

AUGUST 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.

3 MONDAY

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

4 TUESDAY

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

5 WEDNESDAY

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

6 THURSDAY

- Broccoli & Beef
- Bean Sprouts
- Fried Rice
- Whole Wheat Roll
- Sliced Peaches

7 FRIDAY

- Strawberry Chicken Salad
- Cucumber Salad
- Corn Salad
- Whole Wheat Crackers
- Apple Sauce

10

- Hamburger
- Winter Blend Vegetables
- Tater Tots
- Strawberry Cake
- Fresh Melon

11

- Popcorn Shrimp
- Ratatouille
- Carrots
- Brown Rice
- Banana

12

- Roasted Turkey w/ Gravy
- Green Beans
- Mashed Potatoes
- Sliced Whole Wheat Bread
- Mixed Berries

13

- Chicken Tamales
- Fire Roasted Corn
- Mexican Coleslaw
- Spanish Rice
- Fresh Fruit

14

- Pork Roast w/ Gravy**
- Asparagus
- Cauliflower
- Whole Wheat Roll
- Tropical Fruit

17

- Baja Baked Fish Tacos
- Cilantro Lime Slaw
- Pinto Beans
- Whole Wheat Tortilla
- Mango

18

- Orange Chicken
- Thai Vegetables
- Broccoli
- Rice
- Whole Wheat Roll
- Mandarin Oranges

19

- Pepper Steak
- California Beans
- Scalloped Potatoes
- Cornbread
- Birthday Cake
- Pears

20

- Pork Chops**
- Mango Corn Salsa
- Chef's Vegetables
- Garden Salad
- Whole Wheat Roll
- Apricots

21

- Choice of Salads:
 - Chicken Summer
 - Marinated Veggie
 - Creamy Cucumber
- Whole Wheat Crackers
- Honeydew

24

- Ground Pork Spaghetti**
- Roasted Brussel Sprouts
- Vegetable Blend
- Whole Wheat Bread
- Key Lime Pie
- Apple

25

- Summer Beef Stew
- Garden Salad
- Cauliflower
- Whole Wheat Roll
- Fruit Cocktail

26

- Chicken Caesar Wrap
- Three-Bean Salad
- Potato Chips
- Grapes

27

- Cabbage Rolls
- Carrots
- Spinach
- Whole Wheat Roll
- Strawberries

28

- Cheese Tortellini w/ Pesto
- Chef's Vegetable Blend
- Peas
- Pineapple

31

- Turkey Tetrazzini
- Mixed Vegetables
- Grilled Artichoke
- Whole Wheat Roll
- Watermelon

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

