
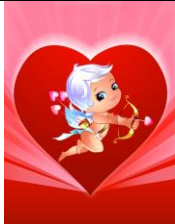






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>FEBRUARY 2014</h1>				Numbers in ( ) represent carbohydrate counts.
<b>Lunch Menu for Pleasant Grove Senior Center</b> Call 801-785-2818				
<b>3</b> Chicken Marinara (10) & Pasta Rotini (15) Winter Blend Veg. (05) Roll (15) Apple (15) Carrot Cake (35) Low Fat Milk (12)	<b>4</b> Pork Rib Sandwich (10) Hoagie Bun (15) Potato Wedges (05) Peas & Carrots (05) Banana (15) Low Fat Milk (12)	<b>5</b> Country Fried Steak (10) Potatoes & Gravy (15) Mixed Vegetables (05) Roll (15) Fruit Cocktail (15) Low Fat Milk (12)	<b>6</b> Spaghetti & Meat Sauce (25) Green Beans (05) Garlic Bread (15) Peach Crisp (15) Low Fat Milk (12)	<b>7</b> Baked Ham (05) Cheesy Potatoes (15) Carrots (05) Roll (15) Applesauce (15) Low Fat Milk (12)
<b>10</b> Chicken Alfredo (10) Noodles (15) Green Beans (05) Roll (15) Peaches (15) Low Fat Milk (12)	<b>11</b> Salisbury Steak (10) Potatoes & Gravy (15) Calif. Blend Veg. (05) Roll (15) Apple (15) Low Fat Milk (12)	<b>12</b> <u>Breakfast</u> Eggs (06) Sausage Patty (10) Waffles/syrup/butter (20) Orange (15) Low Fat Milk (12)	<b>13</b> Chicken Pot Pie w/Chicken Gravy (30) Winter Blend Veg. (05) Green Salad (05) Fruit Cocktail (15) Low Fat Milk (12)	<b>14</b> Roast Turkey (10) Potatoes & Gravy (15) Corn (15) Roll (15) Applesauce (15) Valentine Cookies (30) Low Fat Milk (12)
<b>17</b> <b>Presidents' Day</b>  	<b>18</b> Beef Stroganoff (05) Noodles (15) Peas & Carrots (05) Roll (15) Peaches (15) Brownie (35) Low Fat Milk (12)	<b>19</b> Sweet & Sour Chicken w/Rice (30) Stir Fry Vegetables (05) Roll (15) Orange (15) Low Fat Milk (12)	<b>20</b> Meatloaf (10) Potatoes & Gravy (15) Corn (15) Roll (15) Fruit Cocktail (15) Low Fat Milk (12)	<b>21</b> Pork Roast (05) Potatoes & Gravy (15) Calif. Blend Veg. (05) Roll (15) Pears (15) Low Fat Milk (12)
<b>24</b> Beef Taco Salad (40) Tortilla Chips, Lettuce, Tomato, Kidney Beans, Cheese, Dressing Mandarin Oranges (15) Low Fat Milk (12)	<b>25</b> <u>Breakfast Day</u> Eggs (06) Sausage Patty (10) Biscuit & Gravy (20) Pears (15) Low Fat Milk (12)	<b>26</b> Lasagna (25) Green Beans (05) Green Salad (05) Roll (15) Peach Crisp (35) Low Fat Milk (12)	<b>27</b> Chili w/Frankfurters (35) Hot Dog Bun (15) Mixed Vegetables (05) Orange (15) Low Fat Milk (12)	<b>28</b> Roast Beef (05) Potatoes & Gravy (15) Carrots (05) Roll (15) Fruit Cocktail (15) Low Fat Milk (12)