



# November



## Pleasant Grove Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk (12) is provided with each meal</i></p> <p><i>Numbers in parentheses represent carbohydrate count</i></p>	<p><b>Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818</b></p>	<p>1 Three Bean Beef Chili(03) Seasoned California Blend Vegetables(18) Fresh Baked Fruit Crisp(67) Fresh Baked Roll(16)</p>	<p>2 Homemade Chicken Pot Pie(14) Fresh baked Biscuit(25) Garden Green Salad(2) Diced Pears(15) Fresh Baked Brownie(23)</p>	<p>3 Roast Pork Loin(00) Herb Roasted Potatoes(15) Green Beans(11) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)</p>
<p>6 Creamed Chicken/Rice(30) California Blend Vegetables(18) Fresh Baked Roll(16) Pineapple Tidbits(07)</p>	<p>7 Ground Beef Taco Salad(40) Corn Tortilla Chips, Shredded Lettuce, Tomato, Shredded Cheese, Kidney Beans, Ranch Dressing, Salsa, Sour Cream Mandarin Oranges(11)</p>	<p>8 Ms. Helen's Cheesy Beef Lasagna(19) Green Beans(02) Fresh Garlic Bread(15) Cinnamon Apple Sauce(14)</p>	<p>9 <b>Veterans Day Meal</b> Garlic Roasted Beef(00) Herb Roasted Potatoes(15) Peas (11) Fresh Apple Tart(67) Fresh Baked Roll(16)</p>	<p>10  NO MEAL</p>
<p>13 Swedish Meatballs(39) Steamed White Rice(21) Carrots(06) Peaches(18) Fresh Baked Roll(16)</p>	<p>14 Homemade Meat Loaf(03) Garlic Mashed Potatoes(30) Roasted Corn(14) Cutie Orange(22) Fresh Baked Roll(15)</p>	<p>15 Savory Corn Chowder(03) Green Beans(11) Garden Green Salad(2) Sliced Peaches(18) Fresh Corn Bread(33)</p>	<p>16 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Orange(22) Fresh Baked Roll(15)</p>	<p>17 <b>Thanksgiving Meal</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)</p>
<p>20 Southern Country Fried Steak(04) Mashed Potatoes &amp; Gravy(27) Mixed Seasonal Vegetable(12) Cottage Cheese/Fruit(12) Fresh Baked Roll(15)</p>	<p>21 Hearty Beef and Vegetable Stew(14) Fresh Green Salad(21) Granny Smith Apple Crisp(67) Fresh Corn Bread Muffin(33)</p>	<p>22 Savory Chicken Salad Wrap (18) Italian Pasta Salad(20) Kosher Pickle Spear(00) Diced Pears(19)</p>	<p>23 <b>Happy Thanksgiving!</b> NO MEAL</p>	<p>24  NO MEAL</p>
<p>27 Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges(11)</p>	<p>28 Baked French Toast Sticks with Maple Syrup(58) Scrambled Eggs(01) Pork Sausage Links(0) Banana(27)</p>	<p>29 Traditional Salisbury Steak(05) Garlic Mashed Potatoes &amp; Gravy(25) Mixed Vegetable(12) Diced Pears(19) Fresh Baked Roll(15)</p>	<p>30 Honey Baked Ham(00) Scalloped Potatoes(13) Diced Beets(06) Fresh Corn Bread(33) Assorted Tropical Fruit(08)</p>	<p><b>Suggested donation \$3/meal</b></p> <p><b>Menu is subject to change</b></p>