





September



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</p> <p>Southern Country Fried Steak(04) Mashed Potatoes & Gravy(27) Mixed Seasonal Vegetable(12) Diced Peaches(12) Fresh Baked Roll(15)</p>
<p>⁴</p>  <p>NO MEAL</p>	<p>⁵</p> <p>Creamed Chicken/Rice(30) Seasoned California Blend Vegetables(18) Fresh Baked Roll(16) Pineapple Tidbits(07)</p>	<p>⁶</p> <p>Honey Baked Ham and Roasted Turkey Sub(15) Crisp Potato Chips(14) Macaroni Salad(20) Fresh Local Apple(28)</p>	<p>⁷ National Squash Day</p> <p>Ms. Helen's Cheesy Beef Lasagna(19) Garden Fresh Squash(02) Fresh Garlic Bread(15) Seasonal Fruit Crisp(67)</p>	<p>⁸</p> <p>Kalua Pork(00) Hawaiian Rice(25) Seasoned Corn(14) Pineapple Tidbits(07) Fresh Baked Roll(15)</p>
<p>¹¹</p> <p>Swedish Meatballs(39) Steamed White Rice(21) Seasoned Carrots(06) Peaches(18) Fresh Baked Roll(16)</p>	<p>¹²</p> <p>Rigatoni Pasta with Meat Sauce(25) Garden Green Salad(02) Fresh Baked Garlic Bread(15) Seasonal Fruit Crisp(67)</p>	<p>¹³</p> <p>Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Seasoned Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges(11)</p>	<p>¹⁴</p> <p>Ground Beef Taco Salad(40) Corn Tortilla Chips, Shredded Lettuce, Tomato, Shredded Cheese, Kidney Beans,Ranch Dressing ,Salsa , Sour Cream Mandarin Oranges(11)</p>	<p>¹⁵</p> <p>Garlic Roasted Beef(00) Herb Roasted Baby Potatoes(15) Seasoned Peas (11) Mixed Fruit Cocktail(08) Fresh Baked Roll(16)</p>
<p>¹⁸</p> <p>Honey Baked Ham(00) Scalloped Potatoes(13) Diced Beets(06) Fresh Baked Corn Bread(33) Assorted Tropical Fruit(08)</p>	<p>¹⁹</p> <p>Homemade Meat Loaf(03) Garlic Mashed Potatoes(30) Roasted Corn(14) Jello Cup with Fruit(9) Fresh Baked Roll(15)</p>	<p>²⁰</p> <p>Savory Chicken Salad Wrap (18) Italian Pasta Salad(20) Kosher Pickle Spear(00) Diced Pears(19)</p>	<p>²¹</p> <p>Teriyaki Chicken Bowl(08) Steamed Brown Rice(21) Fresh Steamed Broccoli(04) Banana(27) Fresh Baked Roll(15)</p>	<p>²²</p> <p>Roast Turkey Breast(03) Garlic Mashed Potatoes & Turkey Gravy(25) Crinkle Cut Carrots(06) Mandarin Oranges(11) Fresh Baked Roll(15)</p>
<p>²⁵</p> <p>Traditional Salisbury Steak(05) Garlic Mashed Potatoes & Gravy(25) Mixed Seasonal Vegetable(12) Diced Pears(19) Fresh Baked Roll(15)</p>	<p>²⁶</p> <p>Homemade Chicken Pot Pie(14) Fresh baked Biscuit(25) Garden Green Salad(2) Diced Pears(15) Fresh Baked Brownie(23)</p>	<p>²⁷</p> <p>Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Orange(22) Fresh Baked Roll(16)</p>	<p>²⁸</p> <p>Hearty Beef and Vegetable Stew(14) Fresh Green Salad(21) Granny Smith Apple Crisp(67) Fresh Baked Corn Bread Muffin(33)</p>	<p>²⁹</p> <p>Lemon Pepper Chicken & Lemon Cream Sauce(23) Scalloped Potatoes(13) Seasoned Green Peas(11) Mixed Fruit with Cottage Cheese(15) Fresh Baked Roll(15)</p>