

SEPTEMBER MENU

For cancellations, call [480-962-5612 ext 2503](tel:480-962-5612). Meal delivery is between **10:00 am and 1:00 pm**.

Items with ** contain pork or pork products. Menu items subject to change due to availability.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5

CENTERS CLOSED



6

Meatball Submarine Sandwich** on a Whole Wheat Bun, with Fries, Green Beans, and a Gala Apple

7

Hot Corned Beef Sandwich on Whole Wheat Bread, with Chuckwagon Corn, Peas And Carrots, & fresh Strawberries

8

Baked Chicken with Gravy, Mashed Potatoes, Spinach, a Whole Wheat Roll, and Sliced Pears

9

Tuna Salad and Pea Salad, with Carrot Sticks, Grapes, a Wheat Croissant, and Birthday Cake

12

Shrimp Alfredo over Whole Wheat Pasta, with Baby Carrots, Peas, and a Tropical Fruit Cup

13

Chicken stuffed with Broccoli and Cheese, Spinach, Roasted Potatoes, a Whole Grain Roll, and Fresh Pears

14

Turkey Chili, with Corn, Cauliflower, Corn Bread, and Sliced Apples

15

Beef Burgundy over Whole Wheat Egg Noodles, with Carrots, Broccoli, and a Fruit Cocktail

16

Chicken Parmesan Sandwich on a Whole Wheat Bun, with Italian Blend Veggies, Wax Beans, and Strawberries

19

Italian Burger with Red Sauce on a Whole Wheat Bun, with Broccoli & Cauliflower, Baked Beans, and Sliced Apples

20

Sage Pork Chop**, with Zucchini, Carrots, a Whole Wheat Hot Dog Bun, and Tropical Fruit Cocktail

21

Lemon Garlic Baked Tilapia over Brown Rice Pilaf, with Peas, Spinach, and Mandarin Oranges

22

Turkey with Gravy and Mashed Potatoes, California Blend Vegetables, a Whole Wheat Roll, and Apple Sauce

23

Sloppy Joe on a Whole Wheat Bun, with Corn, Green Beans & Tomatoes, a Banana, and a Chocolate Chip Cookie

26

BBQ Chicken with Edame, Tri-Color Roasted Potatoes, a Wheat Roll, and Cinnamon Peaches

27

Egg Salad Plate and 3 Bean Salad, with Whole Grain Crackers, and Pineapple

28

Beef Philly with Cheese Sauce on a Whole Wheat Hoagie Bun, with Mixed Vegetables, Baked Fries, and Fresh Pear

29

Cheese Ravioli with Spinach, Italian Blend Vegetables, Cauliflower, a Whole Grain Bread Stick, and Sliced Apples

30

Italian Sausage** Sandwich on a Whole Grain Hot Dog Bun, with Broccoli, 4-Way Mixed Vegetables, and a Fruit Cup