

NOVEMBER MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).

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

MONDAY



TUESDAY

1 Baked Chicken Tenders with French Fries, Carrots, a Whole Wheat Roll and Cinnamon Apples

WEDNESDAY

2 Baked Catfish over Brown Rice, with Carrots, Broccoli, and a Mandarin Orange

THURSDAY

3 Beef Tips over Whole Grain Egg Noodles, with Green Peas, Yellow Summer Squash, and Pineapple

FRIDAY

4 Chicken Stuffed with Cheesy Broccoli, a Roasted Potato, Mixed Vegetables, a Whole Wheat Roll and Fruit Cocktail

7

Parmesan Crusted Tilapia, w/ Edamame, Cauliflower, a Whole Grain roll, and a Fresh Orange

8

Steak Diane, with Peas, Carrots, a Whole Wheat Roll, and Cinnamon Apples

9

Chicken Salad on a Croissant, with a Half Tomato, Carrot and Celery Sticks, and a Fresh Banana

10

Tortellini with Pork Meatballs**, Spinach, Wax Beans, Whole Grain Bread Sticks, a Sliced Pear, and Birthday Cake

11

Shepard Pie with Mashed Potatoes inside, Mixed Vegetables, a Whole Wheat Roll and Apple Sauce

14

Pork Stir Fry** over Brown Rice, with Asian Blend Vegetables, Snap Peas, and a Mandarin Orange

15

Balsamic Glazed Chicken, with Spinach, Cauliflower, a Whole Wheat Roll, and a Pineapple

16

Beef Stroganoff with Mushrooms over Egg Noodles, with Carrots, Broccoli, Sliced Apples & a Chocolate Chip Cookie

17

Shrimp Alfredo on Whole Grain Pasta, with Stewed Tomatoes, Mixed Vegetables, and Mixed Berries

18

Turkey and Gravy with Mashed Potatoes, Carrots, a Whole Grain Roll and Strawberries

21

Egg Salad with Crackers, Celery Sticks, Carrots, and a Fresh Apple

22

Sweet and Sour Pork** over Brown Rice with Snap Peas, Grilled Vegetables, and Fresh Strawberries

23

Cod Fish Taco on a Whole Grain Tortilla, with Pinto Beans, Stewed Tomatoes, and Cinnamon Peaches

24



THANKSGIVING

OFFICES CLOSED

25

FALL BREAK



OFFICES CLOSED

28

Beef Stew, with Roasted Sweet Potatoes, Brussel Sprouts, a Whole Grain Roll and a Fresh Apple

29

Sesame Chicken over Brown Rice, with Sliced Carrots, Green Beans, and Sliced Peaches

30

Pulled Pork Sandwich** on a Wheat Bun, with Fresh Spinach, Mashed Potatoes, and Mixed Berries

