

September 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
3rd Labor Day Closed	4th Court Bouillon Cod Mandarin Blend Garden Salad Whole Grain Roll Plum	5th Turkey Divan Roasted Tomato Brussel Sprouts Whole Grain Roll Strawberries	6th Shredded Pork Sandwich** Broccoli Sweet Corn Whole Grain Bun Apple	7th Manicotti Spinach Chef's Vegetable Blend Whole Grain Roll Mandarin Oranges
10th Chicken Enchilada Casserole Refried Beans Spanish Rice Whole Grain Tortilla Mango	11th Pepper Steak Fajita Vegetable In Entrée Oriental Blend Whole Grain Roll Apple	12th Dill Tilapia Tri-Colored Cauliflower Green Beans w/ Mushrooms Whole Grain Roll Tapioca Pudding w/ Fruit	13th Herb Roasted Chicken Four-Way Vegetable Blend Garden Salad Whole Grain Roll Fruit Medley	14th Spaghetti w/ Meat Sauce Zucchini Italian Vegetable Blend Banana
17th Sweet & Sour Pork** Oriental Blend Glazed Carrots Whole Grain Roll Sliced Pears	18th Chicken Alfredo Italian Vegetable Blend Roasted Tomato Fresh Orange	19th Shepherd's Pie Mashed Potatoes Normandy Vegetable Blend Whole Grain Roll Peach Halves	20th Tuna Salad w/ Lettuce & Tomato Three-Bean Salad Beet Salad Whole Wheat Crackers Pineapple Tidbits	21st Vegetable Lasagna Peas Cauliflower Whole Grain Roll Chocolate Pudding w Banana
24th Hamburger w/ Lettuce & Tomato Rosemary Red Potatoes Charred Corn Whole Grain Bun Banana	25th Birthday Celebration Turkey Breast Wax Beans Bermuda Vegetable Blend Whole Grain Roll Applesauce Birthday Cake	26th Sausage Rigatoni** Spinach Garden Salad Cantaloupe	27th Chicken Fried Chicken Mashed Potatoes Green Beans Whole Grain Roll Fruited Gelatin	28th Baked Tilapia Yams Broccoli Whole Grain Roll Apricots

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.