



September



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>Pleasant Grove Senior Center</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) Biscuit/Gravy (20) Banana (15)</p>	<p>2</p> <p>Baked Ham (05) Scalloped Potatoes(15) Peas & carrots (05) Jell-O/fruit (15) Roll (15)</p>
<p>5</p> <p>LABOR DAY</p> <p>NO MEAL</p>			<p>6</p> <p>Sloppy Joe (10) Hamburger Bun (15) Potato wedges (15) Green Beans (05) Orange (15)</p>	<p>7</p> <p>Chicken Pot Pie w/Chicken Gravy (30) Biscuit (15) Green Salad/Drsg (05) Banana (15)</p>
<p>12</p> <p>Chicken Marinara (10) & Pasta Rotini (15) Winter Blend Veg. (05) Oranges (15) Roll (15)</p>	<p>13</p> <p>Meat loaf (10) Potatoes & Gravy (15) Mixed vegetables (05) Apple Crisp (15) Roll (15)</p>	<p>14</p> <p>Chicken Wrap (15) Pasta salad (15) Pickle spears (15) Mandarin oranges (15)</p>	<p>15</p> <p>Pork Rib sandwich (10) Hoagie Bun (15) Potato wedges (15) Carrots (05) Tropical Fruit (15)</p>	<p>16</p> <p>Roast Beef 05) Cheesy Potatoes (15) Cal. Blend veg. (05) Tropical Fruit (15) Roll (15)</p>
<p>19</p> <p>Salisbury Steak (10) Potatoes & Gravy (15) Corn (05) Apple (15) Roll (15)</p>	<p>20</p> <p>Creamed chicken over rice (30) Calif. Blend Veg. (05) Peach Crisp (35) Roll (15)</p>	<p>21</p> <p>Swedish Meatballs (6) Rice (22) Carrots (05) Banana (15) Roll (15)</p>	<p>22</p> <p>Lasagna (25) Green beans (15) Green Salad (05) Brownie (35) Fruit cocktail (15) Garlic Bread (15)</p>	<p>23</p> <p>Malibu Chicken (15) Scalloped Potatoes(15) Peas & carrots (05) Orange (15) Roll (15)</p>
<p>26</p> <p>Sweet & sour Chicken/white rice (30) Stir Fry vegetable (05) Apple (15) Roll (15)</p>	<p>27</p> <p>B.B.Q. Chicken (10) Baked beans 15) Corn (05) Banana (15) Roll (15)</p>	<p>28</p> <p>Country Fried Steak (10) Potatoes & Gravy (15) Beets (15) Orange (15) Roll (15)</p>	<p>29</p> <p>Chicken enchiladas(25) Corn (05) Pears (15) Brownie (15)</p>	<p>30</p> <p>Roast Pork (05) Potatoes & Gravy (15) Beets (05) Applesauce (15) Roll (15)</p>

Menu is subject to change