June 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 |
|--|---|---|--|--|
| 3 | 4 | 5 | 6 | 7 |
| Spaghetti w/ Meat Sauce Capri Vegetable Blend Spinach Whole Wheat Roll Orange | Roast Pork Loin w/ Honey Mustard Sauce** Yams Green Beans Whole Wheat Roll Apricots | Butter Glazed Tilapia Cauliflower Normandy Vegetables Whole Wheat Roll Fruit Cocktail | Soft Shell Chicken Taco Lettuce, Tomato, & Cheese Refried Beans Whole Wheat Tortilla Cherry Crisp | Stuffed Peppers Lima Beans Garden Salad Whole Wheat Roll Pineapple |
| 10 | 11 | 12 | 13 | 14 |
| Chicken Salad Sandwich w/ Lettuce & Tomato Cucumber Salad 3 Bean Salad Whole Wheat Bun Fruit Blend | Baked Lemon Catfish Brown Rice Mixed Vegetables Stewed Tomatoes Fresh Orange | Polish Sausage w/ Sauerkraut** Scalloped Potatoes Scandinavian Vegetables Whole Grain Bun Sliced Apples | Pepper Steak w/ Egg Noodles Oriental Vegetables 4 Way Vegetables Whole Wheat Roll Fruit Cup | Father's Day Celebration Turkey Chili Over White Rice Chuckwagon Vegetables Cauliflower Whole Wheat Crackers Mango |
| 17 | 18 | 19 | 20 | 21 |
| Pork Chop w/ Cherry Sauce** Roasted Red Potatoes Brussel Sprouts Whole Wheat Roll Grapes | Meatloaf w/ Mashed Potatoes Carrots Whole Wheat Roll Oatmeal Raisin Cookie Fruit Cocktail | Cold Salad Plate Tuna, Beet, 3-Bean Whole Wheat Crackers Pineapple Ambrosia | Hamburger w/ Tomato & Lettuce Italian Vegetables Baked Beans Whole Grain Bun | Chicken Breast w/ Mushroom Sauce Rice w/ Broccoli & Cheese California Vegetables Whole Wheat Roll Banana |
| 24 | 25 | 26 | 27 | 28 |
| Vegetable Lasagna Zucchini Broccoli Whole Wheat Roll Tropical Fruit Blend | Birthday Celebration BBQ Pork Sandwich** Winter Vegetables Corn Whole Grain Bun Birthday Cake | Chicken Strips Roasted Potatoes Green Beans Whole Wheat Roll Mandarin Oranges | Baked Cod Peas Brussel Sprouts Whole Wheat Roll Fruit Cocktail | Cabbage Roll w/ Marinara Scandinavian Vegetables Spinach Whole Wheat Roll Pears |
| East Valley Adult Resources, Inc is funded in part by Area Agency on Aging, Region One | | | | |