




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pleasant Grove Senior Menu <i>May 2015</i>			Donations: \$3 Seniors \$6 Guest Call 1 day in advance.	Numbers in parenthesis represent carbohydrate count
				1 Baked Ham (5) Cheesy Potatoes (15) Peas (5) Fruit Cocktail (15) Roll (15) Low Fat Milk (12)
4 Salisbury Steak (10) Potatoes & Gravy (15) Mixed Vegetables (5) Pears (15) Roll (15) Low Fat Milk (12)	5 Beef Taco Salad tortilla chips, lettuce, tomato, kidney beans, cheese, dressing, taco sauce (40) Mandarin Oranges (15) Low Fat Milk (12)	6 Corn Chowder (35) Beets (5) Fruit Jell-O (15) Roll (15) Low Fat Milk (12)	7 Pork Rib Sandwich (10) Hoagie Bun (15) Potato Wedges (15) Peas & Carrots (5) Orange (15) Low Fat Milk (12)	8 Roast Turkey (10) Potatoes & Gravy (15) Corn (15) Applesauce (15) Roll (15) Low Fat Milk (12)
11 Beef Stew (35) Winter Blend Veg. (5) Orange (15) Roll (15) Low Fat Milk (12)	12 Creamy Chicken over Rice (35) Beets (5) Peach Crisp (35) Roll (15) Low Fat Milk (12)	13 Meatloaf (10) Potatoes & Gravy (15) Green Beans (5) Banana (15) Roll (15) Low Fat Milk (12)	14 BBQ Chicken (10) Baked Beans (15) Coleslaw (15) Banana (15) Brownie (35) Roll (15) Low Fat Milk (12)	15 Pork Roast (5) Scalloped Potatoes (15) Carrots (5) Pears (15) Roll (15) Low Fat Milk (12)
18 Sweet & Sour Chicken with Rice (30) Stir Fry Vegetables (5) Apple (15) Roll (15) Low Fat Milk (12)	19 <u>Breakfast</u> Eggs (6) Sausage Patty (10) Waffles with Syrup (20) Banana (15) Low Fat Milk (12)	20 Chicken Pot Pie with Gravy (30) Winter Blend Veg. (5) Peaches (15) Brownie (35) Low Fat Milk (12)	21 Lasagna (25) Green Beans (5) Green Salad (5) Tropical Fruit (15) Roll (15) Low Fat Milk (12)	22 Roast Beef (5) Potatoes & Gravy (15) Carrots (5) Orange (15) Roll (15) Low Fat Milk (12)
25 Happy Memorial Day! 	26 Sloppy Joe (10) Hamburger Bun (15) Potato Wedges (15) Mixed Vegetables (5) Banana (15) Low Fat Milk (12)	27 Chicken Wrap (15) Pasta Salad (15) Pickle Spear (15) Peach Crisp (35) Low Fat Milk (12)	28 Spaghetti & Meat Sauce (35) Peas & Carrots (5) Pineapple (15) Garlic Bread (15) Low Fat Milk (12)	29 Country Fried Steak (10) Potatoes & Gravy (15) Mixed Vegetables (5) Applesauce (15) Roll (15) Low Fat Milk (12)