15) Orange (15) Low fat milk (12)</p>	
<p>28 Salisbury Steak (10) Potatoes & gravy (15) Corn (15) Apple (15) Roll (15) Low fat milk (12)</p>	<p>29 Eggs (06) Sausage Patty (10) Biscuits/Gravy (20) Orange (15) Low fat milk (12)</p>	<p>30 Chicken enchiladas (25) Carrots (05) Green salad (05) Cottage cheese/peaches (15) Low fat milk (12)</p>	<p>31 Ham and Beans (20) Cooked Cabbage (05) apple Crisp (35) corn bread (15) Milk (12)</p>	