





# January




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>  <b>NO MEAL</b>	<b>3</b> Ham and Beans(20) Cooked Cabbage (05) Green salad (05) Applesauce (15) Corn bread (15)	<b>4</b> Beef Taco Salad (40) Tortilla Chips, Lettuce, Tomato, Cheese, Kidney Beans, Dressing,Salsa,Sour Cream Pears (15)	<b>5</b> Chicken Pot Pie w/Gravy (30) Biscuit (15) Green Salad (05) Banana (15)	<b>6</b> Baked Ham (05) Scalloped Potatoes(15) Beets (05) Peaches (15) Roll (15)
<b>9</b> Salisbury Steak (10) Potatoes & Gravy (15) Carrots (05) Pears (15) Roll (15)	<b>10</b> Beef Stew (35) Orange (15) Apple Crisp (35) Roll (15)	<b>11</b> Lemon PepperChicken(10) Potatoes & Gravy (15) Mixed vegetable (05) Cottage cheese/fruit (15) Roll (15)	<b>12</b> Corn Chowder (35) Green beans (05) Corn bread (15) Peaches (15)	<b>13</b> Roast Pork (05) Potatoes & Gravy(15) Peas & Carrots (05) Tropical Fruit (15) Roll (15)
<b>16</b>  <b>NO MEAL</b>	<b>17</b> Chili (35) Corn Bread (15) Mixed Vegetables (05) Apple sauce (15) Brownie (35)	<b>18</b> Creamed Chicken/Rice(30) California vegetable(05) Pears (15) Roll (15)	<b>19</b> Lasagna (25) Green beans (15) Garlic Bread (15) Fruit Cocktail (15)	<b>20</b> Roast Turkey (10) Potatoes & Gravy(15) Corn (05) Mandarin Oranges (15) Roll (15)
<b>23</b> Country Fried Steak (10) Potatoes & Gravy(15) Mixed Vegetables (15) Pears (15) Roll (15)	<b>24</b> Swedish Meatballs (6) Noodles (22) Carrots (05) Peach Crisp (35) Roll (15)	<b>25</b> Shepherd's pie (26) Corn (05) Jello/fruit (15) Roll (15)	<b>26</b> Malibu Chicken (15) Au Gratin Potatoes (15) Beets (05) Applesauce (15) Roll (15)	<b>27</b> Roast Beef (05) Potatoes & Gravy(15) Peas (05) Tropical Fruit (15) Roll (15)
<b>30</b> Sweet& sour chicken with Rice (30) Stir Fry vegetable (05) Orange (15) Roll (15) Fortune Cookies	<b>31</b> Eggs (06) Sausage Patty (10) Waffles/syrup/butter (20) Banana (15)	<b>Pleasant Grove Senior Center</b>	<i>Low fat milk (12) is provided with each meal</i>  <i>Numbers in parentheses represent carbohydrate count</i>	<b>Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818</b>

**Menu is subject to change**