

# NOVEMBER 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.

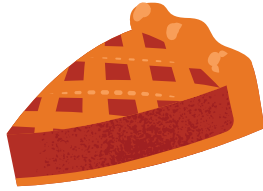
Items with \*\* contain pork or pork products. Menu items subject to change due to availability.

## MONDAY

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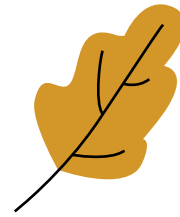
## TUESDAY



## WEDNESDAY



## THURSDAY



## FRIDAY

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

**4**

Spaghetti and Beef Meatballs, green beans, garden green salad, with a breadstick, and sliced pears.

**5**

Shrimp Scampi, yellow squash, five-way mixed vegetables, whole wheat fettuccine, and cubed mangos.

**6**

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

**7**

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

**8**

Tortilla-Encrusted Tilapia, brussels sprouts, chuckwagon corn, whole grain roll, and an orange.

**11**

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

**12**

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

**13**

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

**14**

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

**15**

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

**18**

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

**19**

Bean and Cheese Burrito, Mexican corn, chopped onion and bell pepper, Spanish brown rice, and cubed mangos.

**20**

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

**21**

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

**22**

Turkey and Gravy, mashed potatoes, whole wheat bread stuffing, and pumpkin pie.

**25**

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

**26**

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

**27**

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

**28**

**Closed for Thanksgiving Holiday**



**29**

**Closed for Thanksgiving Holiday**

