


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pleasant Grove Senior Center <i>December 2015</i>				Numbers in parentheses represent carbohydrate count
Menu is subject to change Please call 801-229-3802 the day before to cancel the meal	1 Hawaiian Haystacks (tom,peas,celery,pineapple, coconut,bl olives,cheese) Rice (30) Calif blend veg (05) Banana (15) Roll (15) Low fat milk (12)	2 Chili w/ Frankfurters (35) Hot dog bun (15) Mixed vegetable (05) Fruit Coctail (15) Low fat milk (12)	3 Corn Chowder (35) Green beans (05) Roll (15) Peach Crisp (35) Low fat milk (12)	4 Salisbury Steak (10) Potatoes & gravy (15) Beets (05) Banana (15) Roll (15) Low fat milk (12)
7 Lemon Pepper chicken (05) Potatoes & Gravy (15) Peas (05) Roll (15) Peaches (15) Low fat milk (12)	8 Sloppy Joe (10) Hamburger bun (15) Potato wedges (15) Green beans (05) Apple Crisp (35) Low fat milk (12)	9 Beef Taco Salad (40) Tortilla chips,lettuce, tomato,cheese,kidney beans,dressing,taco sauce,sour cream Pears (15) Low fat milk (12)	10 BBQ Chicken (15) Baked beans (05) Carrots (05) Roll (15) Orange (15) Low fat milk (12)	11 Baked Ham (05) Cheesy Potatoes (15) Carrots (05) Roll (15) Pineapple (15) Low fat milk (12)
14 Country Fried Steak (10) Potatoes & Gravy (15) Winter blend veg (15) Roll (15) Orange (15) Low fat milk (12)	15 Chicken Alfredo (10) Noodles (15) Carrots (05) Roll (15) Cottage Cheese/fruit (20) Low fat milk (12)	16 Pork Rib sandwich (10) Hoagie bun (15) Potato wedges (15) Cal blend veg (05) Banana (15) Low fat milk (12)	17 Chicken Pot Pie w/chicken gravy (30) Green beans (05) Green salad/dressing (15) Tropic fruit (15) Low fat milk (12)	18 Roast Turkey (10) Cranberry sauce (05) Sage dressing (20) Potatoes & Gravy (15) Corn (05) Roll (15) Man oranges (15) Low Fat Milk (12) Pies (35)
21 Sweet & Sour Chicken white rice (30) Stir fry vegetable (05) Peaches (15) Roll (15) Low Fat Milk (12)	22 Lasagna (25) Green beans (15) Green salad (05) Roll (15) Apple (15) Brownie (35) Low Fat Milk (12)	23 Chicken Enchiladas (25) Peas and carrots (05) Green salad (05) Jello/fruit (35) Low Fat Milk (12)	24 Meat loaf (10) Potatoes & Gravy (15) Beets (05) Roll (15) Peaches (15) Low fat milk (12)	25  <i>Merry Christmas!</i>
28 Chicken nuggets (10) Potato wedges (15) Corn (05) Apple (15) Roll (15) Low Fat Milk (12)	29 Spaghetti & Meat Sauce (35) Peas & Carrots (05) Garlic Bread (15) Pears (15) Brownie (35) Low Fat Milk (12)	30 Chicken Wrap (15) Pasta Salad (15) Pickle Spears (15) Peach Crisp (35) Low Fat Milk (12)	31 Roast Beef (05) Potatoes & Gravy (15) Carrots (05) Roll (15) Orange (15) Low fat milk (12)	Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818