



DECEMBER 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

2
 Pot Roast, potatoes and carrots, coleslaw, whole grain roll, and apple crisp with oatmeal topping.

TUESDAY

3
 Turkey, mashed potatoes and gravy, green beans, whole grain roll, pineapple chunks, and Fig Newtons.

WEDNESDAY

4
 ** Pork Chop with gravy, sliced mushrooms, winter mix vegetables, lemon-herbed quinoa, an orange, and an oatmeal cookie.

THURSDAY

5
 Shrimp Scampi, yellow squash, five-way vegetable mix, whole wheat penne noodles, and cubed mangos.

FRIDAY

6
 Beef and Broccoli, edamame, Asian vegetable mix, brown rice, and pear slices.

9
 ** Ham and Swiss Cheese Sandwich, coleslaw, french fries, whole wheat bread, an orange, and tomato slices.

10
 Cod Fillet, brussels sprouts, chuckwagon corn, brown rice pilaf, and mixed berries.

11
 Beef Stew, carrots and potatoes, broccoli, whole wheat biscuit, and an apricot.

12
 Herb-Encrusted Chicken, yams, spinach, whole grain roll, graham crackers, and apples and cinnamon.

13
 ** Pork Meatballs, Italian vegetables, butternut squash, whole wheat penne noodles, and peach slices.

16
 Broccoli and Cheese-Stuffed Chicken Breast, spinach, baby carrots, whole wheat biscuit, and an apple.

17
 Salisbury Steak, mashed potatoes, Normandy vegetables, whole grain roll, and peach crisp with oatmeal topping.

18
 Shrimp Alfredo, broccoli, mixed vegetables, brown rice, and pineapple chunks.

19
 Chicken with curry sauce, edamame, winter vegetables, whole wheat penne pasta, and apricot slices.

20
 Tri Tip Roast with gravy, baked potato, cauliflower, a whole wheat roll, apple crisp with oatmeal topping, and cake.

23
 Turkey with whole wheat bread stuffing, mashed potatoes, baby carrots, and peach slices.

24
 Scrambled eggs and pork** sausage, tater tots, diced bell pepper and onion mix, a whole wheat biscuit, and a mandarin orange.

25
 Closed for Federal Holiday

26
 Chicken tacos on a whole wheat tortilla, refried beans, Mexican corn, and a banana.

27
 Spaghetti and beef meatballs, green beans, Garden Green salad, a bread stick, and pear slices.

30
 Shrimp scampi, yellow squash, 5-way vegetable mix, whole wheat fettucine pasta, and cubed mangos.

31
 Corned beef, cabbage, red potatoes, whole wheat rye bread, and mixed berries.



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