


# Pleasant Grove Senior Center



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Flake Homemade Biscuits with Country Gravy(33) Scrambled Eggs(08) Pork Sausage Links(0) Fresh Naval Orange(22)	<b>3</b> Three Bean Beef Chili(03) Seasoned California Blend Vegetables(18) Fresh Baked Fruit Crisp(67) Fresh Baked Roll(16)	<b>4</b> Soft Shell Ground Beef Taco(40) Shredded Lettuce, Diced Vine Ripe Tomato, Shredded Cheese,Refried Beans,Salsa,Sour Cream Mandarin Oranges(11)	<b>5</b> Three Cheese Tortellini Basil Marinara Sauce(28) Garden Green Salad(02) Diced Carrots(06) Cinnamon Apple Crisp(67) Fresh Baked Roll (15)	<b>6</b> Southern Country Fried Steak(04) Mashed Potatoes & Country Gravy(27) Seasoned Mixed Vegetable(12) Diced Peaches(12) Fresh Baked Roll(15)
<b>9</b>  Columbus Day NO MEAL	<b>10</b> Hawaiian Haystacks Diced Vine Ripe Tomatoes, Green Peas, Diced Celery, Pineapple Tidbits, Sweetened Coconut Flake, Sliced Black Olives, Chow Mein Noodles, Cheese, Steamed White Rice(30) California blend Vegetables(18)	<b>11</b> Malibu Chicken(08) Au Gratin Potatoes(22) Seasoned Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges(11)	<b>12</b> Savory Corn Chowder(22) Seasoned Green Beans(02) Granny Smith Apple Crisp(28) Fresh Baked Roll(15)	<b>13</b> Kalua Pork(00) Hawaiian Rice(25) Seasoned Corn(14) Pineapple Tidbits(07) Fresh Baked Roll(15)
<b>16</b> Swedish Meatballs(39) Steamed White Rice(21) Seasoned Carrots(06) Peaches(18) Fresh Baked Roll(16)	<b>17</b> Rigatoni Pasta with Meat Sauce(25) Garden Green Salad(02) Fresh Baked Garlic Bread(15) Seasonal Fruit Crisp(67)	<b>18</b> Smoked Ham and White Beans(25) Braised Cabbage(3) Sweetened Apple Sauce(14) Fresh Baked Corn Bread(33)	<b>19</b> Shepherd's Pie(79) Diced Carrots(06) Mixed Fruit with Cottage Cheese(12) Chewy Chocolate Brownie(23)	<b>20</b> Garlic Roasted Beef(00) Herb Roasted Baby Potatoes(15) Seasoned Peas(11) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)
<b>23</b> Honey Baked Ham(00) Scalloped Potatoes(13) Diced Beets(06) Fresh Baked Corn Bread(33) Assorted Tropical Fruit(08)	<b>24</b> Homemade Chicken Pot Pie(14) Fresh baked Biscuit(25) Garden Green Salad(2) Diced Pears(15) Fresh Baked Brownie(23)	<b>25</b> Homemade Meat Loaf(03) Garlic Mashed Potatoes(30) Roasted Corn(14) Fresh Baked Roll(15) Cutie Orange(22)	<b>26</b> Teriyaki Chicken Bowl(08) Steamed Brown Rice(21) Fresh Steamed Broccoli(04) Banana(27) Fresh Baked Roll(15)	<b>27</b> Roast Turkey Breast(03) Garlic Mashed Potatoes & Turkey Gravy(25) Crinkle Cut Carrots(06) Fresh Baked Roll(15) Mandarin Oranges(11)
<b>30</b> Traditional Salisbury Steak(05) Garlic Mashed Potatoes & Gravy(25) Mixed Vegetable(12) Diced Pears(19) Fresh Baked Roll(15)	<b>31 HALLOWEEN</b> Honey Dipped Bat Wings(23) Dracula's Yellow Teeth(14) Frog Eye Salad(09) Wicked Witches Apple(28) Day Old Roll(16) Pumpkin Cookie(06)		<b>Donations:</b> <b>\$3 Seniors \$6 Guest</b> <b>Call 1 day in advance.</b> <b>801-785-2818</b>	<i>Low fat milk (12) is provided with each meal</i>  <i>Numbers in parentheses represent carbohydrate count</i>

**Menu is subject to change**