

# 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> Soft Shell Chicken Taco Lettuce, Tomato &amp; Cheese Refried Beans Whole Wheat Tortilla Cherry Crisp <b>Chef's Choice</b></p>	<p><b>2</b> Stuffed Peppers Lima Beans Garden Salad Whole Wheat Roll Pineapple Tidbits <b>Chef's Special:</b> Crab Cake w/ Lemon Cream Dill Sauce</p>
<p><b>5</b> Chicken Salad Sandwich w/ Lettuce &amp; Tomato Cucumber &amp; Three-Bean Salad Whole Wheat Bun Fruit Blend <b>Chef's Choice</b></p>	<p><b>6</b> Baked Lemon Catfish Brown Rice Mixed Vegetables Stewed Tomatoes Whole Wheat Roll Fresh Orange <b>Chef's Special:</b> Soup &amp; Salad Bar</p>	<p><b>7</b> Polish Sausage w/ Sauerkraut** Scalloped Potatoes Scandinavian Blend Whole Wheat Bun Sliced Apples w/ Cinnamon <b>Chef's Special:</b> Chicken Kiev</p>	<p><b>8</b> Pepper Steak over Egg Noodles Oriental Blend Four-Way Vegetable Blend Whole Wheat Roll Fruit Cup <b>Chef's Choice</b></p>	<p><b>9</b> Turkey Chili White Rice Chuck Wagon Vegetable Blend Cauliflower Whole Wheat Crackers Mango <b>Chef's Special:</b> BBQ Ribette Sandwich**</p>
<p><b>12</b> Pork Chop w/ Cherry Sauce** Roasted Red Potatoes Brussel Sprouts Whole Wheat Roll Grapes <b>Chef's Choice</b></p>	<p><b>13</b> Meatloaf w/ Gravy Mashed Potatoes Carrots Whole Wheat Roll Oatmeal Raisin Cookie Fruit Cocktail <b>Chef's Special:</b> Soup &amp; Salad Bar</p>	<p><b>14</b> <u>Cold Salad Plate</u> Tuna, Beet, &amp; Three-Bean Salads Whole Wheat Crackers Pineapple Ambrosia <b>Chef's Special:</b> Strawberry Grilled Chicken Breast Over Fresh Spinach</p>	<p><b>15</b> Hamburger w/ Lettuce &amp; Tomato Italian Vegetable Blend Baked Beans Whole Wheat Bun Seasonal Fruit <b>Chef's Choice</b></p>	<p><b>16</b> Chicken Breast w/ Mushroom Sauce Rice w/ Broccoli &amp; Cheese California Vegetables Whole Wheat Roll Banana <b>Chef's Special:</b> Pizza Bar</p>
<p><b>19</b> Vegetable Lasagna Zucchini Broccoli Whole Wheat Roll Tropical Fruit Blend <b>Chef's Choice</b></p>	<p><b>20</b> BBQ Pork Sandwich** Winter Vegetables Buttered Sweet Corn Whole Wheat Bun Black Forest Cake Fresh Apple <b>Chef's Special:</b> Soup &amp; Salad Bar</p>	<p><b>21</b> Baked Chicken Strips Roasted Potatoes Green Beans Whole Wheat Roll Mandarin Oranges <b>Chef's Special:</b> Coconut Tilapia w/ Teriyaki</p>	<p><b>22</b> Baked Cod Peas Brussel Sprouts Whole Wheat Roll Fruit Cocktail <b>Chef's Choice</b></p>	<p><b>23</b> Cabbage Rolls w/ Marinara Scandinavian Vegetable Blend Spinach Whole Wheat Roll Pears <b>Chef's Special:</b> Potato Bar</p>
<p><b>26</b> BBQ Chicken Baked Beans Broccoli Whole Wheat Roll Banana Pudding Fresh Fruit <b>Chef's Choice</b></p>	<p><b>27</b> <b>Birthday Celebration</b> Baked Tilapia Baked Potato Mixed Vegetables Whole Wheat Roll Birthday Cake  Fresh Fruit</p>	<p><b>28</b> Turkey Burger/ Lettuce &amp; Tomato Spinach Four-Way Vegetables Whole Wheat Bun Fruit Cocktail <b>Chef's Special:</b> Bacon Swiss Burger**</p>	<p><b>29</b> Meatloaf w/ Country Gravy Roasted Red Potatoes Winter Vegetables Whole Wheat Roll Fresh Orange <b>Chef's Choice</b></p>	<p><b>30</b> Pork Stir Fry w/ Peppers &amp; Onion** Cauliflower Vegetable Rice Pilaf Whole Wheat Roll Pineapple <b>Chef's Special:</b> Honey Stung Chicken</p>