

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Pleasant Grove Senior Menu **DECEMBER 2014**

Donations: \$3.00 Seniors; \$6.00 Guest
Call 1 day in advance. 801-785-2818

1 Chicken Enchiladas (25) Corn (15) Applesauce (15) Low Fat Milk (12)	2 Beef Stew (35) Green Salad (5) Apple (15) Roll (15) Low Fat Milk (12)	3 Ham & Cheese Pocket (35) Mixed Vegetables (5) Macaroni Salad (5) Orange (15) Low Fat Milk (12)	4 Orange Chicken & Rice (30) Calif. Blend Veg. (5) Banana (15) Roll (15) Low Fat Milk (12)	5 Country Fried Steak (10) Potatoes & Gravy (15) Carrots (5) Apple (15) Roll (15) Low Fat Milk (12)
8 Pork Rib Sandwich (10) Hoagie Bun (15) Potato Wedges (15) Calif. Blend Veg. (5) Apple (15) Low Fat Milk (12)	9 Beef & Mac (35) Green Salad (5) Banana (15) Roll (15) Low Fat Milk (12)	10 Stuffed Cabbage with Rotini & Sauce (35) Peas & Carrots (5) Orange (15) Roll (15) Low Fat Milk (12)	11 Pepperoni Pizza Sticks(25) Mixed Vegetables (5) Green Salad (5) Applesauce (15) Low Fat Milk (12)	12 Roast Turkey & Ham (15) Cranberry Sauce (5) Sage Dressing (20) Potatoes & Gravy (15) Corn (15) / Roll (15) Mandarin Oranges (15) Low Fat Milk (12) / Pie (35)
15 Mac & Cheese with Frankfurters (35) Hot Dog Bun (15) Mixed Vegetables (5) Fruit Cocktail (15) Low Fat Milk (12)	16 Chicken & Dumplings (35) Crackers (15) Carrots (5) Banana (15) Low Fat Milk (12)	17 Lasagna (25) Green Beans (5) Peaches (15) Roll (15) Low Fat Milk (12)	18 Chicken Nuggets (10) Potato Wedges (15) Corn (15) Orange (15) Roll (15) Low Fat Milk (12)	19 Salisbury Steak (10) Potatoes & Gravy (15) Beets (5) Apple (15) Roll (15) Low Fat Milk (12)
22 Sweet & Sour Chicken with Rice (30) Stir Fry Vegetables (5) Peaches (15) Roll (15) Low Fat Milk (12)	23 Eggs (6) Sausage Patty (10) Waffle & Syrup (20) Banana (15) Low Fat Milk (12)	24 Chicken Wrap (15) Pasta Salad (15) Pickle Spears (15) Pears (15) Low Fat Milk (12)	25 CHRISTMAS 	26 Roast Pork (10) Potatoes & Gravy (15) Mixed Vegetables (5) Roll (15) Orange (15) Low Fat Milk (12)
29 Chicken Alfredo with Noodles(35) Green Beans (5) Pears (15) Roll (15) Low Fat Milk (12)	30 Meatloaf (10) Potatoes & Gravy (15) Beets (5) Roll (15) Fruit Cocktail (15) Low Fat Milk (12)	31 Hawaiian Haystack (30) (Tomato, Peas, Celery, Onion, Coconut, Cheese, Black Olive, Noodles, Rice) Calif. Blend Veg. (5) Banana (15) / Roll (15) / Milk (12)	Numbers in parenthesis represent carbohydrate count. Menu is subject to change.	