



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pleasant Grove Senior Menu <i>June 2015</i>			Donations: \$3 Seniors \$6 Guest Call 1 day in advance.	Numbers in parenthesis represent carbohydrate count
1 Lemon Pepper Chicken(5) Potatoes & Gravy (15) Beets (5) Peaches (15) Roll (15) Low Fat Milk (12)	2 Spaghetti & Meat Sauce(35) Peas & Carrots (5) Pears (15) Garlic Bread (15) Low Fat Milk (12)	3 Hawaiian Haystacks with White Rice (30) Calif. Blend Veg. (5) Mandarin Oranges (15) Roll (15) Low Fat Milk (12)	4 Pork Rib Sandwich (10) Hoagie Bun (15) Potato Wedges (15) Corn (15) Tropical Fruit (15) Low Fat Milk (12)	5 Baked Ham (5) Cheesy Potatoes (15) Peas (5) Apples (15) Roll (15) Low Fat Milk (12)
8 Chicken Marinara (10) Pasta Rotini (15) Corn (15) Oranges (15) Roll (15) Low Fat Milk (12)	9 Meatloaf (10) Potatoes & Gravy (15) Mixed Vegetables (5) Fruit Cocktail (15) Roll (15) Low Fat Milk (12)	10 Chicken Alfredo (10) Noodles (15) Green Beans (5) Apple Crisp (35) Roll (15) Low Fat Milk (12)	11 Mac & Cheese with Frankfurters (35) Hot Dog Bun (15) Carrots (5) Peaches (15) Low Fat Milk (12)	12 Roast Turkey (10) Potatoes & Gravy (15) Peas & Carrots (5) Applesauce (15) Roll (15) Low Fat Milk (12)
15 Country Fried Steak (10) Potatoes & Gravy (15) Mixed Vegetables (5) Oranges (15) Roll (15) Low Fat Milk (12)	16 Turkey, Ham and Cheese Sandwich (25) Hoagie Bun (15) Coleslaw (5) Banana (15) Cookies (25) Low Fat Milk (12)	17 Sweet & Sour Chicken with White Rice (30) Stir Fry Vegetables (5) Fruit Jell-O (15) Roll (15) Low Fat Milk (12)	18 Taco Salad (40) Beef, tortilla chips, beans, cheese, lettuce, tomato, dressing and taco sauce Mandarin Oranges (15) Low Fat Milk (12)	19 BBQ Chicken (10) Baked Beans (15) Green Salad (5) Apples (15) Roll (15) Low Fat Milk (12)
22 Salisbury Steak (10) Potatoes & Gravy (15) Carrots (5) Pears (15) Roll (15) Low Fat Milk (12)	23 Chicken Pot Pie with Gravy (30) Winter Blend Veg. (5) Green Salad (5) Fruit Cocktail (15) Brownie (35) Low Fat Milk (12)	24 Breakfast Eggs (6) Sausage Patty (10) Biscuits & Gravy (20) Peaches (15) Low Fat Milk (12)	25 Chicken Enchiladas (25) Spanish Rice (5) Refried Beans (15) Pears (15) Low Fat Milk (12)	26 Roast Pork (5) Scalloped Potatoes (15) Beets (5) Tropical Fruit (15) Roll (15) Low Fat Milk (12)
29 Sloppy Joe (10) Hamburger Bun (15) Potato Wedges (15) Green Beans (5) Apples (15) Low Fat Milk (12)	30 Chicken Wrap (15) Pasta Salad (15) Pickle Spear (15) Pears (15) Low Fat Milk (12)			*Menu is subject to change