




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pleasant Grove Senior Center</b>	<b>Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818</b>			<b>1</b> Roast Pork Loin(00) Herb Roasted Potatoes(15) Sugar Glazed Carrots(11) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)
<b>4</b> Rigatoni Pasta with Meat Sauce(25) Green Beans(02) Fresh Garlic Bread(15) Apple(28) Fresh Baked Cookie(67)	<b>5</b> Homemade Meat Loaf(03) Garlic Mashed Potatoes(30) Roasted Corn(14) Orange(22) Fresh Baked Roll(15)	<b>6</b> Three Bean Beef Chili(03) Garden Green Salad(02) Fresh Baked Fruit Crisp(67) Fresh Corn Bread(28)	<b>7</b> Homemade Chicken Pot Pie(14) Fresh baked Biscuit(25) Garden Green Salad(02) Diced Pears(15)	<b>8</b> Garlic Roasted Beef Round(00) Herb Mashed Potatoes/gravy(15) Seasoned Peas(11) Fresh Baked Roll(16)
<b>11</b> Swedish Meatballs(39) Steamed White Rice(21) Carrots(06) Pears(18) Fresh Baked Roll(16)	<b>12</b> Savory Corn Chowder(22) Green Beans(11) Garden Green Salad(2) Jello/Fruit(18) Fresh Corn Bread(33)	<b>13</b> Ms. Helen's Cheesy Beef Lasagna(19) Peas(02) Fresh Garlic Bread(15) Cinnamon Apple Sauce(14)	<b>14</b> <b>Hawaiian Haystacks</b> <small>Diced Vine Ripe Tomatoes, Green Peas, Diced Celery, Pineapple Tidbits, Sweetened Coconut Flake, Sliced Black Olives, Chow Mein Noodles, Cheese, Steamed White Rice(30)</small> California blend Vegetables(18)	<b>15</b> Roast Turkey Breast(03) Garlic Mashed Potatoes(25) Carrots(06) Stuffing(20) Mandarin Oranges(11) Cranberry Sauce(22) Fresh Roll(15) Pumpkin Pie (35)
<b>18</b> Southern Country Fried Steak(04) Mashed Potatoes & Gravy(27) Mixed Seasonal Vegetable(12) Cottage Cheese/Fruit(12) Fresh Baked Roll(15)	<b>19</b> Soft Shell Ground Beef Taco(40) <small>Shredded Lettuce, Tomato, Shredded Cheese, Refried Beans, Taco sauce, Sour Cream</small> Mandarin Oranges(11)	<b>20</b> Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Orange(22) Fresh Baked Roll(15)	<b>21</b> Hearty Beef and Vegetable Stew(14) Fresh Green Salad(02) Granny Smith Apple Crisp(67) Fresh Corn Bread Muffin(33)	<b>22</b> Cured Honey Baked Ham(02) Scalloped Potatoes(13) Diced Beets(06) Fresh Corn Bread(33) Assorted Tropical Fruit(08)
<b>25</b>  <b>NO MEAL</b>	<b>26</b> Traditional Salisbury Steak(05) Garlic Mashed Potatoes(25) Mixed Vegetable(12) Diced Pears(19) Fresh Baked Roll(15)	<b>27</b> Savory Chicken Salad Wrap (18) Italian Pasta Salad(20) Kosher Pickle Spear(00) Diced Pears(19)	<b>28</b> Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges(11)	<b>29</b> BBQ Pulled Pork(03) Hot German Potato Salad(19) Corn(02) Fresh Local Apple(28) Fresh Baked Roll(16)