



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pleasant Grove Senior Center <i>January 2016</i>				Numbers in parentheses represent carbohydrate count
Menu is subject to change Please call 801-229-3802 the day before to cancel the meal		Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818		1 
4 Creamed Chicken over rice (30) Calif. blend veg. (05) Mandarin oranges (15) Roll (15) Low fat milk (12)	5 Pork Rib sandwich (10) Hoagie Bun (15) Potato wedges (15) Corn (05) Applesauce (15) Low fat milk (12)	6 Lasagna (25) Green beans (15) Green Salad (05) Banana (15) Roll (15) Low fat milk (12)	7 Chili w/Frankfurters (35) Hot Dog Bun (15) Mixed Vegetable (05) Peach crisp (35) Low fat milk (12)	8 Baked Ham (05) Cheesy potatoes (15) Peas & carrots (05) Roll (15) Apples (15) Low fat milk (12)
11 Chicken Alfredo (10) w/noodles (15) Carrots (05) Roll (15) Orange (15) Low fat milk (12)	12 Spaghetti & Meat Sauce (35) Peas & carrots (05) Garlic bread (15) Pears (15) Brownie (35) Low fat milk (12)	13 Chicken Pot Pie w/chicken gravy (30) Green Beans (05) Green Salad/Drsg (15) Peaches (15) Low fat milk (12)	14 Meat loaf (10) Potatoes & gravy (15) Beets (05) Roll (15) Tropical Fruit (15) Low fat milk (12)	15 BBQ Chicken (10) Scalloped potatoes (15) Cal. blend veg (05) Roll (15) Orange (15) Low fat milk (12)
18 	19 Ham and Beans (20) Cooked cabbage (05) Apple crisp (35) Corn bread (15) Low fat milk (12)	20 Chicken enchiladas (25) Mixed vegetable (05) Green salad (05) Cottage cheese/peaches (15) Low fat milk (12)	21 Beef taco salad (40) <small>Tortilla Chips, Lettuce, Tomato, Cheese, Kidney Beans, Dressing, taco sauce, SC</small> Mandarin oranges (15) Low fat milk (12)	22 Roast Pork (10) Potatoes & Gravy (15) Peas & carrots (05) Roll (15) Applesauce (15) Low fat milk (12)
25 Salisbury steak (10) Potatoes & gravy (15) Peas (05) Apple (15) Roll (15) Low fat milk (12)	26 Chicken wrap (15) Pasta salad (15) Pickle spears (15) Pears (15) Brownie (35) Low fat milk (12)	27 Breakfast waffles (20) Eggs (06) Sausage patty (10) Banana (15) Low fat milk (12)	28 Sweet & sour chicken (30) White rice Stir fry vegetable (05) Jello/fruit (15) Roll (15) Low fat milk (12)	29 Country fried steak (10) Potatoes & gravy (15) Beets (15) Roll (15) Orange (15) Low fat milk (12)