

Monday	Tuesday	Wednesday	Thursday	Friday	
		<h1 style="color: green;">DECEMBER 2013</h1> <h2 style="color: green;">Pleasant Grove Senior Center Lunch Menu</h2>			
2 Creamed Chicken (30) Over Rice (05) Calif. Blend Veg. Roll (15) Mandarin Oranges (15) Low Fat Milk (12)	3 Lasagna (25) Green Beans (05) Green Salad (05) Roll (15) Apple (15) Low Fat Milk (12)	4 Chicken Marinara & Pasta Rotini (15) Winter Blend Veg. Roll (05) Peach Crisp (15) Low Fat Milk (12)	5 Pork Rib Sandwich (10) Hoagie Bun (15) Potato Wedges (15) Peas & Carrots (05) Banana (15) Low Fat Milk (12)	6 Baked Ham (05) Scalloped Potatoes (15) Carrots (05) Roll (15) Applesauce (15) Low Fat Milk (12)	
9 Chicken Alfredo (10) Noodles (15) Green Beans (05) Roll (15) Peaches (15) Low Fat Milk (12)	10 BBQ Beef Sandwich (10) Hamburger Bun (15) Corn (15) Green Salad (05) Mandarin Oranges (15) Rice Pudding (35) Low Fat Milk (12)	11 <u>Breakfast</u> Eggs (06) Sausage Patty (10) Waffles/Syrup/Butter (20) Orange (15) Low Fat Milk (12)	12 Chili w/Hot Dog (35) Hot Dog Bun (15) Mixed Vegetables (05) Banana (15) Low Fat Milk (12)	13 Ham & Turkey (10) Stuffing (20) Potatoes & Gravy (15) Green Beans (05) Roll (15) Applesauce (15) Pie (35) Low Fat Milk (12)	
16 Meatloaf (10) Potatoes & Gravy (15) Corn (15) Roll (15) Fruit Cocktail (15) Low Fat Milk (12)	17 Beef Stroganoff (05) Noodles (15) Peas & Carrots (05) Roll (15) Pears (15) Brownie (35) Low Fat Milk (12)	18 Chicken Pot Pie With Chicken Gravy (30) Winter Blend Veg. (05) Green Salad (05) Peaches (15) Low Fat Milk (12)	19 Beef Taco Salad (40) Tortilla, Lettuce, Cheese, Tomato, Beans, Dressing, Taco Sauce, Sour Cream (15) Mandarin Oranges (15) Low Fat Milk (12)	20 Pork Roast (05) Potatoes & Gravy (15) Calif. Blend Veg. (05) Roll (15) Pears (15) Low Fat Milk (12)	
23 Country Fried Steak (10) Potatoes & Gravy (15) Mixed Vegetables (05) Roll (15) Apple (15) Low Fat Milk (12)	24 Chicken Wrap (15) Pasta Salad (15) Pickle Spears (15) Peaches (15) Brownie (35) Low Fat Milk (12)		26 Salisbury Steak (10) Potatoes & Gravy (15) Calif. Blend Vegetables (05) Roll (15) Apple (15) Low Fat Milk (12)	27 Roast Beef (05) Potatoes & Gravy (15) Corn (15) Roll (15) Orange (15) Low Fat Milk (12)	
30 Lemon Pepper Chicken (05) Potatoes & Gravy (15) Peas (05) Roll (15) Peaches (15) Low Fat Milk (12)	31 <u>Breakfast</u> Eggs (06) Sausage Patty (10) Biscuits & Gravy (30) Orange (15) Low Fat Milk (12)		Numbers in () represent carbohydrate counts. Cost: Senior \$2.00 Guest \$5.00 Order one day in advance. 801-785-2818	 	

