

OCTOBER 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.

MONDAY

TUESDAY

WEDNESDAY

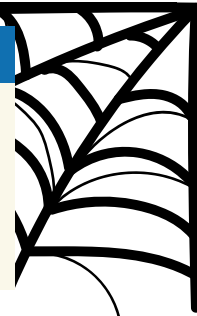
THURSDAY

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



4

- Shepherd's Pie w/ Mixed Vegetables & Mashed Potatoes
- Whole Wheat Roll
- Pineapple

5

- Scrambled Egg with Spinach & Mushrooms
- O'Brien Potatoes
- Whole Wheat Croissant
- Fresh Fruit

6

- Lemon Pepper Trout
- Rice Pilaf
- Peas
- Whole Wheat Roll
- Peaches

7

- Beef Burgundy Tips with Noodles
- Scandinavian Vegetables
- Asparagus
- Whole Wheat Roll
- Grapes

8

- Baked Ham with Pineapple Glaze**
- Cauliflower
- Stewed Tomatoes
- Whole Wheat Roll
- Fruit Cocktail

11

- Shrimp Alfredo
- Fresh Green Beans
- Italian Mixed Vegetables
- Whole Wheat Roll
- Mixed Berries

12

- Beef Tacos
- Refried Beans
- Whole Wheat Tortilla
- Banana

13

- BBQ Chicken
- Baked Beans
- Grilled Vegetables
- Whole Wheat Roll
- Apple

14

- Cheese Ravioli with Tomato Sauce
- Edamame
- Capri Vegetables
- Whole Wheat Garlic Bread
- Fresh Melon

15

- Baked Catfish
- Vegetable Rice Pilaf
- Broccoli
- Whole Wheat Roll
- Cinnamon Sliced Peaches

18

- Cold Salad Plate: Egg, 3 Bean and Beets
- Whole Wheat Roll
- Pineapple

19

- Chicken Parmigiana with Pasta
- Garden Salad
- Spinach
- Vanilla Pudding
- Grapes

20

- Brat w/ Sauerkraut**
- Hot German Potato Salad
- Sliced Carrots
- Nutmeg Sliced Pears

21

- Meatloaf w/ Gravy
- Mashed Potatoes
- Chuck Wagon Corn
- Whole Wheat Roll
- Sliced Apples
- Birthday Cake

22

- Pork Stir Fry with Peppers & Broccoli**
- Bok Choy
- Brown Rice
- Fruit Cup

25

- Honey Sesame Chicken
- Carrots
- Green Beans & Tomatoes
- Wheat Roll
- Apricots

26

- Lemon Pepper Tilapia
- California Blend Vegetables
- Garden Salad
- Whole Wheat Roll
- Fruit Cocktail

27

- Turkey Burger with Lettuce & Tomato
- Baked French Fries
- Fresh Fruit Cup

28

- Broccoli & Cheese Stuffed Chicken
- Green Beans
- Corn
- Whole Wheat Roll
- Mandarin Oranges

30

- Sloppy Jo
- Baked French Fries
- Brussel Sprouts
- Pumpkin Bar
- Orange