

# JANUARY MENU

For next day reservations (lunch is served at 11:30 am), call [480-962-5612](tel:480-962-5612) (Mesa Downtown) or [480-218-2221](tel:480-218-2221) (Red Mt).

The Suggested Contribution for participants age 60+ is \$3.50.

Items with \*\* contain pork or pork products. Menu items subject to change due to availability.

## MONDAY

Items with \*\*contain pork or pork products.

Menu subject to change due to availability.

## TUESDAY



## WEDNESDAY

**1**  
**Closed for New Year's Day**

## THURSDAY

**2**  
Chicken Tacos, refried beans, Mexican corn, whole wheat tortilla, and a banana.

## FRIDAY

**3**  
Whole Wheat Spaghetti and Beef Meatballs, green beans, garden green salad, bread stick, and sliced pears.

**6**

Shrimp Scampi, yellow squash, five-way vegetable mix, whole wheat fettucine, and cubed mangos.

**7**

Chicken Kiev, spinach, baby carrots, whole grain roll, and an apple.

**8**

\*\* Roasted Pork Loin, cauliflower, peas, brown rice pilaf, and mixed berries.

**9**

Tortilla-Encrusted Tilapia, Brussels sprouts, chuck wagon corn, whole grain roll, and an orange.

**10**

Hamburger on a whole wheat bun, tater tots, four-way vegetable medley, and grapes.

**13**

Herb-Encrusted Chicken, summer squash, Italian vegetable medley, whole wheat pasta, and sliced pears.

**14**

Open-Faced Roast Beef Sandwich, roasted red potatoes, green beans, whole wheat bread, whole wheat Fig Newtons, and mixed berries.

**15**

Vegetarian Lasagna, Normandy vegetables, garden green salad, whole-wheat roll, and grapes.

**16**

Shrimp Alfredo, spinach, mixed vegetables, brown rice, and a banana.

**17**

\*\* Scrambled Eggs and Pork Sausage, tater tots, diced bell pepper and onion mix, whole wheat biscuit, and Mandarin oranges.

**20**

**Closed for Martin Luther King Jr. Day**

**21**

Chicken Nuggets, carrots and potatoes, broccoli, whole grain roll, and apricots.

**22**

Meatloaf, roasted skin-on potatoes, Brussels sprouts, whole grain roll, and a mixed berry crisp.

**23**

Chicken Salad, edamame, stewed tomatoes, whole grain roll, grapes, and Graham Crackers.

**24**

Herb-Encrusted Tilapia, yams, winter blend vegetables, brown rice pilaf, and an apple.

**27**

Popcorn Chicken, mashed potatoes, corn, whole wheat biscuit, and a banana.

**28**

\*\* Pork Cutlet, peas and onions, yams, whole wheat roll, and tropical fruit.

**29**

Veggie Lasagna, Normandy vegetables, green garden salad, whole wheat roll, and Mandarin oranges.

**30**

Hamburger on a whole wheat bun, tater tots, 4-way veggie medley, and grapes.

**31**

Shrimp Alfredo on whole wheat pasta, Italian vegetables, carrots, and Mixed fruit.