

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	2 Scrambled Egg Bake Mushrooms & Spinach O'Brien Potatoes Croissant Fresh Fruit	3 Pork Fritter w/ Gravy** Garden Salad Roasted Red Potatoes Whole Grain Biscuit Pineapple Upside Down Cake	4 Tuna Casserole w/ Noodles Broccoli Corn Whole Grain Crackers Sliced Pears
7 Baked Ham w/ Pineapple** Cauliflower Stewed Tomatoes Whole Grain Roll Fruit Cocktail	8 Shrimp Alfredo Fresh Green Beans Carrots Whole Wheat Roll Mixed Berries	9 Beef Tacos w/ Lettuce, Tomato, & Cheese Salsa Whole Wheat Tortilla Refried Beans Fresh Banana	10 Zesty BBQ Chicken Baked Beans Grilled Vegetable Mix Whole Grain Roll Fresh Apple	11 <u>Cold Salad Plate</u> Egg, Three-Bean, & Orange Sliced Beets Whole Grain Roll Sweet Blueberry Crisp
14 Baked Catfish Vegetable Rice Pilaf Broccoli Whole Grain Roll Fresh Fruit	15 Vegetable Lasagna Italian Blend Vegetables Asparagus Whole Grain Roll Cinnamon Sliced Peaches	16 Chicken Parmigiana Bed of Bow Tie Pasta Garden Salad Spinach Vanilla Pudding w/ Fruit	17 Bratwurst w/ Sauerkraut** German Potato Salad Sliced Carrots Whole Grain Bun Nutmeg Spiced Pears	18 Meatloaf w/ Gravy Mashed Potatoes Chuck Wagon Corn Whole Grain Roll Sliced Apples
21 Pork Stir Fry** Peppers & Broccoli Bok Choy Brown Rice Fruit Cup	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	24 Hawaiian Pork Tacos** Rainbow Vegetables Zucchini Whole Wheat Tortilla Pineapple	25 Lemon Pepper Tilapia California Vegetables Garden Salad Whole Grain Roll Fruit Cocktail
28 Broccoli & Cheese Chicken Green Beans Spinach Whole Wheat Roll Pineapple	29 Tuna Salad Sandwich Lettuce & Tomato Sliced Beets Whole Grain Bun Grapes	30 Baked Potato w/ Chili & Cheese Stewed Tomatoes Broccoli Whole Wheat Roll Sliced Pears	31 Halloween Party Sloppy Joe Winter Blend Vegetables Sweet Corn Whole Wheat Bun Apricots 	<i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One</i>