

OCTOBER 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



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Popcorn chicken, mashed potatoes with gravy, corn, a whole wheat biscuit, and a banana.

2

Pork cutlet**, peas and onions, yam, a whole grain roll, and tropical fruit.

3

Vegetable lasagna, Normandy vegetables, green garden salad, a whole grain roll, and mandarin oranges.

4

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

7

Shrimp alfredo with whole wheat pasta, Italian vegetables, carrots, and mixed fruit.

8

Pot roast, potatoes and carrots, coleslaw, a whole grain roll, and an apple crisp with oatmeal topping.

9

Turkey, mashed potatoes and gravy, green beans, a whole grain roll, pineapple chunks, and whole wheat fig bars.

10

Pork chop** with gravy, sliced mushrooms, winter vegetable mix, lemon-herbed quinoa, an orange, and an oatmeal cookie.

11

Shrimp Scampi on whole wheat penne noodles, yellow squash, 5-way vegetable mix, and mango.

14

Beef and broccoli, edamame, Asian vegetable mix, brown rice, and pears.

15

Ham** and Swiss cheese sandwich on whole wheat bread, coleslaw, French fries, and an orange.

16

Cod fillet, Brussel sprouts, chuck wagon corn, brown rice pilaf, and mixed berries.

17

Beef stew with carrots and potatoes, broccoli, a whole wheat biscuit, and apricots.

18

Herb encrusted chicken, yam, spinach, a whole grain roll, graham crackers, and apples with cinnamon.

21

Pork** meatballs, Italian vegetables, butternut squash, whole wheat penne noodles, and peaches.

22

Broccoli and cheese stuffed chicken breast, spinach, baby carrots, a whole wheat biscuit, and an apple.

23

Salisbury steak, mashed potatoes, Normandy vegetables, a whole grain roll, and an oatmeal peach crisp.

24

Shrimp alfredo, broccoli, mixed vegetables, brown rice, and pineapple.

25

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

28

Blackened pork**, cauliflower, peas, a whole grain roll, applesauce, and graham crackers.

29

Turkey, mashed potatoes, baby carrots, whole wheat bread stuffing, and peaches.

30

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

31

BBQ pork** chop, baked beans, summer squash, lemon quinoa, and an apple.

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