



MAY 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.

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
Beef Stew with Green Beans, Cauliflower, a Whole Wheat Roll, and Apple Slices	Pulled Pork** on a Whole Grain Bun with Roasted Red Potatoes, Spinach, and a Peach Crisp	Chicken Stir Fry over Brown Rice with Baby Carrots, Cauliflower, and Mandarin Oranges	Shrimp Alfredo over Whole Wheat Linguini, with Italian Veggies, Brussel Sprouts, and Fresh Pear	Teriyaki Beef over Brown Rice with Corn, Edamame, and a Tropical Fruit Cup
8	9	10	11	12
Chicken Noodle Soup with Sweet Potatoes, a Wheat Roll, and Apricots	Beef Philly on a Whole Wheat Hoagie Roll, with Tater Tots, Green Peas, and Diced Mango	Herbed Tilapia with Tri Color Roasted Potatoes, Mixed Vegetables, a Whole Wheat Croissant, and Fresh Apple	Quinoa Salad with Chilled Stewed Tomatoes, 3-Bean Salad, a Wheat Roll, and Sliced Pears	Meatloaf with Gravy, Summer Squash, Carrots, a Whole Grain Roll, and Strawberries
15	16	17	18	19
Sloppy Joe on a Whole Wheat Bun, with Mixed Veggies, Spinach, and Fruit Cocktail	Tuna Salad on Whole Wheat Bread, with Pea Salad, Carrot Sticks, Pineapple, and a Cookie	Chicken Parmesan on a Whole Wheat Bun with Broccoli, Corn, and Fresh Orange	Steak Diane with Mashed Potatoes, Green Beans, a Whole Grain Roll, & Sliced Pears	Pork Chop** with Gravy, Winter Blend Vegetables, Black Bean Veggies with Carrots, a Whole Wheat Breadstick, & Sliced Apples
22	23	24	25	26
Paprika Chicken with Carrot Coins, Edamame, a Whole Wheat Croissant, and Sliced Pears	Carnitas over Mexican Brown Rice, with Pinto Beans, Stewed Tomatoes, & a Mandarin Orange	Garden Salad, with Celery Sticks, Carrot Sticks, a Whole Wheat Breadstick, Fruit Cocktail, and Birthday Cake	Cajun Tilapia with Snap Peas, Butternut Squash, a Wheat Roll, & Cinnamon Apples	Chicken Sandwich with Lettuce and Tomato on a Whole Wheat Bun, with Sweet Potatoes, and a Banana
29	30	31		
 OFFICES CLOSED	Baked BBQ Chicken with Baked Beans, Carrots, a Whole Wheat Roll, and Cinnamon Peaches	Italian Sausage** with Red Sauce on a Whole Wheat Hoagie, with French Fries, Italian Blend Veggies, & a Mandarin Orange		