

NOVEMBER 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.

1 MONDAY

- Tuna Salad Sandwich
- Lettuce, Tomato
- Celery Sticks
- Sliced Beets
- Grapes

2 TUESDAY

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

3 WEDNESDAY

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

4 THURSDAY

- Beef Stew with Vegetables
- Capri Vegetables
- Cornbread
- Strawberries

5 FRIDAY

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

8

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

9

- Chef Salad with Turkey, Ham, Cheese
- Corn Salad
- Whole Grain Crackers
- Fresh Orange

10

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

11

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

12

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

15

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

16

- Chicken Stroganoff with Noodles
- Chef's Vegetables
- Winter Blend
- Whole Wheat Roll
- Mixed Fruit

17

- Meatball Sub
- Garden Salad
- Green Beans
- Apple Fruit Crisps
- Applesauce

18

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

19

Thanksgiving Lunch

- Roast Turkey with Gravy
- Bread Stuffing
- Mashed Potatoes
- Green Bean Casserole
- Pumpkin Pie

22

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

23

- Beef Philly Sandwich w/ Cheese Sauce
- Baked Potato Fries
- Zucchini
- Sliced Apples

24

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

25



26



29

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

30

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

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