

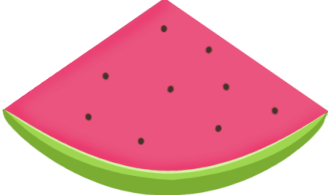




July



Pleasant Grove Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Country Fried Steak(04) Mashed Potatoes & Gravy(27) Mixed Vegetables(12) Fresh Baked Roll(15) Diced Peaches(18)	3 All Beef Hot Dog with Fresh Baked Bun(17) County Style Baked Beans(32) Seasoned Potato Wedges(0) Sweetened Applesauce(14)	4 	5 Three Cheese Tortellini with Bolognese Sauce(28) Garden Green Salad(02) Cinnamon Apple Crisp(67) Fresh Baked Roll(15)	6 Garlic Roasted Beef(00) Roasted Baby Potatoes(15) Seasoned Peas(11) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)
9 Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Seasoned Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges(11)	10 Savory Chicken Salad Wrap (18) Italian Pasta Salad(20) Kosher Pickle Spears(00) Diced Pears(19)	11 Fusilli Pasta with Meat Sauce(25) Garden Green Salad(02) Fresh Baked Garlic Bread(15) Seasonal Fruit Crisp(67)	12 Ms. Helen's Cheesy Beef Lasagna(19) Seasoned Green Beans(02) Fresh Garlic Bread(15) Sweetened Applesauce(14)	13 Kalua Pork(00) Hawaiian Rice(25) Seasoned Corn(14) Pineapple Tidbits(07) Fresh Baked Roll(15)
16 Swedish Meatballs(39) Rice Pilaf(21) Steamed Carrots(06) Sliced Peaches(18) Fresh Baked Roll(16)	17 Homemade Meat Loaf(03) Garlic Mashed Potatoes(30) Roasted Corn(14) Fresh Baked Brownie(23) Refreshing Orange(22)	18 Honey Baked Ham and Roasted Turkey Sub(15) Crisp Potato Chips(14) Home-style Macaroni Salad(20) Fresh Local Apple(28)	19 Ground Beef Taco Salad Corn Tortilla Chips, Shredded Lettuce, Diced Vine Ripe Tomato, Shredded Cheese, Kidney Beans, Ranch Dressing, Taco Sauce, Sour Cream(40) Mandarin Oranges (11)	20 BBQ Chicken Quarters(03) Au Gratin Potatoes(19) Seasoned Green Beans(02) Fresh Local Apple(28) Fresh Baked Roll (16)
23 Broiled Bratwurst with Fresh Baked Hoagies(17) Sauerkraut(04) Fruit and Jell-O Cup(09) Roasted Corn(14) Fresh Baked Brownie(23)	24 Pioneer day-No meal 	25 Creamed Chicken over White Rice(30) Seasoned California Blend Vegetables(18) Fresh Baked Rolls(16) Pineapple Tidbits (07)	26 Teriyaki Chicken Bowl (08) Steamed Brown Rice(21) Fresh Steamed Broccoli(04) Banana(27) Fresh Baked Roll (15)	27 Roast Turkey Breast(03) Garlic Mashed Potatoes & Turkey Gravy(25) Crinkle Cut Carrots(06) Fresh Baked Roll(15) Mandarin Oranges(11)
30 Smothered Salisbury Steak (05) Loaded Potato Casserole(22) Steamed Beets(06) Cottage Cheese with Fruit(12) Fresh Baked Roll (16)	31 Chicken Parmesan with Basil Marinara Sauce and Spaghetti(30) Seasoned Green Beans(02) Cinnamon Apple crisp(67) Fresh Baked Roll(15)	<div style="background-color: #c8e6c9; padding: 5px; text-align: center;"> Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818 </div>		<p style="text-align: center;"><i>Low fat milk (12) is provided with each meal</i></p> <p style="text-align: center;"><i>Numbers in parentheses represent carbohydrate count</i></p>