

JULY 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

5

CLOSED TODAY



6

- Cheese Tortellini with Marinara
- Peas & Pearl Onions
- Zucchini
- Whole Wheat Roll
- Apricots

7

- Parmesan Tilapia
- Grilled Artichokes
- Wax Beans
- Whole Wheat Roll
- Pineapple

8

- Pork Loin with Country Gravy**
- Asparagus
- Cilantro Cauliflower Rice
- Whole Wheat Roll
- Oreo Cake
- Orange

9

- Teriyaki Beef
- Oriental Blend Vegetables
- Roasted Brussel Sprouts
- Whole Wheat Roll
- Fresh Pear

12

- Lemon Herb Chicken
- Corn on the Cob
- Roasted Potatoes
- Biscuit
- Strawberries

13

- Pulled Pork Shepard's Pie**
- Carrots
- Whole Wheat Roll
- Banana

14

- Orange Chicken
- Succotash
- Brown Rice
- Whole Wheat Roll
- Applesauce

15

- Bean & Cheese Burrito with Enchilada Sauce
- Steamed Cabbage
- Grilled Vegetables
- Butterscotch Pudding

16

- Cold Salad Plate: Ham, Corn & Cucumber / Tomato**
- Whole Wheat Roll
- Tropical Fruit

19

- Hamburger with Tomato & Lettuce
- Winter Blend Vegetables
- Sweet Potato Fries
- Whole Wheat Bun
- Melon

20

- Pulled BBQ Chicken
- Coleslaw
- Baked Beans
- Whole Wheat Roll
- Peaches

21

- Beef and Broccoli
- Asian Blend Vegetables
- Fried Rice
- Whole Wheat Roll
- Orange

22

- Pork Chop Diane**
- Cauliflower
- Baked Potato
- Whole Wheat Roll
- Strawberries

23

- Baked Catfish
- Asparagus
- Carrots
- Whole Wheat Sweet Roll
- Apricots
- Birthday Cake

26

- Gnocchi with Ground Turkey
- Zucchini
- Italian Blend Vegetables
- Bread Stick
- Pears

27

- Pork Pozole Stew**
- Corn
- Yellow Squash
- Whole Wheat Roll
- Pineapple

28

- Orange Chicken Salad
- Cucumber Salad
- Beets
- Crackers
- Mixed Fruit

29

- Waffle with Eggs
- Sliced Tomatoes
- Chef's Potato
- Yogurt with Fresh Fruit

30

- Fried Chicken
- Greens Beans
- Yams
- Whole Wheat Sweet Roll
- Fruit Cocktail