



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| <p><b>Pleasant Grove Senior Center</b></p>   | <p><b>Donations:</b><br/>\$3 Seniors \$6 Guest<br/>Call 1 day in advance.<br/>801-785-2818</p>   | <p><b>1</b><br/>Hawaiian Haystacks<br/>Tom,peas,celery,pineapple,<br/>coconut,bl olive,cheese<br/>Rice (30)<br/>Ca blend vegetables (05)<br/>Mandarin oranges (15)<br/>Low fat milk (12)</p> | <p><b>2</b><br/>Sloppy Joe (10)<br/>Hamburger bun (15)<br/>Potato wedges (15)<br/>Green beans (05)<br/>Orange (15)<br/>Low fat milk (12)</p>   | <p><b>3</b><br/>Roast pork (05)<br/>Cheesy Potatoes (15)<br/>Beets (05)<br/>Roll (15)<br/>Applesauce (15)<br/>Low fat milk (12)</p>                   |
| <p><b>6</b><br/>Sweet/sour chicken (30)<br/>White rice<br/>Stir fry vegetable (05)<br/>Orange (15)<br/>Roll (15)<br/>Low fat milk (12)</p>           | <p><b>7</b><br/>Ham and Beans (20)<br/>Cooked cabbage (05)<br/>Tropical fruit (15)<br/>Corn Bread (15)<br/>Low fat milk (12)</p>                   | <p><b>8</b><br/>Meat loaf (10)<br/>Potatoes &amp; gravy (15)<br/>Mixed veg (05)<br/>Roll (15)<br/>Peaches (15)<br/>Low fat milk (12)</p>   | <p><b>9</b><br/>Lasagna (25)<br/>Green beans (15)<br/>Green salad (05)<br/>Pears (15)<br/>Garlic bread (15)<br/>Low fat milk (12)</p>          | <p><b>10</b><br/>Baked Ham (05)<br/>Scalloped Potatoes (15)<br/>Peas &amp; Carrots (05)<br/>Jell-o/fruit (15)<br/>Roll (15)<br/>Low fat milk (12)</p> |
| <p><b>13</b><br/>Chicken Marinara (10)<br/>&amp; Pasta rotini (15)<br/>Winter blend veg (05)<br/>Roll (15)<br/>Orange (15)<br/>Low fat milk (12)</p> | <p><b>14</b><br/>Pork Rib sandwich (10)<br/>Hoagie bun (15)<br/>Potato wedges (15)<br/>Carrots (05)<br/>Apple crisp (35)<br/>Low fat milk (12)</p> | <p><b>15</b><br/>Chicken pot pie<br/>w/chicken gravy (30)<br/>Biscuit (15)<br/>Green salad (05)<br/>Banana (15)<br/>Low fat milk (12)</p>  | <p><b>16</b><br/>Spaghetti/sauce (35)<br/>Corn (05)<br/>Garlic bread (15)<br/>Pears (15)<br/>Brownie (35)<br/>Low fat milk (12)</p>            | <p><b>17</b><br/>Roast Turkey (10)<br/>Potatoes &amp; gravy (15)<br/>Peas (05)<br/>Roll (15)<br/>Peaches (15)<br/>Low fat milk (12)</p>               |
| <p><b>20</b><br/>Salisbury Steak (10)<br/>Potatoes &amp; gravy (15)<br/>Corn (05)<br/>Apple (15)<br/>Roll (15)<br/>Low fat milk (12)</p>             | <p><b>21</b><br/>Chicken Wrap (15)<br/>Pasta salad (15)<br/>Pickle spears (15)<br/>Pears (15)<br/>Low fat milk (12)</p>                            | <p><b>22</b><br/>Beef Taco Salad (40)<br/>chips,lettuce,tomato,cheese,<br/>kidney beans,dressing,taco<br/>sauce,sour cream<br/>Pears (15)<br/>Low fat milk (12)</p>                          | <p><b>23</b><br/>Chicken enchiladas (25)<br/>Carrots (05)<br/>Green salad (05)<br/>Cottage cheese/pineapple<br/>(15)<br/>Low fat milk (12)</p> | <p><b>24</b><br/>Roast Beef (05)<br/>Potatoes &amp; gravy (15)<br/>Cal blend veg (05)<br/>Roll (15)<br/>Tropical Fruit (15)<br/>Low fat milk (12)</p> |
| <p><b>27</b> Country fried steak (10)<br/>Potatoes &amp; gravy (15)<br/>Beets (15)<br/>Roll (15)<br/>Pineapple (15)<br/>Low fat milk (12)</p>        | <p><b>28</b> Corn chowder (35)<br/>Green beans (05)<br/>Green salad (05)<br/>Roll (15)<br/>Peach Crisp (35)<br/>Low fat milk (12)</p>              | <p><b>29</b> Chicken Alfredo (10)<br/>with noodles (15)<br/>Carrots (05)<br/>Roll (15)<br/>Pears (15)<br/>Low fat milk (12)</p>  | <p><b>30</b> BBQ chicken (10)<br/>Baked beans (15)<br/>Corn (05)<br/>Roll (15)<br/>Apple (15)<br/>Low fat milk (12)</p>                        |   |