









September 2019



Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Center Closed 	Salisbury Steak Mediterranean Blend Veggies Red Mashed Potatoes Peaches OR Soup/Salad Bar	Honey Mustard Pork Chops Roasted Cauliflower Steamed Spinach Watermelon	Chicken Cordon Bleu California Blend Veggies Green Beans Apricots OR Soup/Salad Bar	Shrimp Fajita Peas and Carrots Peppers and Onions Pineapple
9 Chicken Parmesan Broccoli Butternut Squash Tropical Fruit 	10 Quiche Lorraine Zucchini Baked Sweet Potato Mixed Berries OR Soup/Salad Bar	11 Open Faced Hot Beef Sandwich Brussel Sprouts Mashed Potatoes Grapes 	12 Cheese Manicotti Green Beans Carrots Sliced Apples OR Soup/Salad Bar	13 FELICES FIESTAS PATRIAS Beef Carne Asada Tacos Mexican Rice Refried Beans Churro w/Vanilla Ice Cream
16 Spaghetti w/ Turkey Meatballs Mixed Peppers Side Salad Sliced Apples	17 Chicken Fajita Mixed Peppers & Onions Broccoli Watermelon OR Soup/Salad Bar	18 Beef Tips Mushrooms Steamed Carrots & Celery Peaches	19 Pork Loin Baked Zucchini Sweet Potatoes Pineapple OR Soup/Salad Bar	20 Breaded Cod Potato Wedges Cole Slaw Cantaloupe 
23 Ground Beef Tacos Lettuce & Tomatoes Black Beans Oranges 	24 BBQ Pork Sandwich Cooked Carrots Broccoli Slaw Peach Cobbler OR Soup/Salad Bar	25 Turkey Bacon Wrap Lettuce & Tomato Cups Beets Grapes	26 Country Fried Steak Peas Mashed Potatoes Fruit Cocktail OR Soup/Salad Bar	27 Lime Shrimp Green Beans Spinach Salad Pineapple
30 Grilled Chicken Sandwich Lettuce & Tomato Cup Cali Blend Veggies Cantaloupe				Please Call 623-979- 3570 For Reservations

MENU IS SUBJECT TO CHANGE. Lunch is served Monday - Friday at 11:45 a.m. for adults 60 years and older. A \$3.00 (\$5.00 for those younger than 60) contribution is requested to help offset food costs. The cost of the meal is done on a contribution basis so that each of you can pay what is within your financial reach. If you cannot afford the total amount, any amount that you can afford is satisfactory. Each participant is requested to follow these guidelines. By doing so we all benefit.

Thanks, your Senior Center Staff and Site Council

Thank you! FSL Programs

If there are less than 3 requests for Soup/Salad bar on scheduled days, a pre-made salad will be provided instead.