




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