

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.

1 MONDAY

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

2 TUESDAY

- Beef Lasagna
- Lima Beans
- Carrots
- Whole Wheat Roll
- Apricots

3 WEDNESDAY

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

4 THURSDAY

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

5 FRIDAY

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

8

- BBQ Chicken
- Grilled Vegetables
- Sweet Corn Nuggets
- Whole Wheat Roll
- Watermelon

9

- Bratwurst**
- Baked Beans
- Steamed Cabbage
- Whole Wheat Bun
- Vanilla Pudding
- Grapes

10

- Tuna Salad Sandwich
- Mango Salad
- Beets
- Whole Wheat Bun
- Oranges

11

- Broccoli & Beef
- Bean Sprouts
- Fried Rice
- Whole Wheat Roll
- Sliced Peaches

12

- Strawberry Chicken Salad
- Cucumber Salad
- Corn Salad
- Whole Wheat Crackers
- Apple Sauce

15

- Hamburger
- Winter Blend Vegetables
- Tater Tots
- Strawberry Cake
- Fresh Melon

16

- Popcorn Shrimp
- Ratatouille
- Carrots
- Brown Rice
- Banana

17

- Roasted Turkey w/ Gravy
- Green Beans
- Mashed Potatoes
- Slice Whole Wheat Bread
- Mixed Berries

18

- Chicken Tamales
- Fire Roasted Corn
- Mexican Coleslaw
- Spanish Rice
- Fresh Fruit

19

- Pork Roast w/ Gravy**
- Asparagus
- Cauliflower
- Whole Wheat Roll
- Tropical Fruit

22

- Baja Baked Fish Tacos
- Cilantro Lime Slaw
- Pinto Beans
- Whole Wheat Tortilla
- Mango

23

- Orange Chicken
- Thai Vegetables
- Broccoli
- Rice
- Whole Wheat Roll
- Mandarin Oranges

24

- Pepper Steak
- California Beans
- Scalloped Potatoes
- Corn Bread
- Pears

25

- Pork Chops**
- Mango Corn Salsa
- Chef's Vegetables
- Garden Salad
- Whole Wheat Roll
- Apricots

26

- Chicken Summer Salad
- Marinated Vegetable Salad
- Creamy Cucumber Salad
- Whole Wheat Crackers
- Honeydew

29

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

30

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

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