


FEBRUARY 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.

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
<ul style="list-style-type: none"> - Hamburger - Lettuce and Tomato - Sweet Potato Fries - Apple Slices 	<ul style="list-style-type: none"> - Honey Glazed Ham** - Green Bean Casserole - Roasted Red Potatoes - Whole Grain Roll - Fresh Cantaloupe 	<ul style="list-style-type: none"> - Deli Turkey Sandwich w/ Lettuce & Tomato - Broccoli Salad - Macaroni Vegetable Salad - Cookie - Grapes 	<ul style="list-style-type: none"> - Fish Sticks - Wax Beans - Vegetable Blend - Rice Pilaf - Mix Berries 	<ul style="list-style-type: none"> - Polish Sausage with Kraut** - Zucchini - 5-Way Vegetable - Whole Grain Bun - Mango
<ul style="list-style-type: none"> - BBQ Chicken - Carrots - Spinach - Whole Grain Roll - Mandarin Oranges 	<ul style="list-style-type: none"> - Biscuits & Sausage Gravy** with Eggs - Roasted Potatoes - V8 Juice - Strawberry Yogurt Parfait 	<ul style="list-style-type: none"> - Tuna Casserole - Roasted Tomatoes - Sunset Vegetables - Whole Grain Roll - Fruit Cocktail 	<ul style="list-style-type: none"> - Beef Baked Bolognese - Caesar Salad - Lima Beans - Whole Grain Roll - Diced Pears 	<ul style="list-style-type: none"> - Roasted Turkey with Gravy - Peas - Chef's Vegetables - Cornbread Stuffing - Whole Grain Roll - Red Velvet Cake
<p>15 OFFICES CLOSED</p> 	<ul style="list-style-type: none"> - Chicken Fajita - Peppers & Onions - Pinto Beans - Whole Wheat Tortilla - Banana 	<ul style="list-style-type: none"> - Honey Garlic Pork - Meatballs** - Green Beans - Yams - Whole Grain Roll - Watermelon 	<ul style="list-style-type: none"> - Baked Tilapia - Peas and Carrots - Brussel Sprouts - Whole Grain Roll - Grapes 	<ul style="list-style-type: none"> - Ranch Pork Chop** - Winter Blend Vegetables - Corn - Whole Grain Roll - Honeydew - Cookie
<ul style="list-style-type: none"> - Eggplant Parmesan - Grilled Artichokes - Sugar Snap Peas - Whole Wheat Pasta - Plums 	<ul style="list-style-type: none"> - Corned Beef - Steamed Cabbage - Red Potatoes - Rye Bread - Apples 	<ul style="list-style-type: none"> - Herb Roasted Chicken - Spinach - Baked Beans - Birthday Cake - Pineapple 	<ul style="list-style-type: none"> - Linguine with Meat Sauce - Yellow Squash - Baby Carrots - Garlic Bread - Raisins 	<ul style="list-style-type: none"> - Cold Salad Plate: Tuna Orzo Vegetable Carrot Raisin - Whole Wheat Crackers - Pineapple

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

