

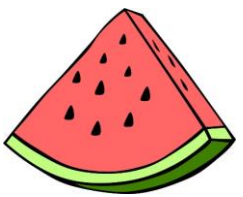





Pleasant Grove Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast for Lunch Scrambled Eggs (01) Sausage Patty(0) Fresh Baked Biscuits and County Gravy(33) Fresh Orange(22)	4 	5 All Beef Hot Dog Fresh Baked Bun (17) Country Baked Beans(32) Seasoned Potato Wedges(0) Sweetened Applesauce(14)	6 Three Cheese Tortellini Basil Marinara Sauce (28) Garden Green Salad(02) Diced Carrots (06) Cinnamon Apple crisp (67) Fresh Baked Roll (15)	7 Garlic Roasted Beef (00) Herb Roasted Baby Potatoes (15) Seasoned Peas (11) Mixed Fruit Cocktail (08) Fresh Baked Roll (16)
10 Malibu Chicken (08) Au Gratin Potatoes(22) Seasoned Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges(11)	11 Creamed Chicken & Rice (30) Seasoned California Blend Vegetables (18) Fresh Baked Roll (16) Pineapple Tidbits (07)	12 Honey Baked Ham and Roasted Turkey Sub(15) Crisp Potato Chips(14) Macaroni Salad(20) Fresh Local Apple(28)	13 Ms. Helen's Cheesy Beef Lasagna(19) Seasoned Green Beans(02) Fresh Garlic Bread(15) Seasonal Fruit Crisp(67)	14 Kalua Pork (00) Hawaiian Rice (25) Seasoned Corn (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)
17 Swedish Meatballs (39) Rice(21) Carrots(06) Peaches(18) Fresh Baked Roll(16)	18 Homemade Meat Loaf (03) Garlic Mashed Potatoes(30) Roasted Corn(14) Fresh Baked Roll(15) Cutie Orange (22)	19 Rigatoni Pasta with Meat Sauce(25) Garden Green Salad(02) Fresh Baked Garlic Bread(15) Seasonal Fruit Crisp(67)	20 Ground Beef Taco Salad(40) Corn Tortilla Chips, Shredded Lettuce, Tomato, Shredded Cheese, Kidney Beans,Ranch Dressing ,Salsa , Sour Cream Mandarin Oranges(11)	21 Barbeque Chicken (03) Hot German Potato Salad (19) Seasoned Green Beans(02) Fresh Local Apple(28) Fresh Baked Roll(16)
24 Pioneer day-No meal 	25 Broiled Bratwurst Fresh Baked Hoagies(17) Sauerkraut(04) Mixed Fruit/Jell-O Cup (09) Roasted Corn (14) Fresh Baked Brownie (23)	26 Savory Chicken Salad Wrap (18) Italian Pasta Salad(20) Kosher Pickle Spear(00) Diced Pears(19)	27 Teriyaki Chicken Bowl (08) Steamed Brown Rice(21) Fresh Steamed Broccoli(04) Banana(27) Fresh Baked Roll(15)	28 Roast Turkey Breast (03) Mashed Potatoes & Gravy(25) Crinkle Cut Carrots(06) Fresh Baked Roll(15) Mandarin Oranges(11)
31 Smothered Salisbury Steak(05) Loaded Potato Casserole(22) Seasoned Steamed Beets(06) Cottage Cheese Fruit Cup(12) Fresh Baked Roll(16)		<div style="background-color: yellow; padding: 5px; text-align: center;"> Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818 </div>		<i>Low fat milk (12) is provided with each meal</i> <i>Numbers in parentheses represent carbohydrate count</i>

Menu is subject to change