

Apache Junction Multi-Gen Center | May 2022

1035 N. Idaho Rd | (480) 474-5260

Name: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hot Dog on Whole Grain Bun Beets Potato Salad Fresh Seasonal Fruit Milk	3 Turkey Breast with Gravy WG Stuffing Whole Wheat Bread/Margarine Seasoned Carrots Brussels Sprouts Fresh Seasonal Fruit Milk	4 BBQ Pork Riblet Whole Grain Hot Dog Bun Tater Tots Cucumber Salad Fresh Orange Milk	5 Cinco de Mayo Meal Chicken Taco Salad Plate (Tossed Salad in Entrée) Whole Grain Tortilla Chips Fresh Seasonal Fruit Milk Churro	6 Sweet & Sour Meatballs Brown Rice Japanese Vegetable Blend Carrots Rosy Applesauce Milk Graham Crackers
9 Swiss Steak w/ Gravy Whole Wheat Bread/Margarine Whipped Potatoes Rosemary Carrots Broccoli Fresh Seasonal Fruit Milk	10 Chicken w/ Mushroom Sauce Whole Grain Roll/Margarine Baked Potato Half Green Peas California Vegetable Blend Fresh Seasonal Fruit Milk	11 Ham & Cheese Sandwich on Whole Wheat Bread (2) Baked Beans Sliced Cucumbers Diced Pears Milk Mayonnaise & Mustard	12 Baked Chicken Whole Grain Roll Green Beans Potato Salad Fresh Orange Milk Margarine	13 Breaded Fish Fillet WG Hamburger Bun Carrot Slaw Spinach Peach Cobbler Milk Tartar Sauce
16 Beef & Tater Tot Casserole Whole Wheat Bread Mixed Vegetables Fresh Orange Creamy Rice Pudding Milk Margarine	17 Crabmeat Salad over Mixed Greens Whole Grain Roll Mandarin Oranges Milk Salad Dressing Margarine Unsalted Crackers	18 Chicken Parmesan Whole Grain Spaghetti Green Peas Yellow Squash Fruit Cocktail Milk	19 Polish Sausage w/ Sauerkraut Whole Grain Hot Dog Bun Potatoes Carrots Cranberry Apple Pie Milk	20 BBQ Meatballs Confetti Brown Rice Whole Grain Roll Green Beans Tossed Salad/Dressing Fresh Orange Milk Margarine
23 Chicken Tenders Whole Grain Biscuit Golden Corn Brussels Sprouts Fresh Seasonal Fruit Milk	24 Hamburger Gravy over Whipped Potatoes Broccoli Whole Wheat Bread/Margarine Diced Peaches Milk Unsalted Crackers	25 Teriyaki Chicken Brown Rice Pilaf Whole Grain Roll Beets Tossed Salad w/ Dressing Fresh Orange Milk Margarine	26 Sloppy Joe Whole Grain Hamburger Bun Baked Beans Coleslaw Fresh Seasonal Fruit Milk Ice Cream  Birthday Celebration!	27 Tuna Salad Sandwich on Whole Wheat Bread (2) Tossed Salad/Dressing Carrot & Celery Sticks Cinnamon Applesauce Milk Ranch Dressing
30 CLOSED Memorial Day 	31 Memorial Day Meal BBQ Pork Rib Baked Potato Half Succotash Tossed Salad w/ Dressing Fresh Orange Milk / Cookie	Pinal-Gila Council for Senior Citizens is funded in part by the State of Arizona, Federal Older Americans Act, Social Services Block Grant & FEMA. Lunch is served at 11:30 a.m. Menu items are subject to change due to availability. Under 60 - \$6/meal. Over 60 suggested contribution \$5/meal.		



TRIO
 Community Meals
 an etlor company
PGCSC
 Region V
 Pinal-Gila Council for Senior Citizens