

East Valley Adult Resources: July 2017 Menu

Served at 11:30am M-F at both Active Adult Centers

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3rd 4th of July Celebration Hamburger deluxe Battered French fries Corn Watermelon Whole grain bun	4th CLOSED	5th Chicken breast Florentine Whole wheat spaghetti Garlic roasted tomato Wax beans & red peppers Sliced pears	6th Beef tacos Refried beans Rancho fiesta Whole wheat tortilla Fruit Jell-O	7th Baked ham w/ cherry glaze** Cauliflower Yams Whole grain roll Mandarin oranges
10th Country breaded beef Mashed potatoes Four-way blend Biscuit Cinnamon apple slices	11th Turkey tetrazzini Baby carrots Garden salad Whole grain roll Chocolate cake	12th Meatball sub** French fries Succotash Whole grain bun Fruit cocktail	13th Breaded catfish Macaroni & cheese Coleslaw Whole grain roll Sliced peaches	14th Cheese manicotti w/ pesto cream sauce Zucchini Garden salad Whole grain roll Blueberry crisp
17th Chicken marsala Chuckwagon blend Collard greens Whole grain roll Fresh fruit	18th Spinach mushroom quiche Broccoli Stewed tomatoes Apricots	19th Baked rigatoni w/sausage** California blend Green beans Breadstick Jell-O cake	20th Tortellini w/ garlic cream sauce Spinach Garden salad Whole grain roll Pudding	21st Christmas in July Roast turkey Cranberry mashed yams Green beans w/ mushrooms Croissant Apple pie
24th Bratwurst & Sauerkraut** German potato salad Scandinavian blend Whole grain bun Fresh orange	25th Birthday Celebration Salisbury steak w/mushroom gravy Au gratin potato Cape cod blend Croissant Birthday cake	26th Chicken salad plate Three-bean salad Cucumber salad Whole wheat crackers Ice cream cup	27th Tuna casserole Broccoli Corn Whole grain roll Cantaloupe	28th Egg strata w/ cheese Roasted potatoes Spinach Banana
31st Chicken stroganoff noodles Italian blend Peas & pimento Whole grain roll Pineapple chunks	<p><i>East Valley Adult Resources provides daily lunches to eligible participants. The suggested contribution is \$3.50 per meal, though no older adult will be denied a meal because of their inability or unwillingness to pay. The Congregate Meal Program provides nutritionally-balanced meals, nutrition education, and nutrition screening to qualified individuals and their spouses, and encourages socialization and better health. Reservations are requested.</i></p> <p>East Valley Adult Resources, Inc. is funded in part by Area Agency on Aging - Region One.</p>			