



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><i>Low fat milk (12) is provided with each meal</i></p> <p><i>Numbers in parentheses represent carbohydrate count</i></p> | <p>1 Beef Taco Salad (40) Tortilla Chips, Lettuce, Tomato, Cheese, Kidney Beans, Dressing, salsa, sour cream Mandarin Oranges (11)</p> | <p>2 Country Fried Steak (04) Potatoes & Gravy(27) Mixed vegetables (12) Peaches (18) Roll (15)</p> |
| <p>5 Malibu Chicken (08) Au Gratin Potatoes (22) Green beans (02) Apple (28) Roll (16)</p> | <p>6 Sloppy Joe/Bun (37) Potato Salad (19) Pork and Beans (25) Banana (27) Brownie (23)</p> | <p>7 Bratwurst (02) Sauerkraut (04) Jell-O/Fruit Cocktail (09) Carrots (06) Bun (15)</p> | <p>8 Teriyaki Chicken (08) Brown rice (21) Steamed Broccoli (04) Orange (22) Roll (15)</p> | <p>9 Baked Ham (00) Scalloped Potatoes (13) Beets (06) Corn Bread (33) Tropical Fruit (15)</p> |
| <p>12 Cheese Tortellini with Marinara sauce (28) Green Salad (02) Carrots (06) Peaches (18) Roll (15)</p> | <p>13 Sweet/sour chicken (30) Brown rice (21) Stir Fry vegetable (12) Cottage cheese/fruit(15) Roll (15)</p> | <p>14 Chicken Wrap (18) Pasta Salad (20) Pickle spear (0) Pears (19)</p> | <p>15 BBQ Beef (20) Coleslaw (25) Corn/Red peppers (14) Orange (22) Brownie (23) Roll (16)</p> | <p>16 Roast Beef (00) Baby Potato (15) Peas (11) Fruit Cocktail (08) Roll (15) Sugar Cookie(16)</p> |
| <p>19 Salisbury Steak (05) Loaded Potato Casserole (22) Mixed Vegetable (12) Applesauce (14) Roll (16)</p> | <p>20 Meat loaf (03) Potatoes & Gravy (30) Corn (14) Roll (15) Cutie orange (22)</p> | <p>21 Hawaiian Haystacks (tomato,peas,celery coconut,rice noodles,black olive,cheese)(30) California blend vegetables(18)</p> | <p>22 Lasagna (19) Green beans (02) Garlic Bread (15) Fruit Crisp (67)</p> | <p>23 Roast Turkey (03) Potatoes & Gravy(25) Carrots (06) Mandarin oranges (11) Roll (15)</p> |
| <p>26 Swedish Meatballs (39) Rice (21) Carrots (06) Peaches (18) Roll (16)</p> | <p>27 BBQ Chicken (03) Hot German potato salad(19) Green Beans (02) Apple (28) Roll (16)</p> | <p>28 Rigatoni/meat sauce(25) Green salad (02) Garlic bread (15) Pears (19) Brownie (23)</p> | <p>29 Beef Dogs (02) Baked Beans (32) Potato Wedges (0) Applesauce (14) Bun (15)</p> | <p>30 Kalua pork (00) Sweet rice (25) Corn (14) Pineapple (07) Roll (15)</p> |

Menu is subject to change