





| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| Pleasant Grove Senior Center <i>November 2015</i> | | | | Numbers in parenthesis represent carbohydrate count |
| 2 Chicken Alfredo (10) w/noodles (15) Carrots (05) Roll (15) Orange (15) Low Fat Milk (12) | 3 Beef Taco Salad (40) Tortilla chips, lettuce, tomato, cheese, kidney beans, dressing, taco sauce Pears (15) Low Fat Milk (12) | 4 Creamed chicken over rice (30) Calif blend veg (05) Man oranges (15) Roll (15) Low Fat Milk (12) | 5 Corn Chowder (35) Green beans (05) Green Salad (05) Roll (15) Low Fat Milk (12) | 6 Baked Ham (05) Cheesy Potatoes (15) Mixed vegetables (05) Roll (15) Apples (15) Low Fat Milk (12) |
| 9 Sweet & Sour Chicken white rice (30) Stir fry vegetable (05) Peaches (15) Roll (15) Low Fat Milk (12) | 10 Country Fried Steak (10) Potatoes & Gravy (15) Carrots (15) Roll (15) Orange (15) Low Fat Milk (12) | 11  | 12 Chicken Enchiladas (25) Corn (05) Green salad (05) Jello (35) Brownie (35) Low Fat Milk (12) | 13 Roast Pork (10) Potatoes & Gravy (15) Beets (05) Roll (15) Applesauce (15) Low Fat Milk (12) |
| 16 Chicken nuggets (10) Potato wedges (15) Winter blend veg (05) Fruit cocktail (15) Roll (15) Low Fat Milk (12) | 17 Spaghetti & Meat Sauce (35) Peas & Carrots (05) Garlic Bread (15) Pears (15) Brownie (35) Low Fat Milk (12) | 18 Chicken pot pie/Biscuit/ vegetables/gravy (30) Green Salad (05) Apple Crisp (35) Low Fat Milk (12) | 19 Pork Rib sandwich (10) Hoagie bun (15) Potato wedges (15) Calif blend veg (05) Banana (15) Low Fat Milk (12) | 20 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) |
| 23 Lasagna (25) Green beans (15) Green salad (05) Roll (15) Apple (15) Low Fat Milk (12) | 24 Chile w/frankfurters (35) Hot dog bun (15) Mixed vegetable (05) Peach Crisp (35) Low Fat Milk (12) | 25 Chicken Wrap (15) Pasta Salad (15) Pickle Spears (15) Pears (15) Low Fat Milk (12) |  |  |
| 30 Salisbury Steak (10) Potatoes & Gravy (15) Beets (05) Apples (15) Roll (15) Low Fat Milk (12) |  | Menu is subject to change *Please call 801-229-3802 the day before to cancel the meal | Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818 | |