

# JANUARY MENU

Lunch is served at 11:30 am. Pick-Up & Go meals are available between 11:00 am - 12:00 pm.

For next day reservations, 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.

## 3 MONDAY

- Chicken Marsala
- Zucchini
- Roasted Turnips
- Whole Wheat Bun
- Fresh Pear

## 4 TUESDAY

- Hawaiian Pork Tacos\*\*
- Rainbow Veggie Blend
- Spinach
- Whole Wheat Tortilla
- Banana

## 5 WEDNESDAY

- Beef Stew w/ Vegetables
- Capri Vegetables
- Cornbread
- Strawberries

## 6 THURSDAY

- Sweet and Sour Pork\*\*
- Sautéed Cabbage
- Whole Wheat Roll
- Brown Rice
- Peaches

## 7 FRIDAY

- Balsamic Glazed Chicken
- Asparagus
- Dill Roasted Carrots
- Whole Wheat Roll
- Apricots

## 10

- Chef Salad w/ Turkey, Ham, Cheese\*\*
- Corn Salad
- Whole Grain Crackers
- Fresh Orange

## 11

- Baked Salmon w/ Dill
- Green Beans
- Roasted Sunset Vegetables
- Whole Wheat Roll
- Fruit Cocktail

## 12

- Open Face Turkey Sandwich w/ Gravy
- Mixed Vegetables
- Cranberry Yams
- Whole Grain Bread
- Sliced Pears

## 13

- Sliced Steak Diane
- Cauliflower
- Baked Potato
- Whole Wheat Roll
- Banana

## 14

- Potato Crusted Cod
- Spinach
- Mixed Vegetables
- Whole Wheat Roll
- Fresh Fruit Salad

## 17

**CLOSED TODAY**



## 18

- Meatball Sub
- Garden Salad
- Green Beans
- Apple Crisp
- Applesauce

## 19

- Orange Sage Pork Chop\*\*
- Succotash
- Spinach
- Couscous
- Whole Wheat Roll
- Sliced Peaches

## 20

- Vegetable Paella
- Carrots
- Peas
- Whole Wheat Roll
- Tropical Fruit Cup
- Birthday Cake

## 21

- Grilled Chicken Piccata
- Spinach
- Roasted Turnips
- Whole Wheat Roll
- Mandarin Oranges

## 24

- Beef Philly Sandwich with Cheese Sauce
- Baked Sweet Potato Fries
- Zucchini
- Whole Wheat Bun
- Sliced Apples

## 25

- Scallop Potatoes with Ham\*\*
- Broccoli
- Whole Wheat Roll
- Fruit Cocktail

## 26

- Coconut Curry Fish
- Asparagus
- Sautéed Green Beans w/ Tomatoes
- Brown Rice
- Strawberries

## 27

- Honey Butter Chicken
- Broccoli
- Sweet Potato
- Whole Wheat Roll
- Mandarin Oranges

## 28

- Shepherd's Pie
- Roasted Tomato
- Whole Wheat Roll
- Pineapple

## 31

- Scrambled Eggs with Spinach and Mushrooms
- O'Brien Potatoes
- Whole Wheat Croissant
- Fresh Fruit Cup

### 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

