



April



Pleasant Grove Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swedish Meatballs(39) Steamed White Rice(21) Carrots(06) Mixed Fruit Cocktail(8) Roll(16)	3 Homemade Meat Loaf(03) Garlic Mashed Potatoes and Gravy(26) Roasted Corn(14) Apple Crisp(65) Fresh Baked Roll(15)	4 Savory Corn Chowder(22) Seasoned Cut Green Beans(11) Sliced Peaches(18) Fresh Baked Corn Bread (33)	5 Rigatoni Pasta with Meat Sauce(25) Seasoned Green Beans(02) Garden Green Salad(02) Fresh Baked Garlic Bread(15) Warm Applesauce(28)	6 Oven Roasted Pork(00) Au Gratin Potatoes(15) Seasoned Carrots(11) Mandarin Oranges(19) Fresh Baked Roll(16)
9 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Orange(12) Fortune Cookie(24)	10 Soft Shell Ground Beef Taco(40) Shredded lettuce,Diced vine ripe tomato,Shredded cheese,Refried beans,Salsa,Sour cream Mandarin Oranges(11)	11 Homemade Chicken Pot Pie(40) Fresh baked Biscuit(25) Sliced Peaches(18) Fresh Baked Brownie(23)	12 Ms. Helen's Cheesy Beef Lasagna(19) Seasoned Green Beans(02) Fresh Garlic Bread(15) Jell-O with Fruit(9)	13 Roast Turkey Breast (03) Garlic Potatoes & Gravy(26) Crinkle Cut Carrot(06) Diced pears(11) Fresh Baked Roll(15)
16 Salisbury Steak(05) Garlic Mashed Potatoes and Gravy(26) Mixed Vegetables(12) Fresh Baked Roll (15) Diced Pears (19)	17 Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Seasoned Corn(02) Fresh Baked Roll(16) Mandarin Oranges(11)	18 Hearty Beef and Vegetable Stew(14) Fresh Green Salad(02) Peaches(19) Fresh Corn Bread Muffin(33)	19 Hawaiian Haystacks Diced Vine Ripe Tomatoes, Green Peas, Diced Celery, Pineapple Tidbits, Sweetened Coconut Flake, Sliced Black Olives, Chow Mein Noodles, Cheese, Steamed White Rice(30) California blend Vegetables(05)	20 Southern Country Fried Steak(04) Mashed Potatoes/Country Gravy(26) Mixed Vegetables(12) Diced Pears(22) Fresh Baked Roll(15)
23 Honey Baked Ham(02) Scalloped Potatoes(13) Diced Beets(06) Assorted Tropical Fruit(08) Fresh Baked Corn Bread(33)	24 Chicken Salad Wrap(18) Italian Pasta Salad(20) Kosher Pickle Spears(0) Diced Pears(19) Brownie(23)	25 BBQ Pulled Pork(03) Au Gratin Potatoes(15) Corn(02) Local Apple(28) Fresh Baked Roll(16)	26 Shepherd's Pie (79) Diced Seasoned Carrots (06) Cottage Cheese and Mixed Fruit (12) Chewy Chocolate Brownie(23)	27 Garlic Roasted Beef (00) Herb Roasted Baby Potatoes(15) Seasoned Peas(11) Diced Peaches(19) Fresh Baked Roll(16)
30 Three Bean Beef Chili with Shredded Cheese (25) California Blend Vegetables(18) Seasonal Fruit Crisp(67) Cornbread (28)	Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818	<i>Low fat milk (12) is provided with each meal</i> <i>Numbers in parentheses represent carbohydrate count</i>	Suggested Donation \$3/meal Menu is subject to change	