





Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pleasant Grove Senior Menu</b> <h1 style="color: orange; margin: 0;">OCTOBER 2014</h1>				Numbers in ( ) represent carbohydrate counts.
<p><b>Donations:</b>  <b>\$3.00 Seniors;</b>  <b>\$6.00 Guest</b>  <b>Call 1 day in advance.</b>  <b>801-785-2818</b></p>		<p><b>1</b> Hawaiian Haystack (30)            (Tomatoes, Peas, Celery, Onions, Coconut, Cheese, Black Olives, Noodles, Rice)            Calif. Blend Veg. (05)            Roll (15)            Mandarin Oranges (15)            Low Fat Milk (12)</p>	<p><b>2</b>            Pork Rib Sandwich (10)            Hoagie Bun (15)            Potato Wedges (15)            Corn (15)            Banana (15)            Low Fat Milk (12)</p>	<p><b>3</b>            Baked Ham (05)            Cheesy Potatoes (15)            Mixed Vegetables (05)            Roll (15)            Apple (15)            Low Fat Milk (12)</p>
<p><b>6</b>            Chicken Alfredo (10)            w/Noodles (15)            Green Beans (05)            Roll (15)            Orange (15)            Low Fat Milk (12)</p>	<p><b>7</b> Macaroni &amp; Cheese w/Frankfurters (35)            Hot Dog Bun (15)            Mixed Vegetables (05)            Fruit Cocktail (15)            Peach Crisp (35)            Low Fat Milk (12)</p>	<p><b>8</b>            Spaghetti &amp; Meat Sauce (35)            Peas &amp; Carrots (05)            Garlic Bread (15)            Pears (15)            Low Fat Milk (12)</p>	<p><b>9</b>            Chicken Enchilada (25)            Corn (15)            Green Salad (15)            Jell-O w/Fruit (15)            Low Fat Milk (12)</p>	<p><b>10</b> Roast Turkey (10)            Cranberry Sauce (05)            Potatoes &amp; Gravy (15)            Calif. Blend Veg. (05)            Roll (15)            Mandarin Oranges (35)            Low Fat Milk (12)</p>
<p><b>13</b>  <b>COLUMBUS DAY</b>  </p>	<p><b>14</b>  <u>Breakfast Day</u>            Eggs (6)            Sausage Patty (10)            Biscuit &amp; Gravy (20)            Banana (15)            Low Fat Milk (12)</p>	<p><b>15</b> Sweet &amp; Sour            Chicken (15)            White Rice (15)            Stir Fry Veggies (05)            Roll (15)            Peaches (15)            Low Fat Milk (12)</p>	<p><b>16</b>            Lasagna (25)            Green Beans (05)            Green Salad (05)            Roll (15)            Apple Crisp (15)            Low Fat Milk (12)</p>	<p><b>17</b>            Meatloaf (10)            Potatoes &amp; Gravy (15)            Beets (05)            Roll (15)            Fruit Cocktail (15)            Low Fat Milk (12)</p>
<p><b>20</b>            Chicken Marinara (10)            &amp; Pasta Rotini (15)            Winter Blend Veg. (05)            Roll (15)            Orange (15)            Low Fat Milk (12)</p>	<p><b>21</b> Chicken Pot Pie w/Chicken Gravy (30)            Green Beans (05)            Green Salad (05)            Fruit Cocktail (15)            Brownie (35)            Low Fat Milk (12)</p>	<p><b>22</b>            Beef Taco Salad (40)            Tortilla Chips, Beans, Lettuce, Cheese, Tomato, Dressing, Taco Sauce            Pears (15)            Low Fat Milk (12)</p>	<p><b>23</b>            Chicken Nuggets (10)            Potato Wedges (15)            Corn (15)            Roll (15)            Banana (15)            Low Fat Milk (12)</p>	<p><b>24</b> Country Fried Steak (10)            Potatoes &amp; Gravy (15)            Carrots (15)            Roll (15)            Orange (15)            Low Fat Milk (12)</p>
<p><b>27</b>            Salisbury Steak (10)            Potatoes &amp; Gravy (15)            Beets (05)            Roll (15)            Apple (15)            Low Fat Milk (12)</p>	<p><b>28</b> Lemon Pepper Chicken (05)            Potatoes &amp; Gravy (15)            Carrots (05)            Roll (15)            Mandarin Oranges (15)            Low Fat Milk (12)</p>	<p><b>29</b>            Beef Stew (35)            Green Beans (05)            Green Salad (05)            Roll (15)            Peach Crisp (35)            Low Fat Milk (12)</p>	<p><b>30</b>            Roast Pork (10)            Potatoes &amp; Gravy (15)            Mixed Vegetables (05)            Roll (15)            Applesauce (15)            Low Fat Milk (12)</p>	<p><b>31</b> Fresh Bat Wings (10)            Yellow Teeth (corn) (15)            Frog Eye Salad (15)            Roll  (15)            Apple  (15)            Halloween Cookies (35)            Low Fat Milk (12)</p>

