**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.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 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 |
| 7       | - Salisbury Steak  
- Yams  
- Succotash  
- Whole Wheat Roll  
- Orange | 8         | - Bruschetta Chicken  
- Sugar Snap Peas  
- Brown Rice  
- Whole Wheat Bread  
- Banana Pudding  
- Peaches | 9         | - Turkey Swedish Meatballs  
- Brussel Sprouts  
- Mixed vegetables  
- Whole Wheat Roll  
- Cantaloupe | 10        | - 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 |
| 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 |
| 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

Aster Aging, Inc is funded in part by Area Agency on Aging, Region One