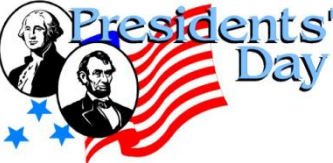




February



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>Pleasant Grove Senior Center</p>	<p>Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818</p>	<p>1 Rigatoni Pasta with Meat Sauce(25) Green Beans(02) Fresh Garlic Bread(15) Fresh Local Apple(28)</p>	<p>2 Garlic Roasted Beef Round(00) Baby Potatoes/gravy(25) Peas(11) Diced Peaches(19) Fresh Baked Roll(16)</p>
<p>5 Southern Country Fried Steak(04) Mashed Potatoes/Country Gravy(26) Mixed Seasonal Vegetable(12) Fresh Orange(22) Fresh Baked Roll(15)</p>	<p>6 Roast Turkey Breast(03) Garlic Mashed Potatoes/gravy(26) Carrots(06) Mandarin Oranges(11) Fresh Roll(15)</p>	<p>7 Soft Shell Ground Beef Taco(40) Shredded lettuce.Diced vine ripe tomato,Shredded cheese,Refried beans,Salsa,Sour cream Mandarin Oranges(11)</p>	<p>8 Homemade Chicken Pot Pie(40) Fresh baked Biscuit(25) Jell-O with Fruit(18) Fresh Baked Brownie(23)</p>	<p>9 National Pizza Pie Day Pizza(24) Fresh Green Salad(02) Fruit Crisp(67) Seasoned Green Beans(02)</p>
<p>12 Salisbury Steak(05) Garlic Mashed Potatoes & gravy(26) Mixed Vegetable(12) Diced Pears(19) Fresh Baked Roll(15)</p>	<p>13 National Tortellini Day Three Cheese Tortellini Basil with Marinara Sauce(28) Garden Green Salad(2) Diced Carrots(6) Cinnamon Apple Crisp(67) Fresh Baked Roll(15)</p>	<p>14 Homemade Meat Loaf(03) Garlic Mashed Potatoes & Gravy(30) Roasted Corn(14) Cutie Orange(22) Roll(15) Valentine Cookie(16)</p>	<p>15 Hearty Beef and Vegetable Stew(14) Fresh Green Salad(02) Peaches(19) Fresh Corn Bread Muffin(33)</p>	<p>16 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Cottage Cheese & Fruit(12) Roll(15) Fortune Cookie(24)</p>
<p>19  NO MEAL</p>	<p>20 Savory Chicken Salad Wrap (18) Italian Pasta Salad(20) Kosher Pickle Spear(00) Diced Pears(19)</p>	<p>21 Ms. Helen's Cheesy Beef Lasagna(19) Peas(02) Fresh Garlic Bread(15) Warm Cinnamon Apple Sauce(14)</p>	<p>22 Three Bean Beef Chili(03) California Blend Veg(18) Fresh Baked Fruit Crisp(67) Fresh Corn Bread(28)</p>	<p>23 BBQ Pulled Pork(03) Hot German Potato Salad(19) Corn(02) Local Apple(28) Fresh Baked Roll(16)</p>
<p>26 Honey Baked Ham(02) Scalloped Potatoes(13) Diced Beets(06) Assorted Tropical Fruit(08) Fresh Baked Roll(15)</p>	<p>27 National Kahlua Day Kalua Pork(00) Hawaiian Rice(25) Corn(14) Pineapple Tidbits(07) Brownie(33) Fresh Baked Roll(15)</p>	<p>28 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(05)</p>		