

October 2019 Menu

Lunch is served at 11:30 am. For next-day reservations, call 480-962-5612 (MAAC) or 480-218-2221 (RMAAC) before 2:00 pm.

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Shepard's Pie Mashed Potatoes Zucchini Whole Grain Roll Peaches Chef's Special Baked Catfish	2 Scrambled Egg Bake Mushrooms & Spinach O'Brien Potatoes Croissant Fresh Fruit Chef's Choice Dill Tilapia	3 Pork Fritter w/ Gravy** Garden Salad Roasted Red Potatoes Whole Grain Biscuit Pineapple Upside Down Cake Chef's Special Mushroom Swiss Burger	4 Tuna Casserole w/ Noodles Broccoli Corn Whole Grain Crackers Sliced Pears Chef's Special BBQ Ribette**
7 Baked Ham w/ Pineapple** Cauliflower Stewed Tomatoes Whole Grain Roll Fruit Cocktail Chef's Special Stuffed Shells	8 Shrimp Alfredo Fresh Green Beans Carrots Whole Wheat Roll Mixed Berries Chef's Special Soup & Salad Bar	9 Beef Tacos w/ Lettuce, Tomato, & Cheese Salsa Whole Wheat Tortilla Refried Beans Fresh Banana Chef's Choice Turkey Sandwich w/ Soup	10 Zesty BBQ Chicken Baked Beans Grilled Vegetable Mix Whole Grain Roll Fresh Apple Chef's Special Hot Dog**	11 <u>Cold Salad Plate</u> Egg, Three-Bean, & Orange Sliced Beets Whole Grain Roll Sweet Blueberry Crisp Chef's Special Baked Potato Bar
14 Baked Catfish Vegetable Rice Pilaf Broccoli Whole Grain Roll Fresh Fruit Chef's Special Monte Cristo Sandwich	15 Vegetable Lasagna Italian Blend Vegetables Asparagus Whole Grain Roll Cinnamon Sliced Peaches Chef's Special Turkey Burger	16 Chicken Parmigiana Bed of Bow Tie Pasta Garden Salad Spinach Vanilla Pudding w/ Fruit Chef's Choice Egg Salad Sandwich	17 Bratwurst w/ Sauerkraut** German Potato Salad Sliced Carrots Whole Grain Bun Nutmeg Spiced Pears Chef's Special Soup & Salad Bar	18 Meatloaf w/ Gravy Mashed Potatoes Chuck Wagon Corn Whole Grain Roll Sliced Apples Chef's Special Honey Stung Chicken
21 Pork Stir Fry** Peppers & Broccoli Bok Choy Brown Rice Fruit Cup Chef's Special Soup & Salad Bar	22 Birthday Celebration Honey Sesame Chicken Thighs Zucchini & Squash Carrots Whole Wheat Roll Banana Cake 	23 Turkey Burger w/ Lettuce & Tomato Baked Beans Baked French Fries Whole Wheat Bun Orange Chef's Choice Chicken Strips	24 Hawaiian Pork Tacos** Rainbow Vegetables Zucchini Whole Wheat Tortilla Pineapple Chef's Special Quiche Lorraine	25 Lemon Pepper Tilapia California Vegetables Garden Salad Whole Grain Roll Fruit Cocktail Chef's Special BLT Sandwich
28 Broccoli & Cheese Chicken Green Beans Spinach Whole Wheat Roll Pineapple Chef's Special Spaghetti w/ Meatballs	29 Tuna Salad Sandwich Lettuce & Tomato Sliced Beets Whole Grain Bun Grapes Chef's Special Soup & Salad Bar	30 Baked Potato w/ Chili & Cheese Stewed Tomatoes Broccoli Whole Wheat Roll Sliced Pears Chef's Choice Pizza Bar	31 Halloween Party Sloppy Joe Winter Blend Vegetables Sweet Corn Whole Wheat Bun Apricots 	<p style="text-align: center;"><i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One</i></p>