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**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**
- Fish and Chips
- Potato Wedges
- Whole Wheat Roll
- Pineapple

**TUESDAY**
- Beef Lasagna
- Lime Beans
- Carrots
- Whole Wheat Roll
- Apricots

**WEDNESDAY**
- Chicken Burrito Bowl
- Rancho Vegetables
- Black Beans
- Spanish Rice
- Mango

**THURSDAY**
- Apple Pancakes
- Scrambled Eggs
- Tomato Slices
- Hash Browns
- Fresh Fruit

**FRIDAY**
- Caribbean Style Pork**
- Sautéed Green Beans
- Spinach
- Brown Basmati Rice
- Peach Crisp

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**ASTER AGING**

45 West University Drive • Mesa, AZ 85201 • 480-964-9014

**THANK YOU FOR BEING A FRIEND**

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Kathi knows all the participant names and their family member’s names too! “Kathi will always lend a hand where needed, and her special talents during the Annual Volunteer Appreciation talent show always draws laughter from the crowd,” shared Carol Dopudja, Program Operations Director. “We are going to miss Kathi and know you will too.”

We appreciate the service and dedication that Kathi demonstrated to Aster participants and staff, so it is with gratitude that we wish Kathi best wishes as she begins her new journey!

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**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

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Aster Aging, Inc is funded in part by Area Agency on Aging, Region One

asteraz.org
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