





March 2019 Menu

Lunch is served at 11:30am. For Next Day Reservations Call 480-962-5612 Before 2pm.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One.</i></p>				1 Chicken Chimichanga Refried Beans Spanish Rice Whole Wheat Tortilla Cherry Crisp
4 Chicken Broccoli Alfredo Normandy Vegetable Blend Peas Whole Wheat Roll Sliced Peaches	5 Meatloaf w/ Gravy Baked Potato Garden Salad Whole Wheat Roll Mandarin Oranges	6 Garlic Honey Chicken Brown Rice Oriental Vegetable Blend Garden Salad Tapioca Pudding w/ Fruit	7 Cod w/ Marinara Thyme Sauce Baked Red Potatoes Winter Vegetable Blend Whole Wheat Roll Banana	8 Swiss Steak Peas & Carrots Yellow Squash Whole Wheat Roll Tropical Fruit
11 Pork Carnitas** Cabbage Salsa Black Beans Whole Wheat Tortilla Mango	12 Chicken Marsala w/ Noodles Mixed Vegetable Blend Chef's Vegetable Blend Peach Crisp	13 Fish Taco Cabbage Salad Green Beans Whole Wheat Tortilla Fresh Orange	14 Beef Burgundy Tips w/ Noodles Scandinavian Vegetable Blend Peas Whole Wheat Roll Grapes	15 St. Patrick's Day Celebration Corned Beef w/ Cabbage Steamed Red Potatoes Sliced Carrots Rye Bread Leprechaun Cake 
18 Cold Salad Plate: Chicken, 3-Bean & Broccoli Salads Whole Wheat Roll Sliced Pears	19 Baked Parmesan Catfish Spinach Carrots Whole Wheat Roll Sliced peaches	20 Roast Turkey Mashed Potatoes Green Beans Whole Wheat Roll Fruit gelatin <i>1st Day of Spring</i> 	21 BBQ Chicken Italian Vegetable Blend Garden Salad Whole Grain Bun Banana Cake	22 Pesto Cheese Tortellini Sliced Carrots Zucchini & Squash Whole Grain Roll Fresh Orange
25 Crab Cake Rice Pilaf Peas & Carrots Whole Grain Roll Pineapple Ambrosia	26 Birthday Celebration Sloppy Joe Baked Beans Broccoli Whole Grain Bun Birthday Cake 	27 Breaded Pollock Garden Salad Capri Vegetable Blend Whole Wheat Roll Fruit Cocktail	28 Chili Dog Roasted Red Potatoes Carrots Whole Grain Bun Applesauce	29 Creole Chicken Breast w/ Rice Okra Mixed Vegetables Broccoli Whole Wheat Roll Pineapple Tidbits