



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pleasant Grove Senior Menu NOVEMBER 2014				Numbers in parenthesis represent carbohydrate count.
<u>Donations:</u> \$3.00 Seniors; \$6.00 Guest	Call 1 day in advance. 801-785-2818			*Menu is subject to change.
3 Chicken Alfredo (10) Noodles (15) Carrots (05) Roll (15) Orange (15) Low Fat Milk (12)	4 Beef Taco Salad (40) (Tortilla Chips, Beans, Lettuce, Tomato, Cheese, Dressing) Pears (15) Low Fat Milk (12)	5 Creamed Chicken Over Rice (30) Calif. Blend Veg. (05) Roll (15) Man. Oranges (15) Low Fat Milk (12)	6 Corn Chowder (35) Green Beans (05) Roll (15) Peach Crisp (35) Low Fat Milk (12)	7 Baked Ham (05) Cheesy Potatoes (15) Mixed Vegetables (05) Roll (15) Apple (15) Low Fat Milk (12)
10 Sweet & Sour Chicken Over Rice (30) Stir Fry Vegetables (05) Peaches (15) Roll (15) Low Fat Milk (12)	11 Veterans Day 	12 Country Fried Steak (10) Potatoes & Gravy (15) Carrots (05) Roll (15) Orange (15) Low Fat Milk (12)	13 Chicken Enchiladas (25) Corn (15) Green Salad (05) Fruit Jell-O (35) Brownie (35) Low Fat Milk (12)	14 Roast Pork (10) Potatoes & Gravy (15) Beets (05) Roll (15) Applesauce (15) Low Fat Milk (12)
17 Chicken Nuggets (10) Potato Wedges (15) Corn (15) Fruit Cocktail (15) Roll (15) Low Fat Milk (12)	18 Hawaiian Haystack (30) (Tomato, Peas, Celery, Onion, Coconut, Cheese, Black Olive, Noodles, Rice) Calif. Blend Veg. (05) Roll (15) Man. Oranges (15) Low Fat Milk (12)	19 Mac & Cheese with Frankfurters (35) Hot Dog Bun (15) Mixed Vegetables (05) Peach Crisp (35) Low Fat Milk (12)	20 Pork Rib Sandwich (10) Hoagie Bun (15) Potato Wedges (15) Calif. Blend Veg. (05) Banana (15) Low Fat Milk (12)	21 Roast Turkey Dinner (70) (Cranberry Sauce, Dressing, Potatoes, Gravy, Corn, Roll) Man. Oranges (15) Low Fat Milk (12) Pie (35)
24 Salisbury Steak (10) Potatoes & Gravy (15) Beets (05) Apple (15) Roll (15) Low Fat Milk (12)	25 Spaghetti & Meat Sauce (35) Peas & Carrots (05) Garlic Bread (15) Pears (15) Brownie (35) Low Fat Milk (12)	26 Breakfast Eggs (06) Sausage Patty (10) Waffle with Syrup (20) Orange (15) Low Fat Milk (12)	27 Thanksgiving 	28 Thanksgiving 