



March



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</p> <p>Homemade Meat Loaf(03) Garlic Mashed Potatoes and Gravy(26) Roasted Corn(14) Crisp Red Apple(22) Fresh Baked Roll(15)</p>	<p>2</p> <p>Oven Roasted Pork(00) Au Gratin Potatoes(15) Green Beans(11) Mandarin Oranges(19) Fresh Baked Roll(16)</p>
<p>5</p> <p>Swedish Meatballs(39) Steamed White Rice(21) Carrots(06) Mixed Fruit Cocktail(8) Brownie(23) Roll(16)</p>	<p>6</p> <p>Garlic Roasted Beef (00) Potatoes and Gravy(25) Seasoned Peas(11) Diced Peaches(19) Brownie(23) Fresh Baked Roll(16)</p>	<p>7</p> <p>Rigatoni Pasta with Meat Sauce(25) Seasoned Green Beans(02) Garden Green Salad(02) Fresh Baked Garlic Bread(15) Warm Applesauce(28)</p>	<p>8</p> <p>Homemade Chicken Pot Pie(40) Fresh Baked Biscuit(25) Sliced Peaches(18) Fresh Baked Brownie(23)</p>	<p>9</p> <p>Roast Turkey Breast (03) Garlic Potatoes & Gravy(26) Crinkle Cut Carrot(06) Fresh Baked Roll(15) Mandarin Oranges(11)</p>
<p>12</p> <p>Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Orange(12) Fortune Cookie(24)</p>	<p>13</p> <p>Three Bean Beef Chili with Shredded Cheese (25) California Blend Vegetables(18) Corn Chips(00) Sliced Peaches(67) Cornbread (28)</p>	<p>14 National Potato Chip Day</p> <p>Chicken Salad Wrap(18) Italian Pasta Salad(20) Kosher Pickle Spears(0) Diced Pears(19) Lay's Potato Chips(00)</p>	<p>15</p> <p>Ms. Helen's Cheesy Beef Lasagna(19) Seasoned Green Beans(02) Fresh Garlic Bread(15) Cinnamon Apple Sauce (14)</p>	<p>16 St. Patrick's Day</p> <p>House-made Corn Beef and Cabbage, Braised Potatoes and Carrots(00) Lucky Green Jell-o with Diced Pears(00) Bakery Fresh Cookies(18)</p>
<p>19</p> <p>Salisbury Steak(05) Garlic Mashed Potatoes and Gravy(26) Mixed Vegetables(12) Fresh Baked Roll (15) Diced Pears 19)</p>	<p>20</p> <p>Shepherd's Pie (79) Diced Seasoned Carrots (06) Cottage Cheese and Mixed Fruit (12) Chewy Chocolate Brownie(23)</p>	<p>21</p> <p>Savory Corn Chowder(22) Seasoned Cut Green Beans(11) Sliced Peaches(18) Fresh Baked Fresh Baked Corn Bread (33)</p>	<p>22</p> <p>Creamed Chicken over White Rice(30) California Blend Vegetables(18) Fresh Baked Rolls(16) Seasonal Fruit Crisp(67)</p>	<p>23</p> <p>Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Seasoned Corn(02) Fresh Baked Roll(16) Mandarin Oranges(11)</p>
<p>26</p> <p>Southern Country Fried Steak(04) Mashed Potatoes & Gravy(26) Mixed Vegetables(12) Diced Pears(22) Fresh Baked Roll(15)</p>	<p>27</p> <p>Beef Taco Salad Seasoned Ground Beef, Tortilla Chips, Sliced Black Olives, Diced Vine Ripe Tomato, Nacho Cheese, Refried Beans, Salsa, Sour Cream(40) Mandarin Oranges(11)</p>	<p>28</p> <p>Three Cheese Tortellini with Basil Marinara Sauce(28) Garden Green Salad(02) Sliced Carrots(06) Cinnamon Apple crisp(67) Fresh Baked Roll (15)</p>	<p>29</p> <p>Baked French Toast Sticks with Maple Syrup(58) Scrambled Eggs (01) Pork Sausage Links(0) Orange (22)</p>	<p>30 Easter Lunch</p> <p>Cured Honey Baked Ham (02) Scalloped Potatoes(13) Diced Beets (06) Fresh Baked Corn Bread(33) Assorted Tropical Fruit(08) Chocolate Brownie(23)</p>