

Senior Meal Program Menu -January 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For lunch reservations call the day before you plan on coming.</p> <p>480-858-6511</p>		<p>Closed</p>	<p>2 Hawaiian Pork Tacos w/ Rainbow Vegetables** Zucchini Whole Wheat Tortilla Pineapple</p>	<p>3 Beef Stew w/ Potato, Carrot, Celery and Onion California Vegetables Corn Cornbread Fresh Strawberries</p>
<p>6 Breakfast Sandwich w/ Egg and Pork Sausage** Hash Brown Patty Tomato Wedges Cheddar Chive Biscuit Fresh Apple</p>	<p>7 Balsamic-Glazed Chicken Asparagus Dill Roasted Carrots Whole Grain Roll Apricots</p>	<p>8 Meatloaf w/ Gravy Multi-Color Cauliflower Mashed Potatoes Whole Grain Roll Oreo Cake Fruit</p>	<p>9 Chef Salad w/ Turkey, Ham Corn Salad Whole Grain Crackers Banana</p>	<p>10 Open Face Turkey Sandwich w/ Gravy Mixed Vegetables Cranberry Yams Whole Grain Roll Fresh Orange</p>
<p>13 Steak Diane Cauliflower Baked Potato Whole Grain Roll Rice Pudding w/ Banana</p>	<p>14 Veggie Burger w/ Lettuce, Tomato Chef Vegetable Potato Wedges Whole Grain Bun Applesauce</p>	<p>15 Chicken Stroganoff Brussel Sprouts Winter Vegetable Blend Whole Grain Roll Mixed Fruit</p>	<p>16 Meatball Sub w/ Cheese Garden Salad Green Beans Whole Grain Bun Fruit Crisp</p>	<p>17 Orange Sage Pork Chop** Succotash Spinach Couscous Whole Wheat Roll Sliced Peaches</p>
<p>20 Martin Luther King Observance</p> <p>Center Closed</p>	<p>21 Grilled Chicken Piccata Spinach Roasted Turnips Whole Grain Roll Mandarin Oranges</p>	<p>22 Spaghetti w/ Meatball Italian Vegetables Zucchini Whole Wheat Bread Stick Sliced Apples</p>	<p>23 Cold Salad Plate Turkey, 3-Bean, & Potato Whole Grain Crackers Apricots</p>	<p>24 Greek Style Redfish w/ Feta, Olives, Cucumber & Tomato Steamed Cabbage Rosemary Potatoes Whole Grain Roll Fresh Fruit</p>
<p>27 Honey Butter Chicken Broccoli Sweet Potato Whole Grain Roll Mandarin Oranges B Lunch for Cahill: Eggplant Parmesan over Noodles</p>	<p>28 Shepard's Pie Yellow & Green Zucchini Whole Grain Roll Peaches</p>	<p>29 Scrambled Egg w/ Mushroom & Spinach O'Brien Potatoes Croissant Fresh Fruit</p>	<p>30 Pork Fritters w/ Country Gravy** Garden Salad Roasted Red Potatoes Whole Grain Biscuit Pineapple Upside Down Cake</p>	<p>31 Tuna Casserole Whole Wheat Pasta Broccoli Corn Whole Grain Crackers Sliced Pears</p>

