

Alternate Meals Available:

1st and 3rd week-Soup & Sandwich
 2nd and 4th week-Salad
 5th week(if applicable)-Salad



Pleasant Grove Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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>	1 All Beef Hot Dog & Fresh Baked Bun(17) County Baked Beans(32) Seasoned Potato Wedges (0) Sweetened Applesauce(14)	2 Old Fashioned Sloppy Joe(0) Fresh Hamburger Bun(15) Mustard Potato Salad(19) Pork and Beans(25) Navel Orange(22)	3 Kalua Pork(00) Hawaiian Rice(25) Seasoned Corn(14) Pineapple Tidbits(07) Fresh Baked Roll(15) Chocolate Chip Cookie(66)
	6 Teriyaki Chicken Bowl(08) Steamed Brown Rice(21) Fresh Steamed Broccoli(04) Banana(27) Fresh Baked Roll(15)	7 Honey Ham and Turkey Sub Sandwiches(15) Crisp Potato Chips(14) Home style Macaroni Salad(20) Fresh Local Apple(28)	8 Ziti Pasta with Meat Sauce (25) Garden Green Salad(02) Fresh Baked Garlic Bread(15) Seasonal Fruit Crisp(67)	9 Smokey BBQ Beef Sandwich(35) Classic Cole slaw(25) Corn with Red Peppers(14) Banana(27) Chocolate Brownie(23)
13 Swedish Meatballs(39) Rice(21) Carrots(06) Peaches(18) Fresh Baked Roll(16)	14 Grilled Hamburgers with Fresh Baked Bun(17) Coleslaw(04) Fruit and Jell-O Cup(09) Roasted Corn(14) Fresh Baked Brownie(23)	15 Savory Chicken Salad Wrap (18) Italian Pasta Salad(20) Kosher Pickle Spears(00) Diced Pears(19)	16 Ground Beef Taco Salad Corn Tortilla Chips, Shredded Lettuce, Diced Vine Ripe Tomato, Shredded Cheese, Kidney Beans, Ranch Dressing ,Taco Sauce , Sour Cream(40) Diced Pears(19)	17 Roast Turkey Breast(03) Garlic Mashed Potatoes & Turkey Gravy(25) Crinkle Cut Carrot(06) Fresh Baked Roll(15) Mandarin Oranges(11)
20 Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Green Beans(02) Fresh Baked Roll(16) Fruit cocktail(08)	21 Homemade Meat Loaf(03) Garlic Mashed Potatoes(30) Roasted Corn(14) Fresh Baked Roll(15) Cutie Orange(22)	22 Ms. Helen's Cheesy Beef Lasagna(19) Green Beans(02) Fresh Garlic Bread(15) Seasonal Fruit Crisp(67)	23 Broiled Bratwurst with Fresh Baked Hoagies(17) Sauerkraut(04) Fruit and Jell-O Cup(09) Roasted Corn(14) Fresh Baked Brownie(23)	24 Garlic Roasted Beef(00) Roasted Baby Potatoes(15) Seasoned Peas(11) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)
27 Salisbury Steak (05) Mashed Potatoes & Gravy(27) Mixed Vegetables(12) Fresh Baked Roll(15) Diced Pears(19)	28 Honey Baked Ham (00) Scalloped Potatoes(13) Diced Beets(06) Fresh Baked Corn Bread(33) Apple Sauce(08)	29 Three Cheese Tortellini with Bolognese Sauce(28) Garden Green Salad(02) Diced Carrots(06) Cinnamon Apple Crisp(67) Fresh Baked Roll(15)	30 Shepherd's Pie(79) Diced Seasoned Carrots(06) Cottage Cheese and Fruit(12) Chewy Chocolate Brownie(23)	31 BBQ Chicken Quarters(03) Hot German Potato Salad(19) Green Beans(02) Fresh Local Apple(28) Fresh Baked Roll(16)