



NOVEMBER 2012 MENU

PEORIA COMMUNITY CENTER
 8335 W JEFFERSON ST.
 PEORIA, AZ 85345
 FOR RESERVATIONS AND
 CANCELLATIONS CALL 623-979-3570

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
THIS MENU IS SUBJECT TO CHANGE	<i>All meals are served with 2% milk</i>	HOME DELIVERED MEALS RECEIVE SOUP ON TUESDAYS ONLY	Meat Loaf with Mushroom Sauce Rice Pilaf Spinach, Beets Salad of the Day Rye Bread Sliced Peaches	Soup of the Day Crab Cakes Couscous Yellow Squash Asparagus Dinner Roll Apricots
	5	6	7	8
Soup of the Day Cranberry Glazed Chicken Oven Baked Yams Green Beans Cantaloupe	Baked Meat Lasagna Broccoli Peas & Carrots Salad of the Day Garlic Bread Sliced Pears	Soup of the Day Roast Beef au Jus Seasoned Spinach Rosemary Roasted Potatoes Butterscotch Bar Tropical Mix	Roast Pork Sweet Potatoes Mixed Vegetables Salad of the Day Banana Bread Pineapple Chunks	Soup of the Day Baked Fish Macaroni & Cheese Savory Peas Garden Salad Sliced Peaches
12	13	14	15	16
CLOSED FOR VETERANS DAY	Beef Tips with Noodles Broccoli Carrots Mixed Salad Pineapple Chunks	Soup of the Day Skillet Chicken with Marsala Sauce & Orzo Pasta Brussels Sprouts Butternut Squash Tropical Fruit Mix	Beef Stew Cabbage Mixed Vegetables Green Salad Biscuit Apricots	Soup of the Day Baked Fish with Lemon Sauce Wild Rice Stewed Tomatoes Coleslaw Melon Cup
19	20	Thanksgiving 21	22	23
Soup of the Day Fried Chicken With Gravy Mashed Potatoes Corn w/Peppers Biscuit Apple Cobbler Fresh Fruit -	Italian Meatballs with Tomato Sauce & Spaghetti Cauliflower Romaine Salad Garlic Bread Cantaloupe	Roast Turkey with Stuffing Cranberry Sauce Mashed Potatoes Baked Yams Green Bean Casserole Pumpkin Pie -	CLOSED FOR THANKSGIVING	CLOSED FOR THANKSGIVING
26	27	28	29	30
Soup of the Day Chicken Salad on a Croissant Tomato, Peppers & Cucumber Fruited Gelatin	Cabbage Roll Mashed Potatoes Winter Blend Vegetables Mixed Salad Biscuit Fruit Cup	Soup of the Day Chicken Fried Steak with Gravy Mashed Potatoes Peas & Carrots Whole Wheat Bread Sliced Pineapple	Garden Quiche Broccoli Baked Tomato with Peas Garden Salad Oatmeal Cookie Sliced Peaches	Soup of the Day Tilapia in White Wine Sauce Wild Rice Mixed Vegetables Mandarin Oranges

The Nutrition Program invites seniors 60 and older for lunch at 11:45 am, Monday through Friday at the Center. A \$2.75 (\$3.00 on special event days and for those under 60) donation is requested to help offset food costs. The cost of the meal is done on a donation basis so that each of you can pay what is within your financial reach. 24 hour notice for reservations and cancellations is required. Call the Nutrition Program at 623-979-3570.