



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pleasant Grove Senior Menu JULY 2015				Numbers in () represent carbohydrate counts.
	Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818	1 Creamed Chicken over Rice (30) Calif. Blend Veg. (5) Peach Crisp (35) Roll (15) Low Fat Milk (12)	2 Spaghetti & Meat Sauce (35) Peas & Carrots (5) Fruit Cocktail (15) Garlic Bread (15) Low Fat Milk (12)	3 Independence Day Observed 
6 Chicken Marinara & Rotini Pasta (25) Winter Blend Veg. (5) Orange (15) Roll (15) Low Fat Milk (12)	7 Beef Taco Salad (40) Tortilla chips, lettuce, tomato, beans, cheese, dressing & taco sauce Pears (15) Low Fat Milk (12)	8 Chicken Pot Pie with Gravy (30) Mixed Vegetables (5) Green Salad (5) Fruit Cocktail (15) Brownie (35) Low Fat Milk (12)	9 Beef & Mac Casserole (35) Peas & Carrots (5) Mandarin Oranges (15) Roll (15) Low Fat Milk (12)	10 Baked Ham (5) Cheesy Potatoes (15) Corn (15) Apple (15) Roll (15) Low Fat Milk (12)
13 Country Fried Steak (10) Potatoes & Gravy (15) Mixed Vegetables (5) Pears (15) Roll (15) Low Fat Milk (12)	14 Chicken Alfredo with Noodles (25) Green Beans (5) Apple Crisp (35) Roll (15) Low Fat Milk (12)	15 Pork Rib Sandwich (10) Hoagie Bun (15) Potato Wedges (15) Coleslaw (5) Jell-O with Fruit (15) Low Fat Milk (12)	16 Lemon Pepper Chicken (5) Potatoes & Gravy (15) Peas (5) Pears (15) Roll (15) Low Fat Milk (12)	17 Roast Beef (5) Potatoes & Gravy (15) Carrots (5) Orange (15) Roll (15) Low Fat Milk (12)
20 Sweet & Sour Chicken with White Rice (30) Stir Fry Vegetables (5) Peaches (15) Roll (15) Low Fat Milk (12)	21 Sloppy Joe (10) Hamburger Bun (15) Potato Salad (15) Baked Beans (15) Orange (15) Low Fat Milk (12)	22 Breakfast Eggs (6) Sausage Patty (10) Waffles & Syrup (20) Banana (15) Low Fat Milk (12)	23 Salisbury Steak (10) Potatoes & Gravy (15) Carrots (5) Apple (15) Roll (15) Low Fat Milk (12)	24 Pioneer Day 
27 Meatloaf (10) Potatoes & Gravy (15) Peas (5) Fruit Cocktail (15) Roll (15) Low Fat Milk (12)	28 Chicken Wrap (15) Pasta Salad (15) Pickle Spear (15) Pears (15) Brownie (35) Low Fat Milk (12)	29 Lasagna (25) Green Beans (5) Green Salad (5) Peaches (15) Roll (15) Low Fat Milk (12)	30 Chili Cheese Dog (35) Hot Dog Bun (15) Mixed Vegetables (5) Applesauce (15) Low Fat Milk (12)	31 Roast Pork (5) Scalloped Potatoes (15) Beets (5) Tropical Fruit (15) Roll (15) Low Fat Milk (12)