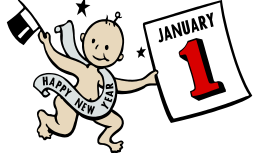



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pleasant Grove Senior Menu JANUARY 2015				Numbers in parenthesis represent carbohydrate count. Menu is subject to change.
Donations: \$3.00 Seniors \$6:00 Guest Call 1 day in advance. 801-785-2818			1 NEW YEARS DAY 	2 Baked Ham (5) Cheesy Potatoes (15) Mixed Vegetables (5) Roll (15) Apple (15) Low Fat Milk (12)
5 Chicken Marinara & Pasta Rotini (25) Winter Blend Veg. (5) Roll (15) Orange (15) Low Fat Milk (12)	6 Pork Rib Sandwich(10) Hoagie Bun (15) Potato Wedges (15) Corn (15) Banana (15) Low Fat Milk (12)	7 Spaghetti & Meat Sauce(35) Peas & Carrots (5) Garlic Bread (15) Pears (15) Low Fat Milk (12)	8 Chicken Enchiladas (25) Mixed Vegetables (5) Green Salad (5) Peach Crisp (35) Low Fat Milk (12)	9 Roast Turkey (10) Potatoes & Gravy (15) Cal. Blend Veg. (5) Roll (15) Applesauce (15) Low Fat Milk (12)
12 Chicken Alfredo & Noodles (25) Green Beans (5) Roll (15) Orange (15) Low Fat Milk (12)	13 Chicken Nuggets(10) Potato Wedges (15) Corn (15) Banana (15) Roll (15) Low Fat Milk (12) Brownie (35)	14 Meatloaf (10) Potatoes & Gravy (15) Carrots (5) Fruit Cocktail (15) Roll (15) Low Fat Milk (12)	15 Mac & Cheese with Frankfurters (35) Hot Dog Bun (15) Mixed Vegetables (5) Peaches (15) Low Fat Milk (12)	16 Salisbury Steak (10) Potatoes & Gravy (15) Peas (5) Apple (15) Roll (15) Low Fat Milk (12)
19 MARTIN LUTHER KING JR. DAY 	20 Sweet & Sour Chicken with Rice (30) Stir Fry Vegetables (5) Peaches (15) Roll (15) Low Fat Milk (12)	21 Lasagna (25) Green Beans (5) Green Salad (5) Apple Crisp (35) Roll (15) Low Fat Milk (12)	22 Eggs (6) Sausage Patty (10) Biscuits & Gravy (20) Banana (15) Low Fat Milk (12)	23 Roast Pork (10) Potatoes & Gravy (15) Mixed Vegetables (5) Pears (15) Roll (15) Low Fat Milk (12)
26 Lemon Pepper Chicken(5) Potatoes & Gravy (15) Carrots (5) Roll (15) Orange (15) Low Fat Milk (12)	27 Chicken Wrap (15) Pasta Salad (15) Pickle Spear (15) Peaches (15) Brownie (35) Low Fat Milk (12)	28 Beef Taco Salad (40) Tortilla Chips, Lettuce, Tomato, Cheese, Beans, Dressing, Taco Sauce Pears (15) Low Fat Milk (12)	29 Chicken Pot Pie with Gravy (30) Mixed Vegetables (5) Green Salad (5) Fruit Cocktail (15) Low Fat Milk (12)	30 Country Fried Steak(10) Potatoes & Gravy (15) Carrots (5) Roll (15) Orange (15) Low Fat Milk (12)