




# July 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
<b>1st</b> Baked Tilapia Baked Potato Mixed Vegetables Whole Wheat Roll Banana Pudding w/ Fresh Fruit <b>Chef's Choice</b>	<b>2nd</b> BBQ Chicken Baked Beans Broccoli Whole Wheat Roll Jell-O Cake Pears <b>Chef's Special:</b> Soup & Salad Bar	<b>3rd</b> Turkey Burger w/ Lettuce & Tomato Spinach Four-Way Vegetable Blend Whole Wheat Bun Fruit Cocktail <b>Chef's Choice</b>	<b>4th</b> <b>Closed in            Observance of            Independence Day</b> 	<b>5th</b> Pork Stir Fry w/ Peppers & Onions** Cauliflower Vegetable Rice Pilaf Whole Wheat Roll Pineapple <b>Chef's Special:</b> Meatloaf w/ Mushroom Gravy
<b>8th</b> Chicken Chimichanga w/ Shredded Lettuce & Tomato Refried Beans Fresh Apple <b>Chef's Choice</b>	<b>9th</b> Egg Bake Hash Brown Potatoes Peppers, Onions, & Mushrooms Whole Wheat Biscuit Fresh Banana <b>Chef's Special:</b> Soup & Salad Bar	<b>10th</b> Beef Tater Tot Casserole Stewed Tomatoes Green Beans Whole Wheat Roll Jell-O Fruit Salad <b>Chef's Choice</b>	<b>11th</b> Baked Pollack w/ Fruit Salsa Caribbean Vegetables Cauliflower Whole Wheat Roll Apricots <b>Chef's Special:</b> Cheese Manicotti w/ Pesto	<b>12th</b> <u>Cold Salad Plate</u> Chicken Salad, Beets & Broccoli Salad Whole Wheat Crackers Oreo Cake & Fresh Fruit <b>Chef's Special:</b> Egg Salad on a Croissant
<b>15th</b> Dill Tilapia Spinach Scandinavian Vegetables Whole Wheat Roll Apricots <b>Chef's Choice</b>	<b>16th</b> Chicken w/ Angel Hair Pasta Italian Vegetables Garden Salad Whole Wheat Roll Fresh Orange <b>Chef's Special:</b> Soup & Salad Bar	<b>17th</b> Pulled Pork Sandwich w/ Peppers & Onions** Roasted Brussel Sprouts Whole Wheat Bun Sliced Peaches <b>Chef's Choice:</b>	<b>18th</b> Honey Garlic Chicken Over Rice Carrots Oriental Vegetables Cherry Trifle Cake Pineapple <b>Chef's Special:</b> Puff Pastry Monte Cristo**	<b>19th</b> Lemon Baked Cod Chef's Vegetable Blend Peas & Carrots Whole Wheat Roll Fresh Grapes <b>Chef's Special:</b> Potato Bar
<b>22nd</b> Italian Sausage Sandwich** Peppers & Onions Italian Vegetables Whole Grain Bun Sliced Peaches <b>Chef's Choice</b>	<b>23rd</b> <b>Birthday Celebration</b> Beef Stew Over Rice Chuck Wagon Vegetables Winter Vegetables Whole Wheat Roll Fresh Fruit Birthday Cake 	<b>24th</b> Chicken Breast w/ Gravy Mashed Potatoes Rancho Fiesta Vegetables Whole Wheat Roll Fresh Orange <b>Chef's Choice</b>	<b>25th</b> <u>Cold Salad Plate</u> Seafood, Macaroni, & Three-Bean Whole Wheat Crackers Sliced Pears <b>Chef's Special:</b> Chicken Salad and Fruit Plate	<b>26th</b> Open-Face Turkey Sandwich Yams Green Beans Whole Wheat Bread Applesauce <b>Chef's Special:</b> Pizza Bar
<b>29th</b> Spaghetti w/ Meat Sauce Capri Vegetables Spinach Whole Wheat Roll Fresh Orange <b>Chef's Choice</b>	<b>30th</b> Roast Pork Loin w/ Honey Mustard Sauce** Yams Green Beans Whole Wheat Roll Apricots <b>Chef's Special:</b> Soup & Salad Bar	<b>31st</b> Butter Glazed Tilapia Cauliflower Normandy Vegetables Whole Wheat Roll Fruit Cocktail <b>Chef's Choice</b>		<p style="text-align: center;"><i>East Valley Adult            Resources, Inc is funded            in part by Area Agency on            Aging, Region One</i></p>