

NOVEMBER 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.

MONDAY

- 2**
- Ranch Pork Chop**
 - Winter Blend Vegetables
 - Corn
 - Whole Grain Roll
 - Honeydew

TUESDAY

- 3**
- Eggplant Parmesan
 - Grilled Artichokes
 - Sugar Snap Peas
 - Whole Wheat Pasta
 - Plums

WEDNESDAY

- 4**
- Corned Beef
 - Steamed Cabbage
 - Red Potatoes
 - Rye Bread
 - Apples

THURSDAY

- 5**
- Herb Roasted Chicken
 - Spinach
 - Baked Beans
 - Birthday Cake
 - Pineapple

FRIDAY

- 6**
- Linguine w/ Meat Sauce
 - Yellow Squash
 - Baby Carrots
 - Garlic Bread
 - Raisins

9

- Cold Salad Plate:
 - Tuna
 - Orzo Vegetable
 - Carrot Raisin
- Whole Wheat Crackers
- Pineapple

10

- Beef Stroganoff w/ Bow Tie Pasta
- Edamame
- Sweet Corn
- Whole Grain Bread
- Blueberries

11

- Creamy Vegetable Chicken
- Normandy Blend
- Asparagus
- Brown Rice
- Whole Wheat Roll
- Pears

12

- Pulled Pork Sandwich**
- Peas
- German Potato Salad
- Seasonal Fruit

13

- Salisbury Steak w/ Gravy
- Mashed Potatoes
- Succotash
- Whole Grain Roll
- Sliced Peaches

16

- Pork Roast w/ Gravy**
- Green Beans
- Tri-Color Cauliflower
- Whole Wheat Biscuit
- Blackberries

17

- Chicken Piccata
- Garden Salad
- Rosemary Potatoes
- Whole Grain Roll
- Banana

18

- Turkey Salad Sandwich
- Pea Salad
- Beets
- Whole Grain Bun
- Oranges

19

- BBQ Beef
- Whole Grain Bun
- Collard Greens
- Parsnips
- Apricots

20

- Thanksgiving Lunch**
- Roast Turkey w/ Gravy
 - Bread Stuffing
 - Mashed Potatoes
 - Green Bean Casserole
 - Pumpkin Pie

23

- Beer Battered Fish
- Chef Blend Vegetables
- Spinach
- Whole Grain Roll
- Strawberries

24

- Grilled Chicken Strips
- Coleslaw
- Grilled Vegetables
- Whole Grain Roll
- Fresh Fruit Mix

25

- Pub Pork Chop**
- Succotash
- Baked Potato
- Whole Grain Roll
- Applesauce

26



Closed in Observance of the Holiday

30

- Cold Salad Plate:
 - Egg
 - Beet
 - Three Bean
- Whole Wheat Crackers
- Fresh Pear

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