

# SEPTEMBER 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
- Daily hot meals or frozen meals for a week
- Suggested contribution of \$3.50 per meal
- Reserve by 2:00 pm the previous day

6

### CLOSED TODAY



7

- Pulled Pork Shepherd's Pie\*\*
- Mashed Potatoes
- Carrots
- Whole Wheat Roll
- Banana

8

- Orange Chicken
- Succotash
- Broccoli
- Whole Wheat Roll
- Applesauce with Cinnamon

9

- Bean & Cheese Burrito with Enchilada Sauce
- Steamed Cabbage
- Grilled Vegetables
- Butterscotch Pudding
- Grapes

10

- Cold Salad Plate Ham, Beets and Cucumber Tomato\*\*
- Whole Wheat Roll
- Tropical Fruit

13

- Hamburger with Lettuce & Tomato
- Winter Blend Vegetables
- Sweet Potato Fries
- Melon

14

- Pulled BBQ Chicken
- Coleslaw
- Baked Bean's
- Whole Wheat Bun
- Peaches

15

- Beef and Broccoli
- Asian Blend Vegetables
- Brown Fried Rice
- Whole Wheat Roll
- Orange

16

- Pork Chop Diane\*\*
- Cauliflower
- Baked Potato
- Whole Wheat Roll
- Strawberries

17

- Baked Catfish
- Asparagus
- Carrots
- Whole Wheat Sweet Roll
- Apricots

20

- Gnocchi w/ Ground Turkey & Marinara
- Zucchini
- Italian Blend Vegetables
- Whole Wheat Bread Stick
- Pears

21

- Pork Pozole Stew\*\*
- Corn
- Yellow Squash
- Whole Wheat Roll
- Pineapple

22

- Mandarin Orange Chicken Salad
- Cucumber Salad
- Beets
- Whole Wheat Crackers
- Mixed Fruit

23

- Waffle with Eggs
- Sliced Tomatoes
- Chef's Potato
- Fresh Fruit with Yogurt

24

- Fried Chicken
- Green Beans
- Yams
- Whole Wheat Sweet Roll
- Fruit Cocktail

27

- Sloppy Joe
- Garden Salad with Tomato, Carrots and Cucumber
- Potato Wedges
- Whole Wheat Roll
- Watermelon

28

- Red Rice & Beans with Chicken
- Okra
- Carrots
- Whole Wheat Roll
- Black Forrest Cake
- Plums

29

- Meatloaf with Gravy
- Peas
- Mashed Potatoes
- Whole Wheat Roll
- Grapes

30

- Tilapia with Hollandaise Sauce
- Brussel Sprouts
- Rosemary Potatoes
- Whole Wheat Roll
- Sliced Pears

