




May



Pleasant Grove Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818</p>	<p>1 Homemade Meat Loaf (03) Garlic Mashed Potatoes and Gravy(26) Roasted Corn(14) Fresh Baked Roll(15) Fresh Apple Crisp(65)</p>	<p>2 Roasted Lemon Pepper Chicken(10) Herb Mashed Potatoes & Gravy(26) Seasoned Peas(11) Fresh Baked Roll(16) Jell-O with Diced Pears(13)</p>	<p>3 Swedish Meatballs(39) Steamed White Rice(21) Carrots(06) Mixed Fruit Cocktail(8) Roll(16)</p>	<p>4 Soft Shell Taco(40) Seasoned Ground Beef, Tortilla Chips Sliced Black Olives, Diced Vine Ripe Tomato, Nacho Cheese, Refried Beans, Salsa, Sour Cream Mandarin Oranges(11)</p>
	<p>7 Southern Country Fried Steak(04) Potatoes & Country Gravy(26) Mixed Vegetables(12) Diced Pears(22) Fresh Baked Roll(15)</p>	<p>8 Ms. Helen's Cheesy Beef Lasagna(19) Seasoned Green Beans(02) Fresh Garlic Bread(15) Homemade Brownie(23) Red Delicious Apple(28)</p>	<p>9 Creamed Chicken over Steamed White Rice(30) Seasoned California Blend Vegetables(18) Fresh Roll(16) Seasonal Fruit Crisp(67)</p>	<p>10 Old Fashioned Sloppy Joe(0) Fresh Baked Bun(15) Mustard Potato Salad(19) Pork and Beans(25) Naval Orange(22)</p>
<p>14 Salisbury Steak(05) Garlic Mashed Potatoes and Gravy(26) Mixed Vegetables(12) Fresh Baked Roll(15) Diced Pears (19)</p>	<p>15 Kalua Pork(00) Hawaiian Rice(25) Seasoned Corn(14) Pineapple Tidbits(07) Fresh Baked Cookie(16) Fresh baked roll(15)</p>	<p>16 Chicken Salad Wrap(18) Italian Pasta Salad(20) Kosher Pickle Spears(0) Diced Pears(19) Brownie(23)</p>	<p>17 Barbeque Chicken Quarters(03) Hot German Potato Salad(19) Seasoned Green Beans(02) Fresh Local Apple(28) Fresh Baked Roll(16)</p>	<p>18 Roast Turkey Breast(03) Garlic Mashed Potatoes & Turkey Gravy(26) Crinkle Cut Carrots(06) Fresh Baked Roll(15) Diced Pears(11)</p>
<p>21 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Orange(12) Fortune Cookie(24)</p>	<p>22 Cold Cut Subs(15) Honey Cured Ham and Roasted Turkey with Provolone Cheese, lettuce and tomato Potato Chips(14) Crisp Apple(28)</p>	<p>23 Homemade Chicken Pot Pie(40) Fresh Baked Biscuit(25) Sliced Peaches(18) Fresh Baked Brownie(23)</p>	<p>24 Honey Baked Ham(02) Scalloped Potatoes(13) Diced Beets(06) Fresh Corn Bread(33) Assorted Tropical Fruit(08)</p>	<p>25 Garlic Roasted Beef Round(00) Herb Roasted Baby Potatoes/gravy(25) Seasoned Peas(11) Diced Peaches(19) Fresh Baked Roll(16)</p>
<p>28  NO MEAL</p>	<p>29 Shepherd's Pie(79) Seasoned Carrots(06) Cottage Cheese/Mixed Fruit(12) Chewy Chocolate Brownie(23)</p>	<p>30 Barbeque Pulled Pork(03) Au Gratin Potatoes(15) Seasoned Corn(02) Fresh Local Apple(28) Fresh Baked Roll(16)</p>	<p>31 Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Seasoned Corn(02) Fresh Baked Roll(16) Mandarin Oranges(11)</p>	<p><i>Low fat milk (12) is provided with each meal</i></p> <p><i>Numbers in parentheses represent carbohydrate count</i></p>