

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Pleasant Grove Senior Menu **SEPTEMBER 2014**

Numbers in ( ) represent carbohydrate counts.

Menu Items can change sometimes

<p><b>1</b></p> <p><b>LABOR DAY</b></p> 	<p><b>2</b></p> <p>Creamed Chicken over Rice (30)            Calif. Blend Veg. Roll (05)            Mandarin Oranges (15)            Low Fat Milk (12)</p>	<p><b>3</b></p> <p>Beef Stew (35)            Green Beans (15)            Green Salad (05)            Roll (15)            Peach Crisp (35)            Low Fat Milk (12)</p>	<p><b>4</b></p> <p>Spaghetti &amp; Meat Sauce (35)            Peas &amp; Carrots (05)            Garlic Bread (15)            Pears (15)            Low Fat Milk (12)</p>	<p><b>5</b></p> <p>Baked Ham (05)            Cheesy Potatoes (15)            Mixed Vegetables (05)            Roll (15)            Apple (15)            Low Fat Milk (12)</p>
<p><b>8</b></p> <p>Chicken Alfredo (10)            Noodles (15)            Green Beans (05)            Roll (15)            Orange (15)            Low Fat Milk (12)</p>	<p><b>9</b></p> <p>Pork Rib Sandwich (10)            Hoagie Bun (15)            Potato Wedges (15)            Corn (15)            Banana (15)            Low Fat Milk (12)</p>	<p><b>10</b> Hoagie Sandwich (25)            (Turkey, Ham, Cheese)            Hoagie Bun (15)            Coleslaw (05)            Apple (15)            Cookies (25)            Low Fat Milk (12)</p>	<p><b>11</b></p> <p>Chicken Enchiladas (25)            Mixed Vegetables (05)            Green Salad (05)            Peach Crisp (35)            Low Fat Milk (12)</p>	<p><b>12</b></p> <p>Roast Turkey (10)            Potatoes &amp; Gravy (15)            Calif. Blend Veg. (15)            Roll (15)            Pears (15)            Low Fat Milk (12)</p>
<p><b>15</b></p> <p>Chicken Marinara &amp; Pasta Rotini (10)            Winter Blend Veg. Roll (05)            Roll (15)            Orange (15)            Low Fat Milk (12)</p>	<p><b>16</b> Chicken Nuggets (10)            Potato Wedges (15)            Corn (15)            Roll (15)            Banana (15)            Brownie (35)            Low Fat Milk (12)</p>	<p><b>17</b></p> <p>Meatloaf (10)            Potatoes &amp; Gravy (15)            Carrots (05)            Roll (15)            Fruit Cocktail (15)            Low Fat Milk (12)</p>	<p><b>18</b></p> <p>Mac &amp; Cheese w/Frankfurters (35)            Hot Dog Bun (15)            Mixed Vegetables (05)            Peaches (15)            Low Fat Milk (12)</p>	<p><b>19</b></p> <p>Salisbury Steak (10)            Potatoes &amp; Gravy (15)            Peas (05)            Roll (15)            Apple (15)            Low Fat Milk (12)</p>
<p><b>22</b> Sweet &amp; Sour Chicken            White Rice (30)            Stir Fry Vegetables (05)            Roll (15)            Peaches (15)            Low Fat Milk (12)</p>	<p><b>23</b></p> <p>Lasagna (25)            Green Beans (05)            Green Salad (05)            Roll (15)            Apple Crisp (35)            Low Fat Milk (12)</p>	<p><b>24</b></p> <p><u>Breakfast Day</u>            Eggs (06)            Sausage Patty (10)            Biscuit &amp; Gravy (20)            Banana (15)            Low Fat Milk (12)</p>	<p><b>25</b></p> <p>Beef Taco Salad            Tortilla Chips, Tomato, Lettuce, Cheese, Beans            Dressing, Sauces (40)            Pears (15)            Low Fat Milk (12)</p>	<p><b>26</b></p> <p>Roast Beef (05)            Potatoes &amp; Gravy (15)            Mixed Vegetables (05)            Roll (15)            Applesauce (15)            Low Fat Milk (12)</p>
<p><b>29</b></p> <p>Chicken Wrap (15)            Pasta Salad (15)            Pickle Spears (15)            Pears (15)            Low Fat Milk (12)</p>	<p><b>30</b> Chicken Pot Pie w/Chicken Gravy (30)            Mixed Vegetables (05)            Green Salad (05)            Fruit Cocktail (15)            Brownie (35)            Low Fat Milk (12)</p>	<p><b>Attention Seniors!!!</b>            Do you need help with shopping, transportation or other needs? Call if you have questions or to sign up at 801-851-7767.</p>	<p><b>\$3.00 Seniors; \$6.00 Guest</b>  <b>Call 1 day in advance.</b>  <b>801-785-2818</b></p>	