

OCTOBER 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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

5

- Meatloaf with Gravy
- Green Beans
- Cheesy Potatoes
- Whole Grain Roll
- Grapes

6

- Salmon with Rosemary & Garlic
- 4-Way Vegetables
- Cauliflower
- Whole Grain Roll
- Orange

7

- Chicken Cobbler
- Freshly Baked Biscuit
- Brussel Sprouts
- Apricots

8

- Vegetable Lasagna
- Asparagus
- Belgian Vegetables
- Bread Stick
- Banana

9

- Teriyaki Riblets**
- Asian Blend Vegetables
- Coleslaw
- Graham Crackers
- Pineapple

12

- Butternut Ravioli with Chicken
- Peas & Carrots
- Garden Salad
- Whole Grain Roll
- Fruited Gelatin

13

- Hamburger with Lettuce & Tomato
- Sweet Potato Fries
- Apple Slices
- Birthday Cake

14

- Honey Glazed Ham**
- Green Bean Casserole
- Roasted Red Potatoes
- Whole Grain Roll
- Fresh Cantaloupe

15

- Deli Turkey Sandwich w/ Lettuce & Tomato
- Broccoli Salad
- Macaroni Vegetable Salad
- Grapes
- Cookie

16

- Fish Sticks
- Wax Beans
- Vegetable Blend
- Rice Pilaf
- Mixed Berries

19

- Polish Sausage with Kraut**
- Zucchini
- 5-Way Vegetables
- Whole Grain Bun
- Mango

20

- BBQ Chicken
- Carrots
- Spinach
- Whole Grain Roll
- Mandarin Oranges

21

- Biscuits & Sausage Gravy** with Eggs
- Roasted Potatoes
- V8 Juice
- Strawberry Yogurt Parfait

22

- Tuna Casserole
- Roasted Tomatoes
- Sunset Vegetables
- Whole Grain Roll
- Fruit Cocktail

23

- Beef Baked Bolognese
- Caesar Salad
- Lima Beans
- Whole Grain Roll
- Diced Pears

26

- Roasted Turkey with Gravy
- Peas
- Chef's Vegetables
- Cornbread Stuffing
- Whole Grain Roll
- Tropical Fruit

27

- Beef Tips with Mushroom Gravy
- Broccoli
- Zucchini
- Brown Rice
- Orange
- Apple Crisp

28

- Chicken Fajitas
- Peppers & Onions
- Pinto Beans
- Whole Wheat Tortilla
- Banana

29

- Honey Garlic Pork Meatballs**
- Green Beans
- Yams
- Whole Grain Roll
- Watermelon

30

- Baked Tilapia
- Peas & Carrots
- Brussel Sprouts
- Whole Grain Roll
- Grapes