

# August 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><i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One</i></p>			<p><b>1</b></p> <p>Soft Shell Chicken Taco Lettuce, Tomato &amp; Cheese Refried Beans Whole Wheat Tortilla Cherry Crisp</p>	<p><b>2</b></p> <p>Stuffed Peppers Lima Beans Garden Salad Whole Wheat Roll Pineapple Tidbits</p>
<p><b>5</b></p> <p>Chicken Salad Sandwich w/ Lettuce &amp; Tomato Cucumber &amp; Three-Bean Salad Whole Wheat Bun Fruit Blend</p>	<p><b>6</b></p> <p>Baked Lemon Catfish Brown Rice Mixed Vegetables Stewed Tomatoes Whole Wheat Roll Fresh Orange</p>	<p><b>7</b></p> <p>Polish Sausage w/ Sauerkraut** Scalloped Potatoes Scandinavian Blend Whole Wheat Bun Sliced Apples w/ Cinnamon</p>	<p><b>8</b></p> <p>Pepper Steak over Egg Noodles Oriental Blend Four-Way Vegetable Blend Whole Wheat Roll Fruit Cup</p>	<p><b>9</b></p> <p>Turkey Chili White Rice Chuck Wagon Vegetable Blend Cauliflower Whole Wheat Crackers Mango</p>
<p><b>12</b></p> <p>Pork Chop w/ Cherry Sauce** Roasted Red Potatoes Brussel Sprouts Whole Wheat Roll Grapes</p>	<p><b>13</b></p> <p>Meatloaf w/ Gravy Mashed Potatoes Carrots Whole Wheat Roll Oatmeal Raisin Cookie Fruit Cocktail</p>	<p><b>14</b></p> <p><u>Cold Salad Plate</u> Tuna, Beet, &amp; Three-Bean Salads Whole Wheat Crackers Pineapple Ambrosia</p>	<p><b>15</b></p> <p>Hamburger w/ Lettuce &amp; Tomato Italian Vegetable Blend Baked Beans Whole Wheat Bun Seasonal Fruit</p>	<p><b>16</b></p> <p>Chicken Breast w/ Mushroom Sauce Rice w/ Broccoli &amp; Cheese California Vegetables Whole Wheat Roll Banana</p>
<p><b>19</b></p> <p>Vegetable Lasagna Zucchini Broccoli Whole Wheat Roll Tropical Fruit Blend</p>	<p><b>20</b></p> <p>BBQ Pork Sandwich** Winter Vegetables Buttered Sweet Corn Whole Wheat Bun Black Forest Cake Fresh Apple</p>	<p><b>21</b></p> <p>Baked Chicken Strips Roasted Potatoes Green Beans Whole Wheat Roll Mandarin Oranges</p>	<p><b>22</b></p> <p>Baked Cod Peas Brussel Sprouts Whole Wheat Roll Fruit Cocktail</p>	<p><b>23</b></p> <p>Cabbage Rolls w/ Marinara Scandinavian Vegetable Blend Spinach Whole Wheat Roll Pears</p>
<p><b>26</b></p> <p>BBQ Chicken Baked Beans Broccoli Whole Wheat Roll Banana Pudding Fresh Fruit</p>	<p><b>27</b></p> <p><b>Birthday Celebration</b> Baked Tilapia Baked Potato Mixed Vegetables Whole Wheat Roll Birthday Cake Fresh Fruit</p> 	<p><b>28</b></p> <p>Turkey Burger/ Lettuce &amp; Tomato Spinach Four-Way Vegetables Whole Wheat Bun Fruit Cocktail</p>	<p><b>29</b></p> <p>Meatloaf w/ Country Gravy Roasted Red Potatoes Winter Vegetables Whole Wheat Roll Fresh Orange</p>	<p><b>30</b></p> <p>Pork Stir Fry w/ Peppers &amp; Onion** Cauliflower Vegetable Rice Pilaf Whole Wheat Roll Pineapple</p>