


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pleasant Grove Senior Menu <i>September 2015</i>				Numbers in parenthesis represent carbohydrate count.
Menu is subject to change Donations: \$3 Seniors \$6 Guest Call 1 day in advance.	1 Creamed Chicken Over rice (30) Calif blend veg (05) Mandarin Oranges (15) Roll (15) Low Fat Milk (12)	2 Pork Rib Sandwich (10) Hoagie Bun (15) Potato Wedges (15) Corn (05) Applesauce (15) Low Fat Milk (12)	3 Spaghetti & Meat Sauce (35) Peas & Carrots (05) Garlic Bread (15) Pears (15) Low Fat Milk (12)	4 Baked Ham (05) Cheesy Potatoes (15) Mixed Vegetable (05) Apple (15) Low Fat Milk (12)
7 	8 Chicken Alfredo (10) Noodles (15) Carrots (05) Orange (15) Low Fat Milk (12)	9 Beef Stew (35) Green Beans (05) Green Salad (05) Peach Crisp (35) Roll (15) Low Fat Milk (12)	10 Chicken Enchiladas (25) Mixed Vegetables (05) Green Salad (05) Apple (15) Low Fat Milk (12)	11 Roast Turkey (10) Potatoes & Gravy (15) Calif. Blend Veg. (05) Pears (15) Roll (15) Low Fat Milk (12)
14 Chicken Marinara (10) & Pasta Rotini (15) Carrots (05) Orange (15) Roll (15) Low Fat Milk (12)	15 Sloppy Joe (10) Hamburger Bun (15) Potato Wedges (15) Corn (05) Apple Crisp (35) Low Fat Milk (12)	16 Chicken Pot Pie/Biscuit/ vegetables/gravy (30) Green Salad (05) Peaches (15) Low Fat Milk (12)	17 Meat Loaf (10) Potatoes & Gravy (15) Beets (05) Tropical Fruit (15) Roll Low Fat Milk (12)	18 Roast Pork (10) Scalloped Potatoes (15) Peas and Carrots (05) Applesauce (15) Roll (15) Low Fat Milk (12)
21 Sweet & Sour Chicken White Rice (30) Stir Fry Vegetable (05) Peaches (15) Roll (15) Low Fat Milk (12)	22 Lasagna (25) Green Beans (15) Green Salad (05) Apple (15) Roll (15) Low Fat Milk (12)	23 Chicken Wrap (15) Pasta Salad (15) Pickle Spear (15) Pears (15) Brownie (35) Low Fat Milk (12)	24 Beef Taco Salad (40) (tortilla chips,lettuce,tomato,cheese, kidney beans,dressing,taco sauce) Mandarin Oranges (15) Low Fat Milk (12)	25 Hero Day Hoagie Sandwich (25) (Turkey,Ham,Cheese) Hoagie Bun (15) Kryptonite Jello (15) Celery & Carrot Sticks(05) Cookies (25) Low Fat Milk (12)
28 Salisbury Steak (10) Potatoes & Gravy (15) Peas (05) Apple (15) Roll (15) Low Fat Milk (12)	29 Chicken nuggets (10) Potato wedges (15) Corn (05) Banana (15) Roll (15) Brownie (35) Low Fat Milk (12)	30 Country Fried Steak (10) Potatoes & Gravy (15) Beets (15) Oranges (15) Roll (15) Low Fat Milk (12)	