

JULY 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.

1 MONDAY

Chicken Parmesan with Normandy Blend Vegetables, Beets, a Whole Grain Roll, and Sliced Apricots

2 TUESDAY

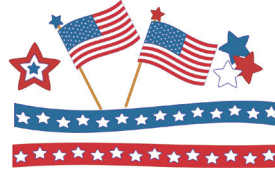
Salisbury Steak with Mashed Potatoes & Gravy, Green Beans, Tomatoes, a Whole Grain Roll, and Sliced Pears

3 WEDNESDAY

Cheeseburger on a Bun, Stewed Tomatoes, Macaroni and Cheese, and Apple Pie

4 THURSDAY

**CLOSED FOR
JULY 4 HOLIDAY**



5 FRIDAY

Chicken Nuggets with Italian Vegetables, Edamame, a Whole Grain Roll, and a Fresh Orange

8

Meatloaf with Gravy, Mashed Potatoes, Green Beans, a Whole Grain Roll, and a Granny Smith Apple

9

Spaghetti with Pork Meatballs**, Italian Vegetables, Wax Beans, a Whole Grain Roll, and Mandarin Orange

10

Baked Cod with 4-Way Vegetables, Edamame, a Whole Grain Roll, Fruit Cup, and Chocolate Cake

11

Lemon Herb Chicken with Asparagus, Beets, a Whole Grain Roll, and a Banana

12

Hamburger on a Whole Wheat Bun, Tater Tots, Mixed Vegetables, and Pineapple Chunks

15

Curry Chicken with Rice, Grilled Vegetables, Carrots, a Whole Grain Roll, and Watermelon

16

Ham Steak** with Mashed Potatoes & Gravy, Brussels Sprouts, a Whole Grain Roll, and Fresh Grapes

17

Beef and Broccoli with Rice, Snow Peas, a Whole Grain Roll, and a Fresh Pear

18

Cod Fish Tacos with a Whole Wheat Tortilla, Carrot & Cabbage Coleslaw, Spinach, Pineapple, and a Brownie

19

Broccoli & Cheese Stuffed Chicken Breast, 5-Way Vegetables, Salad, a Whole Grain Roll, and Mango Chunks

22

Tortilla Crusted Tilapia with Spinach, Summer Squash, a Whole Grain Roll, and Sliced Peaches

23

Meatloaf with Gravy, Mashed Potatoes, Steamed Baby Carrots, a Whole Grain Roll, and Cinnamon Apples

24

Pork Chop** with Gravy, Roasted Yams, Normandy Blend Vegetables, a Whole Grain Breadstick, and Pineapple Chunks

25

Seasonal Chicken Salad with Whole Grain Bread, Macaroni Salad, Stewed Tomatoes, and a Tropical Fruit Cup

26

Hamburger with Lettuce & Tomatoes on a Whole Grain Bun with Roasted Red Potatoes, Fresh Fruit, and Chocolate Pudding

29

Scrambled Eggs and Pork Sausage, Breakfast Potatoes, a Whole Grain Biscuit, and Apple Sauce

30

Chicken Alfredo with Sliced Carrots and Peas, a Whole Grain Breadstick, Pasta, and Mandarin Orange Slices

31

Beef Taco with Cheese, Beans de la olla, Corn, two Whole Grain Tortillas, Diced Mangos, and Salsa

