

SEPTEMBER 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).

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1 Meatloaf with Gravy, Summer Squash, Carrots, A Whole Grain Roll, and Strawberries

4



OFFICES CLOSED

5

Tuna Salad on Whole Wheat Bread with Pea Salad, Carrot Sticks, Pineapple, and a Cookie

6

Chicken Parmesan with Broccoli, Corn, Whole Wheat Bread, and a Fresh Orange

7

Steak Diane with Mashed Potatoes, Green Beans, A Whole Grain Roll, and Sliced Pears

8

Pork Chop with Gravy**, Winter Blend Vegetables, Black Bean Veggies with Carrots, a Whole Wheat Breadstick, and Sliced Apples

11

Paprika Chicken with Carrot Coins, Edamame, a Whole Wheat Croissant, and Sliced Pears

12

Carnitas** over Mexican Brown Rice with Pinto Beans, Stewed Tomatoes, and a Mandarin Orange

13

Garden Salad with Turkey, Celery and Carrot Sticks, a Whole Wheat Breadstick, Fruit Cocktail, and Birthday Cake

14

Cajun Tilapia with Snap Peas, Yellow Squash, a Wheat Roll, & Cinnamon Apples

15

Chicken Sandwich on a Whole Wheat Bun with Lettuce & Tomato, Sweet Potatoes, and a Banana

18

Hamburger with Lettuce & tomato on a Whole Grain Bun, with Pea Salad, and a Gala Apple

19

Baked BBQ Chicken with Baked Beans, Carrots, a Whole Wheat Roll, and Cinnamon Peaches

20

Italian Sausage** with Red Sauce on a Whole Wheat Hoagie, with French fries Italian Blend Veggies and a Mandarin Orange

21

Meatloaf with Brown Gravy on Mashed Potatoes, Peas, a Whole Grain Roll, and Pears

22

Baked Ham** with Pineapple Glaze, Sweet Potatoes, Edamame, a Whole Wheat Breadstick, and Apricots

25

Sesame Chicken with Mixed Veggies, Winter Blend Veggies, a Whole Grain Roll, & a Tropical Fruit Cup

26

Tortilla Crusted Tilapia over Mexican Brown Rice with Normandy Blend Veggies, Green Zucchini Squash, and Cinnamon Apples

27

Beef Taco with Cheese in Whole Grain Tortillas, with Refried Beans, Stewed Tomatoes, and Mixed Berries

28

Pork Stir Fry** over Brown Rice, with Asian Blend Veggies, Snap Peas, and Grapes

29

Chicken Salad on Whole Wheat Bread with Lettuce and Tomatoes, Carrot Sticks, & Apple Sauce