

SEPTEMBER 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

- 1**
- Scrambled Eggs w/ Onions & Spinach
 - Sliced Tomatoes
 - Diced Potatoes
 - Biscuit
 - Plum

- 2**
- Pork Marsala**
 - Butternut Squash
 - Green Beans
 - Whole Wheat Bun
 - Cranberry Applesauce

- 3**
- Pineapple Chicken
 - Peas and Carrots
 - Asparagus
 - Whole Wheat Roll
 - Sliced Pears

- 4**
- Sloppy Joe
 - Fire Roasted Corn
 - Zucchini
 - Whole Wheat Roll
 - Orange



- 8**
- Salisbury Steak
 - Yams
 - Succotash
 - Whole Wheat Roll
 - Orange

- 9**
- Bruschetta Chicken
 - Sugar Snap Peas
 - Brown Rice
 - Whole Wheat Bread
 - Banana Pudding
 - Peaches

- 10**
- Turkey Swedish Meatballs
 - Brussel Sprouts
 - Mixed vegetables
 - Whole Wheat Roll
 - Cantaloupe

- 11**
- Chicken Cobb Salad
 - Three-Bean Salad
 - Tabbouleh
 - Whole Wheat Crackers
 - Sliced Peaches

- 14**
- Meatloaf w/ Gravy
 - Mashed Potatoes
 - Carrots
 - Whole Wheat Roll
 - Grapes

- 15**
- Trout w/ Garlic Butter
 - Garden Salad
 - Orzo w/ Tomato and Basil
 - Whole Wheat Roll
 - Sliced Peaches

- 16**
- Pulled Pork Sandwich**
 - Coleslaw
 - Green Beans
 - Whole Wheat Bun
 - Pecan Pie
 - Banana

- 17**
- Tuscan Chicken w/ Spinach & Tomatoes
 - Broccoli
 - Whole Wheat Roll
 - Fruit Cocktail
 - Birthday Cake

- 18**
- Egg Salad Plate
 - Italian Vegetable Pasta Salad
 - Beets
 - Whole Wheat Cracker
 - Sliced Apples

- 21**
- Fish and Chips
 - Peas
 - Potato Wedges
 - Whole Wheat Roll
 - Pineapple

- 22**
- Beef Lasagna
 - Lima Beans
 - Carrots
 - Whole Wheat Roll
 - Apricots

- 23**
- Chicken Burrito Bowl
 - Rancho Vegetables
 - Black Beans
 - Spanish Rice
 - Mango

- 24**
- Apple Pancakes
 - Scrambled Eggs
 - Tomato Slices
 - Hash Browns
 - Fresh Fruit

- 25**
- Caribbean Style Pork**
 - Sautéed Green Beans
 - Spinach
 - Brown Basmati Rice
 - Peach Crisp
 - Tropical Fruit Cup

- 28**
- BBQ Chicken
 - Grilled Vegetables
 - Sweet Corn Nuggets
 - Whole Wheat Roll
 - Watermelon

- 29**
- Bratwurst**
 - Baked Beans
 - Steamed Cabbage
 - Whole Wheat Bun
 - Vanilla Pudding
 - Grapes

- 30**
- Tuna Salad Sandwich
 - Mango Salad
 - Beets
 - Whole Wheat Bun
 - Oranges

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