



# September 2019 Menu

Lunch is served at 11:30am. For next-day reservations, call 480-962-5612 (MAAC) or 480-218-2221 (RMAAC) before 2pm.

Items with \*\* contain pork or pork products. Menu items subject to change due to availability.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>Closed In Observance of Labor Day</b></p> 	<p><b>3</b></p> <p>Chicken Chimichanga w/ Shredded Lettuce &amp; Tomato Refried Beans Whole Wheat Tortilla Fresh Apple</p>	<p><b>4</b></p> <p>Egg Bake Hash Brown Potatoes Peppers, Onions, &amp; Mushrooms Wheat Biscuit Fresh Banana</p>	<p><b>5</b></p> <p>Beef Tater Tot Casserole Stewed Tomatoes Green Beans Whole Wheat Roll Jell-O Fruit Salad</p>	<p><b>6</b></p> <p>Baked Pollock w/ Fruit Salsa Caribbean Vegetables Cauliflower Whole Wheat Roll Apricots</p>
<p><b>9</b></p> <p><u>Cold Salad Plate:</u> Chicken, Beet, &amp; Broccoli Whole Wheat Crackers Fresh Fruit Oreo Cake</p>	<p><b>10</b></p> <p>Dill Tilapia Spinach Scandinavian Vegetables Whole Wheat Roll Apricots</p>	<p><b>11</b></p> <p>Garlic Chicken w/ Angel Hair Pasta Italian Vegetable Mix Garden Salad Whole Wheat Roll Fresh Orange</p>	<p><b>12</b></p> <p>Pulled Pork Sandwich w/ Peppers &amp; Onions** Brussel Sprouts Whole Wheat Bun Peaches</p>	<p><b>13</b></p> <p>Honey Garlic Chicken w/ Rice Carrots Oriental Vegetables Cherry Trifle Cake</p>
<p><b>16</b></p> <p>Lemon Baked Cod Chef's Vegetables Peas &amp; Carrots Whole Wheat Roll Fresh Grapes</p>	<p><b>17</b></p> <p>Italian Sausage Sandwich** Peppers &amp; Onions Italian Vegetable Blend Whole Grain Bun Sliced Peaches</p>	<p><b>18</b></p> <p>Beef Stew w/ Vegetables &amp; Rice Chuckwagon Vegetables Winter Vegetables Whole Wheat Roll Fruit Ambrosia</p>	<p><b>19</b></p> <p>Chicken Breast w/ Gravy Mashed Potatoes Rancho Fiesta Vegetable Blend Whole Wheat Roll Fresh Orange</p>	<p><b>20</b></p> <p><u>Cold Salad Plate:</u> Crab, Macaroni, &amp; Three-Bean Whole Wheat Crackers Sliced Pears</p>
<p><b>23</b></p> <p>Open-Face Turkey Sandwich Yams Green Beans Whole Wheat Bread Applesauce</p> <p><i>First Day of Fall</i></p>	<p><b>24</b></p> <p><b>Birthday Celebration</b></p> <p>Spaghetti w/ Meat Sauce Capri Vegetables &amp; Spinach Whole Wheat Roll Fresh Orange Birthday Cake</p> 	<p><b>25</b></p> <p>Roast Pork Loin w/ Honey Mustard Sauce** Yams Green Beans Whole Wheat Roll Apricots</p>	<p><b>26</b></p> <p>Butter-Glazed Tilapia Cauliflower Normandy Vegetables Whole Wheat Roll Fruit Cocktail</p>	<p><b>27</b></p> <p>Soft Shell Chicken Taco w/ Lettuce, Tomato, &amp; Cheese Refried Beans Whole Wheat Tortilla Cherry Crisp</p>
<p><b>30</b></p> <p>Stuffed Peppers Lima Beans Garden Salad Whole Wheat Roll Pineapple</p>	<p style="text-align: center;">We are excited to announce that our new menu cycle begins October 1st. Keep an eye out for new, tasty meals next month!</p>			<p style="text-align: center;"><i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One</i></p>