

JULY MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).

The Suggested Contribution for participants age 60+ is \$3.50.

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

MONDAY

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TUESDAY

1

Beefy Mac and Cheese, 4-Way Vegetable Mix, Carrot Coins, a Whole Wheat Roll, and an Orange.

WEDNESDAY

2

Scrambled Eggs with Diced Bell Pepper and Onion, Turkey Sausage, Tater Tots, a Whole Wheat Tortilla, and Mandarin Oranges.

THURSDAY

3

Grilled Chicken with Roasted Tomatoes, 3-Bean Salad, a Whole Wheat Roll, and a Mixed Fruit Cup.

FRIDAY

4

CLOSED FOR JULY 4TH HOLIDAY

7

Sloppy Joe on a Whole Wheat Bun, Corn, Green Beans and Tomatoes, Apple Slices, and a Chocolate Chip Cookie.

8

Turkey with Mashed Potatoes and Gravy, a Whole Grain Roll, Green Beans, and Pineapple Chunks.

9

Shrimp Alfredo on Whole Wheat Penne Pasta, Mixed Vegetables, Broccoli, and a Banana.

10

Chicken with Curry Sauce on Whole Wheat Penne Pasta, Edamame, Winter Vegetable Mix, and Aprichots.

11

Vegetarian Lasagna, Normandy Vegetable Blend, Green Garden Salad, a Whole Wheat Roll, and Grapes.

14

Hamburger on a Whole Wheat Bun with Baked Beans, Steamed Cabbage, an Orange and Vanilla Pudding.

15

Chicken Summer Salad with Grapes, Pecans, and Cranberry, Marinated Vegetable Salad, Creamy Cucumber Salad, a Whole Wheat Roll, and Honeydew.

16

Beef Tacos with Tomato and Lettuce, Corn, Refried Beans, a Whole Grain Tortilla, and Peaches.

17

Roasted Pork** Loin, Cauliflower, Peas, Brown Rice Pilaf, Mixed Berries, and Whole Wheat Fig Newtons.

18

Chicken Caesar Wraps with Whole Wheat Tortilla, 3-Bean Salad, and Grapes.

21

Turkey with Mashed Potatoes and Gravy, Green Beans, a Whole Grain Roll, Pineapple Chunks, and Whole Wheat Fig Newtons.

22

Cod Fillet, Brussels Sprouts, Chuck Wagon Corn, Brown Rice Pilaf, and Mixed Berries.

23

Beef and Broccoli, Edamame, Asian Veggie Mix, Brown Rice Pilaf, and Pear Slices.

24

Scrambled Eggs and Turkey Sausage, Tater Tots, a Side of Spinach, a Whole Wheat Tortilla, and Mandarin Orange Slices.

25

Penne Pasta and Beef Meatballs, Green Beans, Garden Green Salad, a Bread Stick, and Sliced Pears.

28

Shrimp Alfredo on Penne Pasta, Broccoli, Mixed Vegetables, and Pineapple Chunks.

29

Broccoli and Cheese Stuffed Chicken Breast, Spinach, Baby Carrots, a Whole Wheat Biscuit, and an Apple.

30

Beef Stew, Carrots and Potatoes, Broccoli, a Whole Wheat Biscuit, and Aprichot Slices.

31

Barbeque Chicken Breast on a Whole Wheat Bun, Potato Wedges, 4-Way Veggie Medley, and Grapes.

