




Monday	Tuesday	Wednesday	Thursday	Friday	
\$3.00 Seniors; \$6.00 Guest Call 1 day in advance. 801-785-2818		<h1 style="color: red;">JULY 2014</h1>		PleasantGrove Senior Menu	Numbers in () represent carbohydrate counts.
	1 Creamed Chicken Over Rice (30) Calif. Blend Veg. Roll (05) Peach Crisp (15) Low Fat Milk (12)	2 Spaghetti & Meat Sauce (35) Peas & Carrots (05) Garlic Bread (15) Fruit Cocktail (15) Low Fat Milk (12)	3 Baked Ham (05) Cheesy Potatoes (15) Corn (15) Roll (15) Apple (15) Low Fat Milk (12)	4 	
7 Chicken Marinara (10) & Pasta Rotini (15) Winter Blend Veg. Roll (05) Orange (15) Low Fat Milk (12)	8 Beef Taco Salad (40) Tortilla Chips, Beans, Lettuce, Cheese, Tomato, Dressing Pears (15) Low Fat Milk (12)	9 Chicken Pot Pie w/Chicken Gravy (30) Mixed Vegetables (05) Green Salad (15) Fruit Cocktail (15) Brownie (35) Low Fat Milk (12)	10 Beef & Macaroni (35) Peas & Carrots (05) Roll (15) Mandarin Oranges (15) Low Fat Milk (12)	11 Roast Turkey (05) Potatoes & Gravy (15) Calif. Blend Veg. Roll (05) Applesauce (15) Low Fat Milk (12)	
14 Country Fried Steak (10) Potatoes & Gravy (15) Mixed Vegetables (15) Roll (15) Pears (15) Low Fat Milk (12)	15 Chicken Alfredo (10) w/Noodles (15) Green Beans (05) Roll (15) Apple Crisp (35) Low Fat Milk (12)	16 Pork Rib Sandwich (10) Hoagie Bun (15) Potato Wedges (15) Coleslaw (05) Jell-O w/Fruit (15) Low Fat Milk (12)	17 Lemon Pepper Chicken (05) Potatoes & Gravy (15) Beets (05) Roll (15) Pears (15) Low Fat Milk (12)	18 Roast Beef (05) Potatoes & Gravy (15) Carrots (05) Roll (15) Orange (15) Low Fat Milk (12)	
21 Sweet & Sour Chicken (30) White Rice (15) Stir Fry Vegetables (05) Roll (15) Peaches (15) Low Fat Milk (12)	22 Hamburger (10) Hamburger Bun (15) Potato Salad (15) Baked Beans (15) Orange (15) Low Fat Milk (12)	23 Breakfast Day Eggs (6) Sausage Patty (10) Biscuits & Gravy (20) Banana (15) Low Fat Milk (12)	24 PIONEER DAY 	25 Salisbury Steak (10) Potatoes & Gravy (15) Carrots (05) Roll (15) Apple (15) Low Fat Milk (12)	
28 Meatloaf (10) Potatoes & Gravy (15) Peas (05) Roll (15) Fruit Cocktail (15) Low Fat Milk (12)	29 Chicken Wrap (15) Pasta Salad (15) Pickle Spears (15) Pears (15) Brownie (35) Low Fat Milk (12)	30 Lasagna (25) Green Beans (05) Green Salad (15) Roll (15) Peaches (15) Low Fat Milk (12)	31 Chili w/Frankfurters (35) Cheese (05) Hot Dog Bun (15) Mixed Vegetables (05) Applesauce (15) Low Fat Milk (12)	