

JUNE 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

1

- Pork Pozole Stew**
- Corn
- Yellow Squash
- Whole Wheat Roll
- Pineapple

2

- Orange Chicken Salad
- Cucumber Salad
- Beets
- Crackers
- Mixed Fruit

3

- Waffle with Eggs
- Sliced Tomatoes
- Chef's Potato
- Yogurt with Fresh Fruit

4

- Fried Chicken
- Greens Beans
- Yams
- Whole Wheat Sweet Roll
- Fruit Cocktail

7

- Sloppy Joe
- Garden Salad
- Potato Wedges
- Whole Wheat Bun
- Watermelon

8

- Beans & Rice with Chicken
- Okra
- Carrots
- Whole Wheat Roll
- Black Forest Cake
- Plum

9

- Meatloaf w/ Gravy
- Peas
- Mashed Potatoes
- Whole Wheat Roll
- Grapes

10

- Tilapia with Hollandaise
- Brussel Sprouts
- Rosemary Potatoes
- Whole Wheat Roll
- Sliced Pears

11

- Beef Tacos with Salsa, Lettuce, Tomatoes
- Refried Beans**
- Tortilla
- Mandarin Oranges

14

- Pineapple Pork**
- Zucchini
- Cole Slaw
- Whole Wheat Roll
- Mango

15

- Chicken Salad Sandwich
- 3-Bean Salad
- Beets
- Whole Wheat Bun
- Honey Dew

16

- Shrimp Scampi
- Corn
- Roasted Potatoes
- Whole Wheat Roll
- Pineapple

17

- Stuffed Pepper
- Garden Salad
- Peas & Carrots
- Cornbread
- Pecan Pie
- Banana

18

- Ground Pork Stroganoff**
- Cauliflower
- Mixed Vegetables
- Whole Wheat Roll
- Blueberries

21

- Baked Potato with Cheese & Chili
- Broccoli
- Stewed Tomatoes
- Whole Wheat Roll
- Orange

22

- Honey Garlic Meatballs
- Green Beans
- Succotash
- Whole Wheat Roll
- Banana

23

- Ham Steak with Gravy**
- Coleslaw
- Mashed Potatoes
- Whole Wheat Roll
- Banana

24

- Tuna Salad Plate
- Vegetable Pasta Salad
- Carrot Sticks
- Crackers
- Peach Crisp

25

- Summer Beef Stew
- Collard Greens
- Cornbread
- Cantaloupe

28

- Balsamic Chicken
- Bean Sprouts
- Asparagus
- Whole Wheat Roll
- Grilled Apples

29

- Roasted Turkey with Gravy
- Lima Beans
- Mashed Potatoes
- Whole Wheat Roll
- Seasonal Fruit

30

- Salisbury Steak
- Spinach
- Pinto Beans**
- Whole Wheat Roll
- Fruited Gelatin

Pick-Up & Go Meals

- For individuals age 60 and up
- Daily hot meals or frozen meals for a week
- Suggested contribution of \$3.50 per meal
- Reservations by 2:00 pm the previous day