





January

**Pleasant Grove
Senior Center**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  NO MEAL	2 Creamed Chicken/Rice(30) California Blend Vegetables(18) Fresh Baked Roll(16) Seasonal Fruit Crisp(67)	3 Homemade Meat Loaf(03) Garlic Mashed Potatoes(30) Roasted Corn(14) Cutie Orange(22) Fresh Baked Roll(15)	4 National Spaghetti Day Spaghetti with Meat Sauce(25) Green Beans(02) Fresh baked Garlic Bread(15) Fresh local Apple(17)	5 Garlic Roasted Beef Round(00) Baby Potatoes/gravy(25) Diced Beets(06) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)
8 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Orange(22) Fresh Baked Roll(15)	9 Southern Country Fried Steak(04) Mashed Potatoes/Gravy(27) Mixed Seasonal Vegetable(12) Cottage Cheese/Fruit(12) Fresh Baked Roll(15)	10 Three Cheese Tortellini Basil with Marinara Sauce(28) Garden Green Salad(2) Sliced Carrots(6) Cinnamon Apple Crisp(67) Fresh Baked Roll(15)	11 Ground Beef Taco Salad(40) Tortilla Chips,Sliced black olives, Diced vine ripe tomato,Nacho cheese,Refried beans,Salsa,Sour cream Mandarin Oranges(11)	12 National Curried Chicken Day Curried Chicken over White rice(30) California Blend Vegetables(18) Pineapple Tidbits(07) Fresh Baked Roll(16)
15  NO MEAL	16 Swedish Meatballs(39) Steamed White Rice(21) Carrots(06) Mixed Fruit Cocktail(8) Brownie(23) Fresh Baked Roll(16)	17 Savory Chicken Salad Wrap (18) Italian Pasta Salad(20) Kosher Pickle Spear(00) Diced Pears(19)	18 Savory Corn Chowder(22) Green Beans(11) Garden Green Salad(2) Jello/Fruit(18) Fresh Corn Bread(33)	19 Roast Turkey Breast(03) Garlic Mashed Potatoes/gravy(25) Carrots(06) Mandarin Oranges(11) Fresh Roll(15)
22 Baked French Toast Sticks with Maple Syrup(58) Scrambled Eggs(01) Pork Sausage Links(0) Banana(27)	23 Ms. Helen's Cheesy Beef Lasagna(19) Green Beans(02) Fresh Garlic Bread(15) Warm Cinnamon Apple Sauce(14)	24 National Peanut Butter Day Hearty Beef and Vegetable Stew(14) Fresh Green Salad(02) Peanut Butter Cookie(23) Fresh Corn Bread Muffin(33)	25 Homemade Chicken Pot Pie(40) Fresh baked Biscuit(25) Jell-O with fruit(18) Fresh Baked Brownie(23)	26 Traditional Salisbury Steak(05) Garlic Mashed Potatoes/gravy(27) Mixed Vegetable(12) Diced Pears(19) Fresh Baked Roll(15)
29 National Corn Chip Day Three Bean Beef Chili(03) California Blend Veg(18) Corn Chips(18) Cheese(22) Peaches(67) Fresh Corn Bread(28)	30 Honey Baked Ham(00) Scalloped Potatoes(13) Diced Beets(06) Assorted Tropical Fruit(08) Brownie(33) Fresh Baked Roll(15)	31 Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges(11)	Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818	

Suggested donation \$3/meal

Menu is subject to change