

# 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
<b>3rd</b> <b>4th of July Celebration</b> Hamburger deluxe Battered French fries Corn Watermelon Whole grain bun	<b>4th</b>  <b>CLOSED</b>	<b>5th</b> Chicken breast Florentine Whole wheat spaghetti Garlic roasted tomato Wax beans & red peppers Sliced pears <b>Chef's choice</b>	<b>6th</b> Beef tacos Refried beans Rancho fiesta Whole wheat tortilla Fruit Jell-O <b>Chef's special:</b> Mexican grilled chicken breast	<b>7th</b> Baked ham w/ cherry glaze** Cauliflower Yams Whole grain roll Mandarin oranges <b>Chef's special:</b> Chicken Kiev
<b>10th</b> Country breaded beef Mashed potatoes Four-way blend Biscuit Cinnamon apple slices <b>Chef's special:</b> Tuna salad plate	<b>11th</b> Turkey tetrazzini Baby carrots Garden salad Whole grain roll Chocolate cake <b>Chef's special:</b> Soup & salad bar	<b>12th</b> Meatball sub** French fries Succotash Whole grain bun Fruit cocktail <b>Chef's choice</b>	<b>13th</b> Breaded catfish Macaroni & cheese Coleslaw Whole grain roll Sliced peaches <b>Chef's special:</b> Puff pastry monte cristo**	<b>14th</b> Cheese manicotti w/ pesto cream sauce Zucchini Garden salad Whole grain roll Blueberry crisp <b>Chef's special:</b> Potato bar
<b>17th</b> Chicken marsala Chuckwagon blend Collard greens Whole grain roll Fresh fruit <b>Chef's special</b> Calzone**	<b>18th</b> Spinach mushroom quiche Broccoli Stewed tomatoes Apricots <b>Chef's special:</b> Soup & salad bar	<b>19th</b> Baked rigatoni w/sausage** California blend Green beans Breadstick Jell-O cake <b>Chef's choice</b>	<b>20th</b> Tortellini w/ garlic cream sauce Spinach Garden salad Whole grain roll Pudding <b>Chef's special:</b> Honey stung chicken	<b>21st</b> <b>Christmas in July</b> Roast turkey Cranberry mashed yams Green beans w/ mushrooms Croissant Apple pie
<b>24th</b> Bratwurst & Sauerkraut** German potato salad Scandinavian blend Whole grain bun Fresh orange <b>Chef's special:</b> Potato bar	<b>25th</b> <b>Birthday Celebration</b> Salisbury steak w/mushroom gravy Au gratin potato Cape cod blend Croissant Birthday cake	<b>26th</b> Chicken salad plate Three-bean salad Cucumber salad Whole wheat crackers Ice cream cup <b>Chef's choice</b>	<b>27th</b> Tuna casserole Broccoli Corn Whole grain roll Cantaloupe <b>Chef's special:</b> BBQ Baby back rib**	<b>28th</b> Egg strata w/ cheese Roasted potatoes Spinach Banana <b>Chef's special:</b> Pizza bar
<b>31st</b> Chicken stroganoff noodles Italian blend Peas & pimento Whole grain roll Pineapple chunks <b>Chef's special:</b> Cheeseburger w/ fries	<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><b>East Valley Adult Resources, Inc. is funded in part by Area Agency on Aging - Region One.</b></p>			