

# JANUARY MENU

Meals are ready for pick-up between 11:00 am - 12:00 pm. 480-962-5612 (Mesa Downtown) or 480-218-2221 (Red Mt).

Items with \*\* contain pork or pork products. Menu items subject to change due to availability.

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### Pick-Up & Go Meals

- For community members age 60 and up
- Pick-up daily hot meals or frozen meals for a week
- Suggested contribution of \$3.50 per meal
- Reservations are required by 2:00 pm the previous day



4

- Beef Stroganoff with Bowtie Pasta
- Edamame
- Sweet Corn
- Whole Grain Bread
- Blueberries

5

- Creamy Vegetable Chicken
- Normandy Blend Asparagus
- Brown Rice
- Whole Wheat Roll
- Pears

6

- Pulled Pork Sandwich\*\*
- Peas
- German Potato Salad
- Seasonal Fruit

7

- Salisbury Steak with Gravy
- Mashed Potatoes
- Succotash
- Whole Grain Roll
- Sliced Peaches

8

- Pork Roast with Gravy\*\*
- Green Beans
- Tri Color Cauliflower
- Whole Wheat Biscuit
- Blackberries

11

- Chicken Piccata
- Garden Salad
- Rosemary Potatoes
- Whole Grain Roll
- Banana

12

- Turkey Salad Sandwich
- Pea Salad
- Beets
- Whole Grain Bun
- Oranges

13

- BBQ Beef
- Whole Grain Bun
- Collard Greens
- Parsnips
- Apricots

14

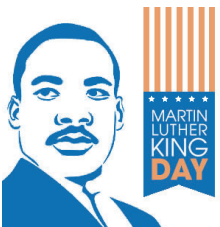
- Beer Battered Fish
- Chef Blend Vegetables
- Spinach
- Whole Grain Roll
- Strawberries

15

- Grilled Chicken Strips
- Coleslaw
- Grilled Vegetables
- Whole Grain Roll
- Fresh Fruit Mix

18

CLOSED TODAY



19

- Pot Roast with Onion and Celery
- Caramelized Carrots
- Peas
- Corn Bread
- Mangos

20

- Fish Sandwich
- Garden Salad
- Broccoli
- Whole Grain Bun
- Fruit Cocktail
- Birthday Cake

21

- Cold Salad Plate: Egg, Beets, 3 Bean
- Whole Wheat Crackers
- Fresh Pear

22

- Meatloaf with Gravy
- Green Beans
- Cheesy Potatoes
- Whole Grain Roll
- Grapes

25

- Salmon with Rosemary & Garlic
- 4-Way Vegetables
- Cauliflower
- Whole Grain Roll
- Orange

26

- Chicken Cobbler
- Fresh Baked Biscuit
- Brussel Sprouts
- Apricots

27

- Vegetable Lasagna
- Asparagus
- Belgium Vegetables
- Bread Stick
- Banana

28

- Teriyaki Riblets\*\*
- Asian Blend Vegetables
- Coleslaw
- Graham Crackers
- Pineapple

29

- Butternut Ravioli with Chicken
- Peas & Carrots
- Garden Salad
- Whole Grain Roll
- Fruited Gelatin