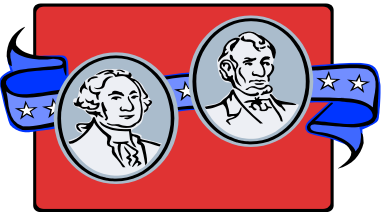


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pleasant Grove Senior Menu FEBRUARY 2015			Donations: \$3 Seniors \$6 Guest Call 1 day in advance.	Numbers in parenthesis represent carbohydrate count. Menu is subject to change.
				2 Pork Rib Sandwich (10) Hoagie Bun (15) Potato Wedges (15) Corn (15) Orange (15) Low Fat Milk (12)
9 Chicken Alfredo w/ Noodles (25) Green Beans (5) Roll (15) Orange (15) Low Fat Milk (12)	10 Lemon Pepper Chicken (5) Potatoes & Gravy (15) Carrots (5) Roll (15) Banana (15) Low Fat Milk (12)	11 Spaghetti & Meat Sauce (35) Winter Blend Veg. (5) Garlic Bread (15) Pears (15) Rice Pudding (35) Low Fat Milk (12)	12 Sweet & Sour Chicken w/ Rice (30) Stir Fry Vegetables (5) Peaches (15) Roll (15) Low Fat Milk (12)	13 Roast Turkey (10) Cranberry Sauce (5) Potatoes & Gravy (15) Calif. Blend Veg. (5) Mandarin Oranges (15) Roll (15) Valentine Cookies (25) Low Fat Milk (12)
16 PRESIDENTS DAY 	17 Breakfast Eggs (6) Sausage Patty (10) Waffle w/ Syrup (20) Banana (15) Low Fat Milk (12)	18 Lasagna (25) Peas & Carrots (5) Green Salad (5) Apple Crisp (35) Roll (15) Low Fat Milk (12)	19 Chicken Pot Pie w/ Gravy (30) Green Beans (5) Green Salad (5) Peaches (15) Low Fat Milk (12)	20 Roast Pork (10) Potatoes & Gravy (15) Carrots (5) Roll (15) Orange (15) Low Fat Milk (12)
23 Salisbury Steak (10) Potatoes & Gravy (15) Beets (5) Apple (15) Roll (15) Low Fat Milk (12)	24 Chicken Enchiladas (25) Corn (15) Green Salad (5) Fruit Jell-O (25) Brownie (35) Low Fat Milk (12)	25 Country Fried Steak (10) Potatoes & Gravy (15) Carrots (5) Roll (15) Orange (15) Low Fat Milk (12)	26 Taco Salad beef, tortilla chips, lettuce, tomato, cheese, beans, dressing, taco sauce (40) Pears (15) Low Fat Milk (12)	27 Roast Beef (10) Potatoes & Gravy (15) Mixed Vegetables (5) Roll (15) Applesauce (15) Low Fat Milk (12)