




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