





# November



## Pleasant Grove Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Donations:</b> \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818</p>	<p><b>1</b></p> <p>Sloppy Joe (10) Hamburger Bun (15) Potato wedges (15) Green beans (05) Mandarin oranges (15)</p>	<p><b>2</b></p> <p>Chicken Pot Pie w/Gravy (30) Biscuit (15) Green Salad (05) Banana (15)</p>	<p><b>3</b></p> <p>Chili (35) Corn Bread (15) Mixed Vegetables (05) Apple sauce (15)</p>	<p><b>4</b></p> <p>Malibu Chicken (15) Scalloped Potatoes(15) Beets (05) Roll (15) Jell-O/fruit (15)</p>
	<p><b>7</b></p> <p>Creamed chicken &amp; with rice (30) Calif vegetables (05) Apple (15) Roll (15)</p>	<p><b>8</b></p> <p>Beef Taco Salad (40) Tortilla Chips, Lettuce, Tomato, Cheese, Kidney Beans, Dressing,Salsa,Sour Cream Tropical fruit (15)</p>	<p><b>9</b></p> <p>Eggs (06) Sausage Patty (10) Waffles/syrup (20) Banana (15)</p>	<p><b>10</b></p> <p>Ham and Beans(20) Cooked Cabbage (05) Green salad (05) Orange (15) Corn bread (15)</p>
<p><b>14</b></p> <p>Salisbury Steak (10) Potatoes &amp; Gravy (15) Corn (05) Pears (15) Roll (15)</p>	<p><b>15</b></p> <p>Pork Rib sandwich (10) Hoagie Bun (15) Potato wedges (15) Carrots (05) Peach Crisp (35)</p>	<p><b>16</b></p> <p>Meat loaf (10) Potatoes &amp; Gravy (15) Mixed vegetable (05) Cottage cheese/fruit (15) Roll (15)</p>	<p><b>17</b></p> <p>Corn Chowder (35) Green beans (05) Corn bread (15) Tropical Fruit (15)</p>	<p><b>18</b></p> <p>Roast Turkey Cranberry sauce(15) Sage Dressing (20) Potatoes/gravy(15) Corn(05) Mandarin Oranges (15) Roll (15) &amp; Pie (35)</p>
<p><b>21</b></p> <p>Sweet &amp; sour chicken with rice (30) Stir Fry vegetable (05) Mandarin oranges (15) Roll (15)</p>	<p><b>22</b></p> <p>Lasagna (25) Green beans (15) Garlic Bread (15) Brownie (35) Fruit Cocktail (15)</p>	<p><b>23</b></p> <p>B.B.Q. Chicken (10) Baked beans (15) Peas &amp; Carrots (05) Banana (15) Roll (15)</p>	<p><b>24</b></p> <p> NO MEAL</p>	<p><b>25</b></p> <p> NO MEAL</p>
<p><b>28</b></p> <p>Country Fried Steak (10) Potatoes &amp; Gravy(15) Mixed Vegetables (15) Mandarin oranges (15) Roll (15)</p>	<p><b>29</b></p> <p>Swedish Meatballs(6) Noodles (22) Carrots (05) Peach Crisp (35) Roll (15)</p>	<p><b>30</b></p> <p>Chicken Wrap (15) Pasta Salad (15) Pickle Spears (15) Pears (15)</p>	<p><i>Low fat milk (12) is provided with each meal</i></p> <p><i>Numbers in parentheses represent carbohydrate count</i></p>	

Menu is subject to change