

December 2017 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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.</p>				1st Bratwurst w/ Sauerkraut** French Fries Roasted Corn Whole Wheat Bun Pineapple
4th Glazed Honey Ham** Yams Green Beans Whole Grain Roll Fruit Cocktail	5th Pepper Steak Oriental Vegetable Blend Sliced Carrots Whole Grain Roll Apricots	6th Breaded Catfish Spinach California Vegetable Blend Whole Grain Roll Cherry Crisp	7th Cheese Tortellini w/ Marinara Sauce Peas & Onions Yellow Squash Whole Grain Roll Red Apple	8th BBQ Chicken Thigh Garlic Mashed Potatoes Brussel Sprouts Whole Grain Roll Sliced Pears
11th Beef Lasagna Zucchini & Yellow Squash Peas w/ Pimentos Whole Grain Breadstick Peaches	12th Quiche w/ Spinach & Mushroom Garden Salad Broccoli Whole Grain Roll Fruit Jello	13th Herb Roasted Chicken Breast Baked Potato Chef's Vegetable Blend Whole Grain Roll Pineapple Upside Down Cake	14th Swedish Meatballs w/ Egg Noodles** Green Beans w/ Mushrooms Bermuda Vegetable Blend Whole Grain Roll Fresh Orange	15th Open Face Turkey Sandwich Cranberry Yams Corn w/ Bell Peppers Whole Grain Bread Pudding w/ Fruit
18th Baked Tilapia Tri Colored Cauliflower Brown Rice Pilaf Seasonal Fruit	19th Hamburger Deluxe French Fries Baked Beans Whole Grain Bun Cantaloupe	20th Cheese Manicotti Swiss Chard Garden Salad Whole Grain Roll Ambrosia	21st Chicken Salad w/ Lettuce & Tomato Cucumber Salad Three-Bean Salad Whole Wheat Crackers Banana	22nd Holiday Celebration Baked Ham w/ Cherry Sauce** Candied Yams Green Bean Casserole Croissant Apple Pie
25th Christmas Day CLOSED	26th Birthday Celebration Open Face Turkey Sandwich Sliced Beets Cauliflower Whole Grain Bread Fresh Orange Birthday Cake	27th Ham Steak** Baked Yams Green Beans Whole Grain Roll Peach Halves	28th Cheese Manicotti Garden Salad Broccoli Whole Grain Roll Pineapple Tidbits	29th New Year's Brunch Scrambled Eggs w/ Cheddar Cheese Biscuit w/ Sausage Gravy** Roasted Rosemary Potatoes Blueberry Crisp