

November 2018 Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday	
<i>East Valley Adult Resources provides daily lunches to eligible participants Monday through Friday at 11:30am at both of our Active Adult Centers. 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. East Valley Adult Resources, Inc is funded in part by Area Agency on Aging Region One.</i>						1st BBQ Chicken Thigh Broccoli Four-Way Vegetable Blend Whole Wheat Roll Sliced Pears Chef's Special: Shredded Beef Sandwich w/Cheese		2nd Baked Perch w/Lemon California Vegetable Blend Garlic Butter Rice Garden Salad Whole Wheat Roll Apple Chef's Special: Spinach Mushroom Quiche	
5th Sweet & Sour Meatballs** w/ Noodles Oriental Vegetable Blend Garden Salad Whole Wheat Roll Pineapple Chef's Choice		6th Baked Ham w/ Pineapple Glaze** Bermuda Vegetable Blend Roasted Tomato Whole Wheat Roll Mango Chef's Special: Soup & Salad Bar		7th Baked Chicken Chimichanga Refried Beans Spanish Rice Whole Wheat Tortilla Cherry Crisp Chef's Choice		8th Broccoli Cheese Alfredo w/ Noodles Normandy Vegetable Blend Garden Salad Whole Wheat Roll Peaches Chef's Special: Chicken Fingers w/ Ranch Dip		9th Meatloaf w/ Gravy Baked Potato Peas Whole Grain Roll Mandarin Oranges Chef's Special: Pizza Bar	
12th Garlic Honey Chicken Brown Rice Oriental Vegetable Blend Garden Salad Tapioca Pudding w/ Fruit Chef's Choice		13th Cod w/ Marinara Thyme Sauce Baked Red Potatoes Winter Vegetable Blend Whole Wheat Roll Banana Chef's Special: Soup & Salad Bar		14th Swiss Steak Peas & Carrots Yellow Squash Whole Wheat Roll Tropical Fruit Mix Chef's Choice		15th Pork Carnitas** Cabbage Salsa Black Beans Whole Wheat Tortillas Mango Chef's Special: Chicken Cheese Quesadilla		16th Thanksgiving Observed Roast Turkey w/Gravy Bread Stuffing Mashed Potatoes Green Bean Casserole Croissant Pumpkin Pie	
19th Fish Taco Cabbage Salad Green Beans Whole Wheat Tortilla Mandarin Oranges Chef's Choice		20th Beef Burgundy Tips w/ Noodles Scandinavian Vegetable Blend Peas Whole Wheat Roll Grapes Chef's Special: Soup & Salad Bar		21st BBQ Pork Sandwich** Sicilian Vegetable Blend Garden Salad Whole Grain Bun Fresh Apple Chef's Choice		22nd 23rd Closed in Observance of Thanksgiving 			
26th Chicken Salad Plate Three-Bean Salad Broccoli Salad Whole Wheat Roll Fruited Gelatin Chef's Choice		27th Birthday Celebration Baked Parmesan Catfish Spinach Carrots Whole Wheat Roll Birthday Cake		28th Roast Turkey Mashed Potato Green Beans Whole Grain Roll Sliced Peaches Chef's Choice		29th BBQ Chicken Italian Vegetable Blend Garden Salad Whole Grain Bun Applesauce Chef's Special: Green Chili Cheeseburger		30th Cheese Tortellini w/ Pesto Cream Sliced Carrots Zucchini & Squash Whole Wheat Roll Fresh Orange Chef's Special: Potato Bar	