





Apache Junction Multi-Gen Center
1035 N. Idaho Rd
Apache Junction, AZ 85119

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Name _____
(please print)

Mon	Tues	Wed	Thurs	Fri
<p><i>Pinal-Gila Council for Senior Citizens is funded in part by the State of Arizona, Federal Older Americans Act, Social Services Block Grant & FEMA.</i></p> <p><i>Lunch is served at 11:30am. Menu items are subject to change due to availability of food items. Under 60— \$6/meal. Over 60 suggested contribution \$4/meal.</i></p> <p><i>All meals served with low fat milk.</i></p>			<p>1</p> <p>Oven-Fried Chicken Whole Wheat Roll Whipped Potatoes Broccoli Florets Fresh Seasonal Fruit</p>	<p>2 Spring Celebration Meal</p> <p>Glazed Baked Ham Whole Wheat Roll Sweet Potatoes Green Beans Fresh Orange Spring Cookie</p> 
<p>5</p> <p>Baked Potato w/ Beef & Bean Chili Whole Wheat Roll Broccoli Fresh Orange</p>	<p>6</p> <p>Spinach and Cheese Quiche Whole Wheat Roll Roasted Red Potatoes Tossed Salad Fresh Orange</p>	<p>7</p> <p>Fiesta Chicken Whole Wheat Tortilla Pinto Beans Steamed Squash Pineapple Tidbits</p>	<p>8</p> <p>Pork Fried Brown Rice Broccoli Florets Coleslaw w/ Carrots & Pineapple Fresh Seasonal Fruit</p>	<p>9</p> <p>Beef Pot Roast Whole Wheat Roll Garlic Mashed Potatoes Golden Corn Fresh Orange</p>
<p>12</p> <p>Chicken Stir Fry Brown Rice (Stir Fry Vegt in entrée) Ginger Carrots Fresh Orange</p>	<p>13</p> <p>Chili Turkey Dog Whole Wheat Hot Dog Bun Sweet Potato Puffs Broccoli Florets Fresh Seasonal Fruit</p>	<p>14</p> <p>BBQ Pork Riblet Whole Wheat Hot Dog Bun 5-Way Vegetable Blend Red Potato Salad Fresh Seasonal Fruit</p>	<p>15</p> <p>Whole Wheat Spaghetti w/ Meatballs and Spaghetti Sc Green Beans Tossed Salad Fresh Orange</p>	<p>16</p> <p>Tuna Noodle Casserole Whole Wheat Roll Broccoli Florets Glazed Carrots Fresh Seasonal Fruit</p>
<p>19</p> <p>Beef Tips w/ Gravy Over WG Penne Pasta Green Peas Tossed Salad Applesauce</p>	<p>20</p> <p>Crabmeat Sld w/Cucumbers & Tomatoes over Mixed Greens Whole Wheat Roll Carrot Sticks Fresh Seasonal Fruit</p>	<p>21</p> <p>Cranberry Dijon Chicken Whole Wheat Roll Whipped Potatoes Brussels Sprouts Diced Pears</p>	<p>22</p> <p>Beef Taco w/ WW Tortilla Spanish Brown Rice Pinto Beans Cilantro Slaw Fresh Seasonal Fruit</p>	<p>23</p> <p>Stuffed Shells w/ Marinara Whole Wheat Roll Capri Blend Vegetables Tossed Salad Fresh Orange</p>
<p>26</p> <p>Pork Chop with Gravy Whole Wheat Roll Spinach Greens Mashed Potatoes Fresh Seasonal Fruit</p>	<p>27</p> <p>California Chicken Sld Sdw on Whole Wheat Bread Potato Salad Zucchini w/ Bell Peppers Fresh Seasonal Fruit</p>	<p>28</p> <p>Beef Meatloaf w/ Gravy Whole Wheat Roll Garlic Mashed Potatoes Peas & Carrots Fresh Orange</p>	<p>29 Birthday Celebration</p> <p>Oriental Chicken Whole Grain Teriyaki Noodles Sliced Carrots Broccoli Florets Fresh Seasonal Fruit Cookie</p> 	<p>30</p> <p>Lemon Pepper Fish Brown Rice Green Beans Tossed Salad Fresh Orange</p>