




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Menu is subject to change. Please call 801-229-3802 the day before to cancel the meal
		<u>Pleasant Grove</u> <u>Senior Center</u>	Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818	1 Roast pork (05) Potatoes & gravy (15) Peas & carrots (05) Roll (15) Pears (15) Low fat milk (12)
4 Chicken Marinara (10) & Pasta Rotini (15) Winter blend veg (05) Roll (15) Orange (15) Low fat milk (12)	5 Meat loaf (10) Potatoes & gravy (15) Green beans (05) Roll (15) Fruit cocktail (15) Low fat milk (12)	6 Hawaiian Haystacks (30) <small>tom,peas,celery,noodles,coconut, bl. olive,cheese,pineapple,rice</small> Ca blend vegetables (05) Tropical Fruit (15) Roll (15) Low fat milk (12)	7 Corn Chowder (35) Carrots (05) Green Salad (05) Roll (15) Pears (15) Brownie (35) Low fat milk (12)	8 Roast Turkey (10) Potatoes & gravy (15) Beets (05) Roll (15) Applesauce (15) Low fat milk (12)
11 Chicken Alfredo (10) w/Noodles (15) Green beans (05) Roll (15) Peaches (15) Low fat milk (12)	12 Hamburger patty (10) Hamburger bun (15) Potato salad (25) Chips (15) Blue berry crisp (35) Low fat milk (12)	13 B.B.Q. Chicken (10) Baked beans (15) Coleslaw (05) Roll (15) Mandarin oranges (15) Low fat milk (12)	14 Pork Rib sandwich (10) Hoagie bun (15) Potato wedges (15) Corn (05) Jell-O/fruit (15) Low fat milk (12)	15 Baked Ham (05) Cheesy Potatoes (15) Peas (05) Applesauce (15) Roll (15) Low fat milk (12)
18 Sweet/sour chicken (30) White rice Stir fry vegetable (05) Apple (15) Roll (15) Low fat milk (12)	19 Salisbury steak (10) Potatoes & gravy (15) Beets (05) Cottage cheese/pears (15) Roll (15) Low fat milk (12)	20 Chicken pot pie with chicken gravy (30) Green salad/drsg (15) Biscuits (15) Peaches (15) Low fat milk (12)	21 Beef Taco Salad (40) <small>Tortilla chips, lettuce, tomato, cheese, kidney beans, dressing ,taco sauce , SC</small> Mandarin oranges (15) Low fat milk (12)	22 Country fried steak (10) Potatoes & gravy (15) Mixed vegetable (15) Roll (15) Tropical fruit (15) Low fat milk (12)
25 Sloppy Joe (10) Hamburger bun (15) Green beans (05) Potato wedges (15) Peaches (15) Low fat milk (12)	26 Lasagna (25) Green beans (15) Green salad /dressing (15) Peach crisp (35) Roll (15) Low fat milk (12)	27 Chicken Wrap (15) Pasta salad (15) Pickle spears (15) Pears (15) Low fat milk (12)	28 Spaghetti/meat sauce (35) Corn (05) Garlic bread (15) Orange(15) Low fat milk (12)	29 Roast Beef (05) Scalloped potatoes (15) Beets (05) Roll (15) Applesauce (15) Low fat milk (12)

