


**Pleasant Grove
Senior Center**



October



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 3 Chicken nuggets (10) Potato wedges (15) Corn (15) Apple (15) Roll (15) | 4 Chicken Pot Pie w/Chicken Gravy (30) Biscuit (15) Green Salad/Drsg (05) Banana (15) | 5 Chili w/Frankfurter (35) ketchup/mustard Hot Dog Bun (15) Mixed Vegetables (05) Applesauce (15) | 6 Shepard's pie (26) Corn (05) Jello/fruit (15) Roll (15) Brownie (35) | 7 Baked Ham (05) Cheesy Potatoes (15) Beets (05) Roll (15) Apple (15) |
| 10 <i>No Meal</i>  Columbus Day | 11 Chicken Marinara (10) & Pasta Rotini (15) Winter Blend Veg (05) Roll (15) Orange (15) | 12 Beef Taco Salad (40) Tortilla Chips, Lettuce, Tomato, Cheese, Kidney Beans, Dressing, Salsa, Sour Cream Tropical fruit (15) | 13 Corn Chowder (35) Green beans (05) Roll (15) Apple Crisp (35) | 14 Roast Turkey (10) Potatoes & gravy (15) Cal blend vegetable (05) Roll (15) Mandarin oranges (15) |
| 17 Salisbury Steak (10) Potatoes & Gravy (15) Carrots (05) Orange (15) Roll (15) | 18 Spaghetti & Meat Sauce(35) Corn (05) Garlic Bread (15) Peach Crisp(35) | 19 Hawaiian Haystacks tomato. peas, celery, coconut, bl. Olive. cheese Rice (30) Calif Blend Veg. (05) Pineapple (15) | 20 Ham and Beans (20) Cooked Cabbage (05) Apple (15) Corn bread (15) | 21 Roast Beef (10) Scalloped potatoes (15) Peas & Carrots (05) Roll (15) Cottage cheese with Peaches(15) |
| 24 Country Fried Steak (10) Potatoes & Gravy (15) Mixed Vegetables (15) Roll (15) Mandarin oranges (15) | 25 Swedish Meatballs (6) Noodles (22) Roll (15) Carrots (05) Blueberry Crisp (35) | 26 Pork Rib sandwich (10) Hoagie Bun (15) Potato wedges (15) Corn (05) Pears (15) | 27 B.B.Q. Chicken (10) Baked beans (15) Peas & Carrots (05) Roll (15) Banana (15) | 28 Fresh Bat wings (10) Yellow Teeth(corn) (15) Frog Eye Salad (15) Roll (15) Candy Corn Rice Crispy Treat (35) |
| 31 Sweet&Sour Chicken with Rice(30) Stir Fry vegetable (05) Orange (15) Roll (15) | | Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818 | <i>Low fat milk (12) is provided with each meal</i> <i>Numbers in parentheses represent carbohydrate count</i> | |

Menu is subject to change