


September 2022 Menu

Menu items are subject to change due to the availability of food items. Items with ** contain pork or pork products

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Call to sign up, or to cancel your existing meal order: 480-858-6510</p>	<p>Menu subject to change due to availability.</p> <p><i>Aster Aging is funded in part by Area Agency on Aging, Region One.</i></p>		<p>1</p> <p>Beef Tacos Whole wheat tortilla Refried beans Corn Pineapple Chocolate pudding</p>	<p>2</p> <p>Sesame Chicken Zucchini Wax beans Whole wheat roll Apricots</p>
<p>5</p> <p>Beef Stir Fry Peppers & onions Asian blend vegetables Roasted tomatoes Brown rice Banana</p>	<p>6</p> <p>Meatball Sub Sandwich** Whole wheat bun Green beans Fries Gala Apple</p>	<p>7</p> <p>Hot Corned Beef Sandwich Whole wheat bread Chuckwagon corn Peas & carrots Fresh strawberries</p>	<p>8</p> <p>Baked Chicken & Gravy Mashed potatoes Spinach Whole wheat roll Sliced pears</p>	<p>9</p> <p>Tuna Salad Plate Carrot sticks Whole wheat croissant Grapes Birthday Cake</p>
<p>12</p> <p>Shrimp Alfredo Whole wheat pasta Baby carrots Peas Tropical fruit cup</p>	<p>13</p> <p>Broccoli and Cheese Stuffed Chicken Spinach Roasted potatoes Whole grain roll Fresh pears</p>	<p>14</p> <p>Turkey Chili Corn Cauliflower Corn bread Sliced apples</p>	<p>15</p> <p>Beef Burgundy Whole wheat egg noodles Carrots Broccoli Fruit cocktail</p>	<p>16</p> <p>Chicken Parmesan Sandwich Whole wheat bun Italian blend vegetables Wax beans Strawberries</p>
<p>19</p> <p>Italian Burger + Red Sauce Whole wheat bun Broccoli & Cauliflower Baked beans Sliced apples</p>	<p>20</p> <p>Sage Pork Chop** Zucchini Carrots Whole wheat bun Tropical fruit cup</p>	<p>21</p> <p>Lemon Garlic Baked Tilapia Brown rice pilaf Peas Spinach Mandarin oranges</p>	<p>22</p> <p>Turkey with Gravy Mashed potatoes California blend vegetables Whole wheat roll Apple sauce</p>	<p>23</p> <p>Sloppy Joe's Whole wheat bun Corn Green beans & tomatoes Banana Chocolate chip cookie</p>
<p>26</p> <p>BBQ Chicken Edamame Tri-color roasted potatoes Whole wheat roll Cinnamon peaches</p>	<p>27</p> <p>Egg Salad Plate 3 bean salad Whole grain crackers Pineapples</p>	<p>28</p> <p>Beef Philly + Cheese Sauce Whole wheat hoagie bun Mixed vegetables Baked fries Fresh pear</p>	<p>29</p> <p>Cheese Ravioli + Spinach Italian Blend Vegetables Cauliflower Whole grain bread stick Sliced apples</p>	<p>30</p> <p>Italian Sausage Sandwich** Whole Grain Bun Broccoli 4-way mixed vegetables Fruit cup</p>