









Menu subject to change without notice



August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Turkey Sub, Broccoli Salad, Carrot Sticks, Apricots	2 Lemon Pepper Fish, Rice Pilaf Broccoli w/cheese, Carrot Salad, Fruit	3 
4 	5 Turkey Tetrazzini Carrots, Garden Salad, Pineapple Chunks	6 Stuffed Peppers, Zucchini, Toma/cucum salad, Wheat Dinner Roll, Tropical Fruit	7 Grilled Chicken Salad, Celery Sticks W/PB, Crackers, Banana	8 Kielbasa, onions/peppers, Red potatoes, Toss Salad, Wheat Bread, Fruit	9 Casino Luncheon at Mountain Springs Buffet 11am—1pm NO CHILDREN 	10
11	12 Cheese Ravioli, Mixed Veggies, Toss Salad, Fresh Fruit	13 Beef Soft Taco, Spanish Rice, Corn, Fruit Cocktail	14 BBQ pulled pork Sandwich, Baked Beans Red Potato Salad, Mixed Melons	15 Baked Chicken Thighs, Scalloped Potatoes, Broccoli w/cheese, Garden Salad, Apple	16 Fish 'n Chips, Cole Slaw, Fruit 	17 
18 	19 Goulash, Corn, Garden Salad, Tropical Fruit	20 Open face beef sandwich, Mashed Potatoes, Carrot Salad, Mandarin Oranges	21 Chicken green chili burrito, Pinto beans, Toss Salad, Fresh Fruit	22 Pork Loin, Baked Potato, Broccoli, Toma/Cucum Salad, Apple sauce	23 Tuna Salad, Celery Sticks w/PB, Crackers Fruit	24
25	26 Hamburger Gravy, Rice, Zucchini, Toss Salad, Fruit Cocktail	27 Chicken Alfredo, Asparagus tips, Caesar Salad, Pineapple Chunks	28 Pork Hominy Stew, Garden Salad, Lazy Bread, Pears	29 Cheese Crisp, Salsa & Guacamole, Refried Beans, Strawberries	30 Roast Turkey, Stuffing, Baked Yams, Greens Beans, Fruit	31 

HOMEBOUND: PLEASE GIVE US A CALL IF YOU WILL NOT BE HOME ON A CERTAIN DAY AT **928-634-7235 BY 4:30PM THE DAY BEFORE.** NO MEAL WILL BE LEFT WITHOUT AN ADULT SIGNATURE.

THREE NOT AT HOME NOTICES YOU WILL BE REMOVED FROM HOME DELIVERED MEALS (HDM).

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Prepared by: AG/LG

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