

August 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
 EAST VALLEY ADULT RESOURCES	1st Whole wheat spaghetti w/ meat sauce Garden salad Spinach Fresh plums Chef's special: Soup & salad bar	2nd Sweet & sour pork** Brown rice Broccoli Japanese blend Mandarin oranges Chef's choice	3rd Herb roasted chicken breast Scalloped potatoes Four-way blend Whole grain roll Pudding Chef's special: BLT salad plate**	4th Breaded catfish Battered French fries Normandy blend Whole grain roll Ambrosia Chef's special: Potato bar
	7th Shepherd's pie Mashed potatoes Brussels sprouts Whole grain roll Pineapple tidbits Chef's special: Turkey roulade**	8th Open-face turkey sandwich Cranberry mashed yams Green beans w/ mushrooms Whole grain bread Spice cake Chef's special: Soup & salad bar	9th Bratwurst w/ sauerkraut** German potato salad Peas & carrots Whole grain bun Sliced pears Chef's choice	10th Tuna casserole Corn Stewed tomatoes Whole grain roll Cantaloupe Chef's special: Strawberry patch chicken plate
	14th Cheese manicotti w/marinara Italian blend Yellow squash Breadstick Fresh orange Chef's special: Turkey burger	15th Pepper steak w/ egg noodles Oriental blend Broccoli Whole grain roll Cherry crisp Chef's special: Soup & salad bar	16th Baked ham** Baked yams Cauliflower Whole grain roll Tropical fruit Chef's choice	17th Spinach & mushroom quiche Peas & pearl onions Dill roasted tomato Whole grain roll Mandarin oranges Chef's special: Honey stung chicken
	18th BBQ chicken thigh French fries Succotash Whole grain roll Mango Chef's special: Pizza bar	21st Elbow mac beef goulash Collard greens Buttered corn w/ red peppers Whole grain roll Nutmeg apple slices Chef's special: Tuna sandwich on Texas toast	22nd Birthday Celebration Chicken picatta Baked potato Key Biscayne blend Whole grain roll Birthday cake	23rd Vegetable lasagna Garden salad Spinach Whole grain roll Fruit cocktail Chef's choice
24th Swedish meatballs w/ egg noodles** Broccoli Wax beans Whole grain roll Apricots Chef's special: BBQ baby back rib	25th Chicken salad plate 3 bean salad Cucumber salad Whole wheat crackers Fruit Jell-O Chef's special: Potato bar	28th Cheese tortellini w/cream sauce Baby carrots Brussel sprouts Whole grain roll Fresh fruit Chef's special: Chef's salad	29th Country breaded beef Mashed potato Chef's blend Whole grain roll Applesauce Chef's special: Soup & salad bar	30th Mexican pork stew** Brown rice Rancho fiesta Chef's blend Whole wheat tortilla Peanut butter cake Chef's choice
31st Hamburger deluxe Baked beans French fries Whole grain bun Watermelon Chef's special: Hot dog	East Valley Adult Resources, Inc is funded in part by Area Agency on Aging - Region One.			