

MAY 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

- 4**
- Ground Pork Spaghetti**
 - Brussel Sprouts
 - Vegetable Blend
 - Whole Wheat Bread
 - Key Lime Pie
 - Apple

- 5**
- Summer Beef Stew
 - Garden Salad
 - Cauliflower
 - Whole Wheat Roll
 - Fruit Cocktail

- 6**
- Chicken Caesar Wrap
 - Three-Bean Salad
 - Grapes

- 7**
- Cabbage Rolls
 - Carrots
 - Spinach
 - Whole Wheat Roll
 - Strawberries

- 8**
- Cheese Tortellini with Pesto
 - Chef's Veggie Blend
 - Peas
 - Birthday Cake
 - Pineapple

- 11**
- Turkey Tetrazzini
 - Mixed Vegetables
 - Grilled Artichoke
 - Whole Wheat Roll
 - Watermelon

- 12**
- Scrambled Eggs w/ Onions & Spinach
 - Sliced Tomatoes
 - Diced Potatoes
 - Biscuit
 - Plum

- 13**
- Pork Marsala**
 - Butternut Squash
 - Green Beans
 - Whole Wheat Bun
 - Cranberry Applesauce

- 14**
- Pineapple Chicken
 - Peas and Carrots
 - Asparagus
 - Whole Wheat Roll
 - Sliced Pears

- 15**
- Sloppy Joe
 - Fire Roasted Corn
 - Zucchini
 - Whole Wheat Roll
 - Orange

- 18**
- Falafel Pita
 - Malibu Vegetable Blend
 - Green beans
 - Banana

- 19**
- Salisbury Steak
 - Yams
 - Succotash
 - Whole Wheat Roll
 - Orange

- 20**
- Bruschetta Chicken
 - Sugar Snap Peas
 - Brown Rice
 - Whole Wheat Bread
 - Banana Pudding
 - Peaches

- 21**
- Turkey Swedish Meatballs
 - Brussel Sprouts
 - Mixed Vegetables
 - Whole Wheat Roll
 - Cantaloupe

- 22**
- Chicken Cobb Salad
 - 3-Bean Salad
 - Tabbouleh
 - Whole Wheat Cracker
 - Sliced Peaches

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Closed in Observance of Memorial Day



- 26**
- Trout w/ Garlic Butter
 - Garden Salad
 - Orzo w/ Tomato and Basil
 - Whole Wheat Roll
 - Sliced Peaches

- 27**
- Pulled Pork Sandwich**
 - Coleslaw
 - Green Beans
 - Whole Wheat Bun
 - Pecan Pie
 - Banana

- 28**
- Tuscan Chicken w/ Spinach & Tomatoes
 - Broccoli
 - Whole Wheat Roll
 - Fruit Cocktail

- 29**
- Egg Salad Plate
 - Italian Vegetable Pasta Salad
 - Beets
 - Whole Wheat Cracker
 - Sliced Apples