




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Pleasant Grove Senior Center	<i>Low fat milk (12) is provided with each meal</i> <i>Numbers in parentheses represent carbohydrate count</i>	Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818	1 Spaghetti/Sauce (35) Corn (05) Garlic Bread (15) Pears (15) Brownie (35)	2 Roast Pork (05) Potatoes & Gravy (15) Beets (05) Applesauce (15) Roll (15)	
	5 Beef stew (35) Orange (15) Roll (15)		6 Beef Taco Salad (40) Tortilla Chips, Lettuce, Tomato, Cheese, Kidney Beans, Dressing, Salsa, Sour Cream Pears (15)	7 Chicken Pot Pie w/Gravy (30) Biscuit (15) Green Salad (05) Banana (15)	8 Ham and Beans(20) Cooked Cabbage (05) Green salad (05) Applesauce (15) Corn bread (15)
	12 Sweet & sour chicken with rice (30) Stir Fry vegetable (05) Orange (15) Roll (15)	13 Meat loaf (10) Potatoes & Gravy (15) Mixed vegetable (05) Cottage cheese/fruit (15) Roll (15)	14 Pork Rib sandwich (10) Hoagie Bun (15) Potato wedges (15) Carrots (05) Peach Crisp (35)	15 Corn Chowder (35) Green beans (05) Corn bread (15) Tropical Fruit (15)	16 Roast Turkey Cranberry sauce(15) Sage Dressing (20) Potatoes/gravy(15) Corn(05) Mandarin Oranges (15) Roll (15) & Pie (35)
	19 Salisbury Steak (10) Potatoes & Gravy (15) Carrots (05) Pears (15) Roll (15)	20 Lasagna (25) Green beans (15) Garlic Bread (15) Brownie (35) Fruit Cocktail (15)	21 Chili (35) Corn Bread (15) Mixed Vegetables (05) Apple sauce (15)	22 Hawaiian Haystacks(30) Tom,peas,celery,pineapple, coconut,noodles black olive,cheese,rice Calif Blend Veg (05) Mandarin Oranges (15)	23 Roast Beef (05) Potatoes & Gravy(15) Peas & Carrots (05) Tropical Fruit (15) Roll (15)
	26  NO MEAL	27 Swedish Meatballs (6) Rice (22) Carrots (05) Peach Crisp (35) Roll (15)	28 Chicken enchiladas(25) Corn (05) Green salad (05) Jello/ Pineapple (15)	29 Country Fried Steak (10) Potatoes & Gravy(15) Mixed Vegetables (15) Orange (15) Roll (15)	30 Malibu Chicken (15) Scalloped Potatoes (15) Beets (05) Pears (15) Roll (15)

Menu is subject to change